

Nutrivore Cookbook



BROUGHT TO YOU BY THE TEAM AT NUTRIVORE

Table of Contents

7 Breakfast

- [8 Red Velvet Beet Smoothie](#)
- [9 Double Berry Swiss Oatmeal](#)
- [10 Plantain Waffles](#)
- [11 Cranberry Orange Loaf](#)
- [12 Carrot Parsnip Muffins](#)
- [13 Pumpkin Spice Lentil Muffins](#)
- [14 Toasted Coconut Macadamia Oat Muffins](#)
- [15 Rhubarb Coffee Cake](#)
- [16 Zucchini Bread](#)
- [17 Smoked Kipper Breakfast Hash](#)
- [18 Pork and Winter Squash Frittata](#)
- [19 Rutabaga Breakfast Hash](#)
- [20 Sausage, Broccoli and Potato Frittata](#)
- [21 Bacon, Spinach and Olive Frittata](#)
- [23 Veggie Frittata](#)
- [24 Mushroom and Spinach Omelet](#)

25 Snacks

- [26 Granola Bars](#)
- [27 Socca \(Chickpea Flatbread\)](#)
- [28 Cucumber and Watercress Sandwiches](#)
- [29 Artichoke and Spinach Dip](#)
- [30 Hummus](#)

31 Sauces and Condiments

- [32 Roasted Garlic](#)
- [33 Pickled Shallots](#)
- [34 Grapefruit Salsa](#)
- [35 Preserved Lemons](#)
- [36 Wild Fermented Sauerkraut](#)
- [37 Pickled Radishes](#)
- [38 Garlic Chive Compound Butter](#)
- [39 Cauliflower Gravy](#)
- [40 Arugula Pesto](#)
- [41 Traditional Pesto \(or Ramp Pesto\)](#)
- [42 Chimichurri](#)

43 Soups and Salads

- [44 Watermelon Gazpacho](#)
- [45 Nectarine and Cantaloupe Chilled Soup](#)
- [46 Asparagus Soup](#)
- [47 Celery and Parsnip Soup](#)
- [48 Cream of Mushroom Soup](#)
- [50 French Onion Soup](#)
- [51 Lettuce Soup](#)
- [52 Indian Lentil Soup \(Dal Shorva\)](#)
- [53 Split Pea Soup](#)
- [54 Pumpkin Chili](#)
- [55 Spicy Avocado and Vegetable Gazpacho](#)
- [56 Turkey Meatballs and Mushroom Rata-touille](#)
- [58 New England Clam Chowder](#)
- [59 Four-Bean Cassoulet](#)
- [61 Seafood Leek Chowder](#)
- [62 Vichyssoise](#)
- [63 Shaved Brussels Slaw with Hazelnuts, Apple, and Mint](#)
- [65 Grilled Peach and Steak Salad](#)
- [66 Carrot and Asian Pear Slaw with Dates](#)
- [67 Shrimp Pad Thai](#)
- [68 Shrimp and Fennel Salad](#)
- [69 Citrus Fig and Walnut Salad](#)
- [70 Arugula, Strawberry and Chevre Salad](#)
- [71 Simple Kale Salad](#)
- [72 Sneaky Legume Pasta Salad](#)
- [73 Asian Crunchy Noodle Salad](#)
- [74 Crunchy Noodles](#)
- [75 Mediterranean Sprouted Lentil Salad](#)
- [76 Sprouted Bean Salad](#)
- [77 Avocado Mango Seaweed Salad](#)
- [78 Grilled Corn Salad](#)
- [79 Pear, Fennel and Endive Salad](#)

80 Appetizers

- [81](#) Crab-Stuffed Mushroom Caps
- [82](#) Prosciutto-Wrapped Melon
- [83](#) Stuffed Figs With Pistachios
- [84](#) Shrimp and Avocado Skewers
- [85](#) Tuna Ceviche

86 Sides

- [87](#) Bacon Braised Kale
- [88](#) Wilted Spinach with Almonds and Cranberries
- [89](#) Braised Chard
- [90](#) Stir-fried Turnip Greens with Mushrooms and Almonds
- [91](#) Crispy Oven-Roasted Mushrooms
- [92](#) Asparagus and Peas with Pine Nuts
- [93](#) Bacon Wrapped Spiced Pumpkin
- [94](#) Balsamic Roasted Beets
- [95](#) Braised Cauliflower, Leeks and Artichoke Hearts
- [96](#) Broiled Tomatoes with Romano
- [97](#) Butter Poached Kohlrabi
- [98](#) Cassava Fries
- [99](#) Eggplant and Mushroom Casserole
- [101](#) Japanese Turnips With Orange Rosemary Pan Sauce
- [102](#) Root Vegetable Casserole
- [104](#) Roasted Okra
- [105](#) Roasted Green Beans with Sesame Seed Dressing
- [106](#) Roasted Veggies with Walnuts
- [107](#) Scalloped Potatoes
- [109](#) Zucchini Fritters

110 Entrées

- [111](#) Pesto Chicken Collard Wraps
- [112](#) Chow Mein
- [114](#) Chicken Breast with Mushroom and Tarragon Sauce
- [115](#) Apple Chicken Patties with Maple Cranberry Sauce

[117](#) Chicken and Dumplings

[119](#) Chicken Chop Suey with Almonds

[120](#) Pecan-Crusted Chicken Breast with Cauliflower Gravy

[121](#) Cashew Chicken Stir-Fry

[122](#) Chicken with Forty Cloves of Garlic

[123](#) Chicken Fajitas

[124](#) Island Chicken with Melon Salad

[126](#) Chicken Tagine with Preserved Lemon

[129](#) Gluten Free Pineapple Pizza

[130](#) Easy Canned Salmon Fish Cakes

[131](#) Tuna Salad Collard Wraps

[132](#) Broiled Salmon with Dill-Caper Sauce

[133](#) Cedar Plank Salmon With Dill and Capers

[134](#) Beer Battered Fish

[135](#) Plantain Gremolata-Topped Fish Filets

[136](#) Poached Tilapia with Asian Pear Slaw

[137](#) Whitefish with Strawberry Salsa

[138](#) Mediterranean Artichoke Heart and Fava Bean Ragout with Whitefish

[140](#) Arctic Char en Papillote with Watercress

[141](#) Stir-Fried Prawns and Snow Peas

[142](#) Vietnamese-Style Spring Rolls with Peanut Sauce

[143](#) Heart of Palm Linguini with Clam Sauce

[144](#) Mushroom and Sausage Lasagna

[146](#) Beef and Mushroom Parsnip Risotto

[148](#) Beef Pot Pie

[150](#) Thai Beef Lettuce Wraps

[151](#) Lamb Kabobs

[152](#) Dukkah-Crusted Lamb

[153](#) Cabbage Rolls

[154](#) Meatball Winter Squash Casserole

155 Desserts

[156](#) Berry-Bucha Popsicles

[157](#) Berries with Earl Gray Coconut Cream

[158](#) Pineapple and Lychee Granita

[159](#) Honey-Poached Stuffed Apricots

- [160](#) Apricot-Ginger Fro-Yo
- [161](#) Spiced Candied Pecans
- [162](#) Chia Pudding And Tropical Fruit Parfait
- [163](#) Banana Custard with Ginger-Spice Molasses
Cookie Crumbles
- [165](#) Apple Crisp
- [166](#) Souffléed Lemon Custard
- [167](#) Honey-Glazed Lemon-Lavender Cupcakes
- [168](#) Lemon-Lime Bars
- [170](#) Strawberry Rhubarb Cobbler
- [172](#) Berry Trifle
- [174](#) Dark Chocolate Bark with Mushroom Extract
- [175](#) Hidden Spinach Brownies
- [176](#) Chocolate Mousse Squares
- [178](#) Chiffon Cake with Chocolate Glaze and
Raspberries
- [180](#) Strawberry Mini Sponge Cakes
- [181](#) About the Creators of this Book

What is a Nutrivore?

Nutrivore is a revolutionary yet simple dietary concept: Get all the nutrients our bodies need from the foods we eat. That's it!

no-ō-trī-vôr'

noun

A person who chooses foods to supply all the nutrients their body needs to thrive.

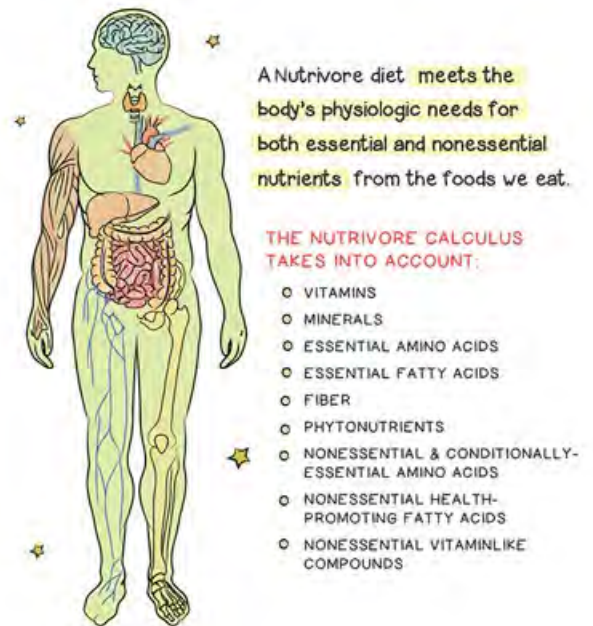
A diet predominantly comprised of nutrient-dense whole foods.

A radical yet simple idea: Get all the nutrients we need from the food we eat.

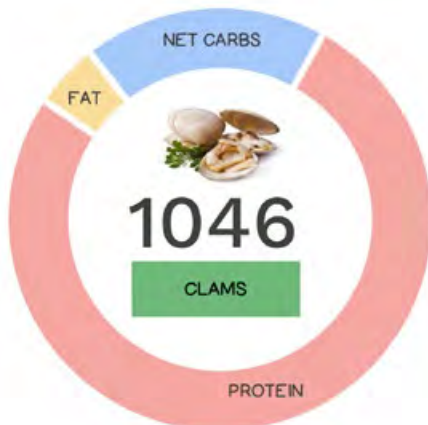
Nutrivore represents a completely new way to think about foods. Instead of labeling foods as "good" or "bad", we look at the overall quality of the whole diet.

The concept of Nutrivore is very simple: Choose foods such that the total of all the nutrients contained within those foods adds up throughout the day to meet or safely exceed our daily requirements for the full complement of essential and nonessential (but still very important) nutrients required to fully meet our body's physiologic needs, without consuming excess energy (i.e., while also staying within our daily caloric requirements).

The easiest way to do this is to have the foundation of the diet be a wide variety of nutrient-dense whole and minimally-processed foods, including selections from all of the nutritionally distinct food families. But, how do we identify the most nutrient-dense options? That's where the Nutrivore Score comes in!



What is the Nutrivore Score?



Simply put, the Nutrivore Score is an objective way to quantify the nutrient-density of foods!

Nutrient density refers to the concentration of nutrients (mainly vitamins and minerals, but also protein, fiber, phytonutrients, and other micronutrients) per calorie of food. High nutrient-density foods supply a wide range of nutrients (or alternatively, high levels of a specific, important nutrient) relative to the calories they contain.

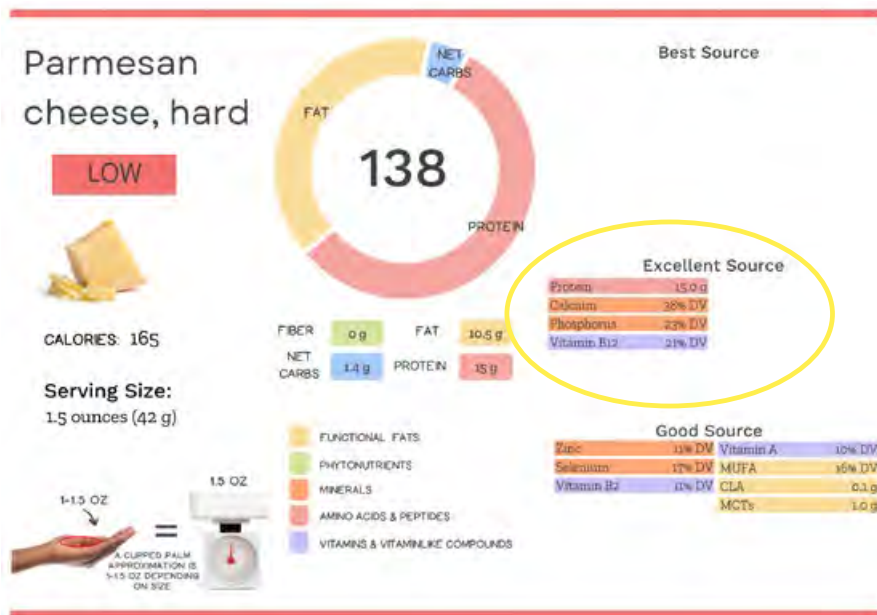
"The Nutrivore Score is a measurement of the total amount of nutrients per calorie a food contains."

What Is a Good Nutrivore Score?

Any food with a Nutrivore Score over 150 contributes more nutrients than calories to the diet but note that there is no cusp below which a food is “bad” and above which a food is “good”. In fact, there are plenty of examples of foods with lower scores that are still incredibly valuable sources of nutrients. For example, cheese has an average Nutrivore Score of 140 but is also the most concentrated food source of calcium!

This example shows us that all foods lie on a spectrum of nutrient density and the Nutrivore Score is just one tool to help identify good options. Overall, we want

to focus on whole and minimally-processed foods but it’s also important to remember that we don’t need to feel guilty about eating a food that isn’t particularly nutrient-dense. Instead, let’s focus on celebrating any choice we make that is nutrient focused.



Nutrivore Foundational Foods

The easiest path to Nutrivore is to have the foundation of the diet be a wide variety of nutrient-dense whole and minimally-processed foods, including selections from all of the nutritionally-distinct food families, which I call the Nutrivore foundational foods. We’ve covered all of these foods (and then some) in the previous four chapters; so here, I will compile that information into one place while summarizing the scientific studies that provide us with some guidance on how many servings of each Nutrivore foundational food family we need to support overall health.

I use the term food family to denote a more granular approach to food groups. So, instead of the usual five food groups (vegetables, fruit, dairy products, protein foods, and grains), I divide foods up into a few dozen categories where each member is much more closely related nutritionally, such as cruciferous vegetables (a.k.a. the cabbage family), mushrooms, shellfish, citrus fruits, and pulse legumes each as their own food family. You can view every member of a food family as nutritionally interchangeable—swapping broccoli for Brussels sprouts, or lemons for limes, or oysters for mussels, for example. I deem a food family to be nutritionally-distinct when it offers nutrients that are difficult or impossible to get from other food families.

The Nutrivore foundational foods are really just those groups of foods that offer something special nutritionally, because when it comes to food choices, the more different ones we make within food subgroups, the better.

BREAKFAST

Red Velvet Beet Smoothie

PREP TIME

5 minutes

COOK TIME

none

YIELD

1 servings

1 beet, peeled and chopped (fresh, canned or frozen),
2 cups strawberries
1 cup milk
½ cup strong brewed coffee or 1 double shot espresso
1 tablespoon chia seeds
1 tablespoon cacao powder
1-2 teaspoons honey, optional
1-2 scoops protein powder, optional
2-3 cups beet greens, spinach, or leafy green of choice

1. Add all ingredients to a blender and blend until smooth.



Double Berry Swiss Oatmeal

PREP TIME

10 minutes + chilling time

COOK TIME

none

YIELD

3-4 servings

1 cup rolled oats
2 tablespoons chia seeds
1-1 ½ cups water or milk (depending on how thick you like it)
¼ teaspoon sea salt
¾ cup Greek yogurt or coconut yogurt
½ cup chopped walnuts, or nuts or seeds of choice
2 scoops unflavored whey or pea protein powder, optional

1 small Granny Smith apple, grated or finely chopped
1 banana, sliced
¼ cup dried mulberries (or sub dried cranberries)
¼ cup dried currants (or sub raisins)
1 ½ cup fresh berries for serving
Drizzle of maple syrup for serving, optional

1. The night before serving, combine oats, chia seeds, water, salt, yogurt, walnuts, and protein powder, if using, in a medium bowl with a lid.
2. Carefully stir in the chopped apple, banana and dried berries.
3. Cover with lid and chill in the refrigerator overnight, or at least 2 hours.
4. In the morning, top with fresh berries and a drizzle of maple syrup, if desired.



Plantain Waffles

PREP TIME

5 minutes

COOK TIME

10-15 minutes

YIELD4-inch-square
Belgian-style (thick)
waffles

2 large green plantains (2½ to 3 cups chopped)

4 large eggs (if plantains are extra-large,
add an extra egg)

2 teaspoons vanilla extract

3 tablespoons oil of choice (coconut,
canola, etc.)

⅛ teaspoon sea salt

½ teaspoon baking soda

1. Peel the plantains and place the pieces in a blender with the eggs. Blend to form a smooth batter.
2. Add the rest of the ingredients to the blender and blend on high for an additional minute.
3. Heat a waffle maker to high heat. Pour batter into the waffle maker and cook, according to the manufacturer's directions, about 4½ minutes for Belgian-style (thick) waffles. Remove the waffle from the waffle maker. Repeat with the remaining batter and serve.



TIP: Sometimes this batter will thicken while it sits; if it does, simply blend it for an additional 10 seconds. To freeze, let the waffles or pancakes cool on a cooling rack, then place in a single layer on a baking sheet. Freeze for 4 to 6 hours or overnight. Remove from the baking sheet then transfer to an airtight container or freezer bag for long-term storage. Reheat from frozen in the microwave for 30 to 45 seconds or in a toaster or toaster oven, if you enjoy them crispy.



Cranberry Orange Loaf

PREP TIME

10 minutes

COOK TIME

50 minutes

YIELD

2 loaves

2 cups all-purpose flour, gluten-free flour blend, or grain-free flour alternative
 1 cup granulated sugar of choice
 ½ teaspoon baking powder
 ½ teaspoon salt
 ½ teaspoon baking soda
 2 tablespoons oil of choice
 ½ cup orange juice concentrate
 2 tablespoons boiled water
 1 egg
 ½ cup chopped fresh cranberries
 1 cup slivered almonds

1. Preheat oven to 350°F. Grease two loaf pans or line with parchment paper.
2. Sift together flour, sugar, baking powder, salt, and baking soda.
3. In a separate bowl mix together oil, orange juice concentrate and boiled water. Add egg and whisk to combine.
4. Fold the wet ingredients into the dry ingredients.
5. Add the cranberries and almonds and mix to combine.
6. Pour batter into loaf pans and bake for 50 minutes.



TIP: To make muffins instead, grease a muffin tin or line with silicone or paper liners and bake at 350°F for 30-35 minutes.



Carrot Parsnip Muffins

PREP TIME

20 minutes

COOK TIME

1 hour

YIELD

1 dozen muffins

4 large eggs

1 ½ cups sugar

½ cup oil

1 teaspoon vanilla

1 ½ cups grated carrot

1 ½ cups grated parsnip

1 ¾ cups plus 1 teaspoon flour, divided

1 teaspoon baking soda

1 teaspoon cream of tartar

1 teaspoon nutmeg

½ teaspoon allspice

½ teaspoon cinnamon

½ teaspoon cardamom

¼ teaspoon sea salt

1 cup chopped walnuts

1. Preheat oven to 350°F. Grease a muffin tin or line with muffin liners.
2. Whisk together eggs, sugar, olive oil and vanilla in a medium bowl. Add grated carrot and parsnip.
3. In a large bowl, combine 1 ¾ cups flour, baking soda, cream of tartar, nutmeg, allspice, cinnamon, cardamom, and salt. Use a spoon to push flour mixture to the sides of the bowl (like a volcano) and pour the egg mixture into the middle. Stir together to completely combine.
4. Toss chopped walnuts with remaining 1 teaspoon flour to coat. Fold into batter.
5. Pour batter into prepared muffin pan. Bake for 25-30 minutes.



TIP: You can use any flour or gluten-free flour alternative, including cassava flour, for these muffins, although follow package directions for conversions, if necessary. You can make these more nutrient dense with maple sugar or brown sugar instead of white sugar.

Pumpkin Spice Lentil Muffins

PREP TIME

15 minutes

COOK TIME

1 hour

YIELD

12 muffins

½ cup dried lentils, or 1 cup cooked lentils, any variety
1 cup canned pumpkin
1 teaspoon vanilla extract
¼ cup melted butter, or oil of choice
1 cup water, milk or buttermilk
2 eggs

1 ¾ cup flour, gluten-free flour blend, or grain-free flour alternative
½ cup loosely packed brown sugar, or granulated sugar of choice
2 teaspoons baking powder
1 tablespoon pumpkin pie spice
¼ teaspoon salt

- 1. COOK LENTILS:** Place lentils in a pot with enough water to cover by 2 inches. Bring to a boil and reduce to maintain a simmer for 25-30 minutes, until lentils are soft and slightly overcooked, but not mushy. Drain and discard excess water.
- 2.** Preheat oven to 375°F degrees.
- 3.** Add cooked lentils, pumpkin, vanilla, oil, and eggs to a large bowl and mix until combined.
- 4.** In a separate bowl whisk together flour, brown sugar, baking powder, pumpkin pie spice and salt. Add dry ingredients to the wet mixture and mix just until combined, being careful not to over mix.
- 5.** Pour muffin batter into a greased or lined muffin tin, filling each well to the top.
- 6.** Bake muffins for 25-30 minutes or until a toothpick inserted into the center of the muffin comes out clean. Cool before serving.



TIP: You cannot tell there are lentils in these muffins by taste at all. However, you can see them when you bite into them. So, if you have extra picky eaters who may object to eating these muffins because of the lentils, I suggest adding 1 cup of mini chocolate chips to the batter before baking. This will disguise the presence of the lentils and the combination of chocolate and pumpkin is delicious.



Toasted Coconut Macadamia Oat Muffins

PREP TIME

15 minutes

COOK TIME

20 minutes

YIELD

12 muffins

½ cup macadamia nuts
½ cup shredded coconut
1 cup flour, or gluten-free blend or grain-free flour of choice
1 cup rolled oats
½ cup maple sugar or granulated sugar of choice

½ teaspoon sea salt
¼ teaspoon baking soda
1 teaspoon cream of tartar
¾ cups water
⅓ cup olive oil or oil of choice
3 large eggs

1. Preheat oven to 350°F. Grease the wells of a muffin pan, or use silicone muffin pan liners.
2. Toast macadamia nuts and coconut flakes on a baking sheet in the oven until starting to brown, about 6-8 minutes, stirring every 2-3 minutes.
3. In a large bowl, combine flour, oats, sugar, salt, baking soda, and cream of tartar.
4. In a medium bowl, whisk together water, oil, eggs and vanilla. Pour into dry ingredients and stir to incorporate. Fold in toasted macadamia nuts and shredded coconut.
5. Spoon batter into prepared muffin pan. Fill almost to the brim.
6. Bake for 25 minutes, until a toothpick pricked in the middle of a muffin comes out clean. Remove from pan immediately after the muffins come out of the oven. (The easiest way to do this is to invert the pan over a cutting board). Serve warm or let cool to room temperature.

FLAVOR VARIATIONS: Add 1 sliced banana to make Coconut Macadamia Banana Muffins. Add 1 cup white chocolate chips to make White Chocolate Coconut Macadamia Muffins.



Rhubarb Coffee Cake

PREP TIME

15 minutes

COOK TIME

1 hour

YIELD

12 servings

½ cup butter, or oil of choice

¾ cup maple syrup or honey

1 large egg

¾ cup heavy cream or coconut cream

1 tablespoon apple cider vinegar

2 teaspoons baking soda

1 ⅔ cups all-purpose flour, gluten-free flour blend or grain-free flour of choice

½ teaspoon allspice

½ teaspoon cardamom

½ teaspoons salt

3 cups rhubarb, finely diced

2 tablespoons butter, or your favorite solid oil

2 tablespoons cane sugar or granulated sugar of choice

½ teaspoons cinnamon

¼ cup all purpose-flour, gluten-free flour blend or grain-free flour of choice (for crumb topping)

½ cup pecans, chopped (optional)

1. Preheat oven to 325°F. Grease a 7"x10" or an 8"x8" baking dish with lard, coconut oil, or ghee.
2. Add lard, honey and egg to the bowl of a standing mixer. With whisk attachment at medium speed, cream together until light and fluffy, about 3-4 minutes.
3. Meanwhile, combine apple cider vinegar and coconut cream (tip: add vinegar to the bottom of a measuring cup and then pour in cream to the ¾ cup line). Add 1 tsp baking soda and let sit for 2 minutes. (Caution: it will froth and expand, so use at least a 2 cup size measuring cup or do this step in a mixing bowl.)
4. Combine flour, spices, remaining baking soda and salt.
5. With mixer on low, add thirds of flour mixture and cream mixture, alternately. Once fully incorporated, remove whisk attachment and fold in rhubarb by hand.



Zucchini Bread

PREP TIME

15 minutes

COOK TIME

1 hour

YIELD

two loaves

3 eggs

1 cup maple sugar or brown sugar,
cane sugar, or your favorite granulated
sugar

1 cup olive oil or your favorite vegetable
oil

1 tablespoon vanilla

4 cups zucchini coarsely grated, about
2 pounds, or 3 - 4 medium zucchini

2 cups all-purpose flour, gluten-free
flour blend or grain-free flour of choice

2 teaspoons baking soda

1 teaspoon allspice

1 teaspoon nutmeg

1 teaspoon ground ginger

1 teaspoon salt

1 cup walnuts chopped

coconut oil and additional cassava
flour to grease and flour pans

1. Preheat oven to 350°F. Grease and flour two loaf pans.
2. Beat together eggs, sugar, olive oil, and vanilla. Stir in zucchini.
3. Combine flour, baking soda, allspice, nutmeg, ginger and salt. Add to egg mixture and stir to fully incorporate. Fold in walnuts.
4. Pour half of the batter into each of the two prepared loaf pans.
5. Bake for 1 hour.
6. To remove from loaf pans, simply invert onto a cutting board or cooling rack. Cool on a cooling rack.
7. Store in an airtight container at room temperature for up to four days.



Smoked Kipper Breakfast Hash

PREP TIME

15 minutes

COOK TIME

30 minutes

YIELD

4 servings

1 to 2 tablespoons oil
1 large leek, sliced
2 to 3 cloves garlic, minced
1 pound potatoes, cut into ½-inch or smaller pieces
2 cups mushrooms, sliced
½ cup water
2 3 ½-ounce cans smoked kipper (also called kipper snacks) or 6-8 ounces vacuum sealed smoked kipper*
½ teaspoon salt, plus more to taste
¼ teaspoon pepper
¼ cup chopped fresh herbs (tarragon, parsley, chives)
4 sunny-side-up fried eggs to serve

1. Add oil to a large skillet over medium heat. Add leeks and brown, stirring frequently. Add garlic and potatoes, and continue to cook, stirring frequently, for 5 to 7 minutes until starting to brown but still firm.
2. Add mushrooms, water, and smoked kipper and cook 15 more minutes, stirring frequently, until vegetables are cooked through. If hash starts to stick while cooking, add 1 or 2 tablespoons of additional water to deglaze the pan, and repeat as necessary.
3. Add salt and pepper, to taste.
4. Serve topped with a sunny-side-up fried egg and garnished with fresh herbs, if desired.



TIP: The smoked kipper that comes vacuum sealed (usually found near the smoked salmon in the grocery store) will need to be deboned. For an easier meal, purchase canned smoked kipper instead (located near the other canned seafood), which does not require deboning.



Pork and Winter Squash Frittata

PREP TIME

15 minutes

COOK TIME

40 minutes

YIELD

6 servings

3-4 thick slices of bacon, chopped
1 pound ground pork
2 cloves garlic, minced
1 tablespoon fresh sage, chopped
½ teaspoon salt or truffle salt
¼ teaspoon black pepper
¼ teaspoon nutmeg
2 sprigs thyme
3 cups winter squash, peeled, seeded and cut into a quarter to half inch dice
2 cups arugula or baby kale
10 eggs, beaten

1. Place chopped bacon into a cold ovenproof skillet and then turn on the heat to medium-high.
2. Cook the bacon until crisp, about 8-10 minutes.
3. Turn the broiler on high to preheat the oven.
4. Add the ground pork, garlic, sage, salt, pepper, nutmeg, and thyme to the skillet. Brown, stirring frequently to break up pork, until pork is fully cooked, about 8-10 minutes.
5. Remove the stems of the thyme (carefully!) and add the squash. Cook until squash is tender, about 5-6 minutes. The length of time will depend on the variety of squash you are using and just how finely diced it is.
6. Add arugula and beaten eggs. Let cook on the stovetop for 1 to 2 minutes, stirring a couple of times.
7. Place the skillet in the oven and broil until the eggs are completely cooked- puffed up and starting to brown on top- about 7-10 minutes, varies oven to oven so watch carefully.



Rutabaga Breakfast Hash

PREP TIME

10 minutes

COOK TIME

30-40 minutes

YIELD

4 servings

4 slices bacon, chopped
2 rutabaga, peeled and diced
½ onion, diced
3 cloves garlic, minced
½ bunch kale or collard greens, chopped
1 teaspoon salt
¼ teaspoon pepper
6 eggs

1. Preheat the oven to 350°F degrees.
2. Add bacon to a large skillet over medium heat and cook until crispy.
3. Remove bacon with a slotted spoon and add the rutabaga, onion and garlic to the skillet and cook in the rendered bacon grease until the onion is starting to get translucent, about 10 minutes.
4. Add kale and cook until starting to wilt and rutabaga is fork tender, about ten minutes.
5. Add bacon back to the pan and season with salt and pepper to taste.
6. Create shallow wells in the veggie mixture. Crack an egg into each well and bake until the eggs are cooked to your desired doneness, about 10-15 minutes.



Sausage, Broccoli and Potato Frittata

PREP TIME

10 minutes

COOK TIME

25-30 minutes

YIELD

4 servings

8 ounces bulk pork sausage
5 ounces bacon, chopped
½ medium-sized yellow onion, diced
½ red bell pepper, diced
8 ounces mushrooms, thinly sliced
1 broccoli crown, cut into very small florets
1 pound cooked and cooled potatoes,
peeled and cut into ½-inch cubes
8 large eggs, beaten

1. Heat an ovenproof large skillet over medium-high heat and turn the broiler on high to preheat the oven.
2. Place the sausage and bacon in the pan and break up the clumps with a wooden spoon or spatula while it cooks.
3. Add the onion, bell pepper, mushrooms and broccoli and sauté, stirring occasionally, until vegetables are cooked, 8 to 10 minutes. Add potatoes, and cook just to heat through, 1 to 2 minutes.
4. Add the beaten eggs. Let cook on the stovetop for 1 to 2 minutes, stirring a couple of times.
5. Place the skillet in the oven and broil until the eggs are completely cooked, puffed up, and starting to brown on top, 7 to 10 minutes (it varies from oven to oven, so watch carefully). Serve.



Bacon, Spinach and Olive Frittata

PREP TIME

10 minutes

COOK TIME

30 minutes

YIELD

3-4 servings

6 ounces bacon (about 6 to 7 thick slices), cut into small pieces

½ medium-sized yellow onion, or 1 small onion, finely diced

1½ cups red bell pepper, diced (about 1 large pepper)

1 cup sliced black olives, or 1 (2.25-ounce) can sliced black olives

4 cups chopped fresh spinach

8 large eggs, beaten

1. Heat an ovenproof large skillet over medium- high heat and turn the broiler on high to preheat the oven.
2. Add the bacon and onion to the pan and cook, stirring occasionally, until the bacon is crisp and the onion is fully cooked and caramelized, 8 to 10 minutes.
3. Add the pepper and olives to the pan and sauté, stirring occasionally, until the pepper is cooked (4 to 5 minutes). Add the spinach and stir to wilt, about 1 minute.
4. Add the beaten eggs. Let cook on the stovetop for 1 to 2 minutes, stirring a couple of times.
5. Place the skillet in the oven and broil until the eggs are completely cooked, puffed up, and starting to brown on top, 7 to 10 minutes (it varies from oven to oven, so watch carefully). Serve.



6. Pour batter into prepared baking dish.
7. Make the crumb topping. Combine butter, sugar, cinnamon and flour in a small bowl. With your fingers, gently drop crumbs onto the surface of the cake batter, breaking up any bigger pieces as you go.
8. Sprinkle chopped pecans over the top of the cake, if using.
9. Put in the oven. Set a timer for 10 minutes.
10. After 10 minutes, increase oven temperature to 350°F. Cook for a further 50 minutes.
11. Remove from oven and let cool before serving.

Veggie Frittata

PREP TIME

5 minutes

COOK TIME

15 minutes

YIELD

3-4 servings

½ medium yellow onion, finely chopped
½ red bell pepper, finely chopped
1½ cups mushrooms, thinly sliced
2 cups fresh kale, chopped
2 cups fresh spinach, chopped
8 eggs, beaten
1 tablespoon butter or oil of choice

1. Heat an oven proof skillet over medium high heat and set broiler to high to preheat oven.
2. Add oil to hot skillet and add onion, pepper and mushroom and sauté, stirring occasionally, until vegetables are starting to soften, about 3 to 4 minutes.
3. Add kale and continue to sauté, until all vegetables are cooked, about 8 to 10 minutes.
4. Add spinach, and stir until spinach is wilted.
5. Add beaten eggs and let cook on stove top for 1 to 2 minutes, stirring a couple of times.
6. Place skillet in the oven and broil until eggs are completely cooked, puffed up and starting to brown on top.



Mushroom and Spinach Omelet

PREP TIME

2 minutes

COOK TIME

5 minutes

YIELD

1 serving

2 tablespoons butter or oil of choice, divided

1 cup mushrooms

½ cup baby spinach

2 large eggs

2 tablespoons milk or water

Pinch of sea salt and black pepper

¼ cup cheese (gruyere, cheddar, mozzarella), optional

1. Heat the oil in an omelet pan or 8-inch skillet over medium heat.
2. Add the mushrooms and saute until cooked, about 6-8 minutes.
3. Add the spinach and cook until wilted, about 2 minutes.
4. Set the veggie mixture aside and place the pan back on the stove. Add additional tablespoon of oil.
5. Meanwhile, whisk the eggs, milk and salt and pepper, then pour into the hot pan. Cook for 4 to 5 minutes, until the egg mixture looks fairly solid.
6. Pour the spinach and mushroom mixture over half of the omelet and top with cheese if using.
7. Wiggle a spatula underneath the half that does not have the filling on it and flip that half over the filling. Slide onto a plate and enjoy.



SNACKS

Granola Bars

PREP TIME

10 minutes

COOK TIME

25 minutes

YIELD

10-16 servings

½ cup coconut flakes, chopped
2 large eggs
1 teaspoon vanilla extract
1 tablespoon honey
Pinch of sea salt
Pinch of ground cinnamon
½ cup finely shredded, unsweetened coconut

½ cup pepitas, chopped
⅓ cup shelled sunflower seeds
3 tablespoons sesame seeds
⅓ cup dried currants (or sub raisins)
⅓ cup dried cranberries, chopped
¼ cup bittersweet mini chocolate chips, optional

1. Preheat the oven to 350°F. Grease a 9-inch-square pan with coconut oil or palm shortening.
2. Toast the coconut flakes in a skillet over medium-high heat for 6 to 7 minutes, until lightly browned, if desired.
3. Place the eggs, vanilla, honey, salt, and cinnamon in a blender and mix for about 20 seconds. Alternatively, whisk well in a medium bowl.
4. Combine all the remaining dry ingredients in a bowl. Pour the egg mixture over the dry ingredients and mix to thoroughly combine. Pour the granola into the pan and press down evenly.
5. Bake for 18 minutes. Let cool completely then cut into bars or squares. Store in an airtight container in the fridge for up to a week.



Socca (Chickpea Flatbread)

PREP TIME

25 minutes

COOK TIME

20 minutes

YIELD

4-6 servings

1 cup chickpea flour
1 ¼ cup room temperature water
1 tablespoons olive oil, or oil of choice, plus
more to grease pan
½ teaspoon salt, plus more to sprinkle on top

1. Drizzle olive oil into a 12-inch cast iron skillet or pizza pan and place in cold oven. Preheat oven to 425°F.
2. While oven is preheating, mix all ingredients in a medium bowl. Let batter sit for about 20 minutes. It will thicken slightly, but should be a fairly runny consistency.
3. When the oven is preheated and the skillet is hot, pour the batter into the skillet and place in the oven. Bake for 20 minutes until edges are golden.
4. For extra crispy socca, broil for an additional two minutes until golden brown.



COOKING TIP **TIP:** For additional flavor options you can sprinkle with fresh cracked pepper, mix fresh rosemary into the batter and then sprinkle with flakey sea salt before baking, or bake it as is, but then serve topped with butter and honey.



Cucumber and Watercress Sandwiches

PREP TIME

10 minutes

COOK TIME

none

YIELD

4 sandwiches

4 ounces cream cheese

½ lemon, juiced

2 tablespoons chopped chives

Salt and pepper to taste

8 slices of bread

½ English cucumber, thinly sliced

1 bunch watercress, about 2 cups
(substitute arugula if watercress is
unavailable)

1. Combine cream cheese with lemon juice, chives and salt and pepper.
2. Spread herbed cream cheese mixture onto each slice of bread.
3. Place cucumber slices on half of the bread slices and then top with watercress.
4. Place remaining bread slices on top. Cut each sandwich in half and serve.



Artichoke and Spinach Dip

PREP TIME

15 minutes

COOK TIME

1 hour

YIELD

6-8 servings

4 ounces bacon

1 small yellow onion, finely chopped

3 cloves garlic, crushed

24 ounces frozen artichoke hearts,
thawed and drained or 2 14-ounce
cans, drained and rinsed2 cups fresh spinach, chopped (or
substitute any mild tasting green) $\frac{2}{3}$ cup mayonnaise $\frac{1}{2}$ teaspoon salt $\frac{1}{4}$ teaspoon pepper

1 cup Romano cheese, optional

Carrot sticks, celery sticks, sweet pepper
slices, broccoli florets, tortilla chips, or
crusty bread for serving

1. Preheat oven to 375° F.
2. Cook bacon until crispy in a skillet over medium-high heat. Remove bacon and set aside.
3. Add onion, garlic and artichoke hearts to hot pan. Cook, stirring occasionally, until onion is soft and a little browned.
4. Add spinach and cook until wilted, about 2-3 minutes (longer if you substitute a more substantial leaf).
5. Add artichoke mixture to a small casserole dish or pie pan and stir in mayonnaise.
6. Sprinkle chopped bacon and cheese, if using, over top and bake for 25-30 minutes.



Hummus

PREP TIME

30 minutes

COOK TIME

45 minutes

YIELD

3 cups

1 cup dried chickpeas
2 cloves garlic, minced
3 tablespoons fresh lemon juice
2 teaspoons sea salt, divided
3 tablespoons tahini

¼ teaspoon cumin
½ cup olive oil, or oil of choice
½ cup water
2 tablespoons fresh parsley, chopped

1. Rinse and drain chickpeas. Place in a pressure cooker insert or large pot. Cover with water by 3 inches and add 1 teaspoon salt. Cook for 20 minutes on high pressure in the pressure cooker, or bring to a boil and reduce to maintain a simmer for 45 minutes on the stovetop.
2. Drain the chickpeas. Place in a blender or a food processor, and add remaining ingredients. Process until completely smooth.
3. Garnish with fresh parsley.
4. Store in the fridge up to 1 week.



SAUCES

AND

CONDIMENTS

Roasted Garlic

PREP TIME

5 minutes

COOK TIME

35-40 minutes

YIELD

1 head of garlic

1 head of garlic

Olive oil or oil of choice

1. Preheat oven to 400°F.
2. Cut the about ¼ inch off the top of the head of garlic to expose the individual cloves.
3. Place the head of garlic in a piece of aluminum foil and drizzle with olive oil.
4. Wrap it up and place it on a baking sheet.
5. Roast the garlic for 35-40 minutes until slightly browned.
6. Let the garlic cool to the touch before removing the skins. You can do this by cutting the skin with a knife and then using a small fork to remove the clove, or simply squeeze the clove out of the skin gently using your fingers.

HOW TO USE ROASTED GARLIC:

1. Mash it with a fork and spread it on toast or use it to make garlic bread
2. Add to your favorite mashed potatoes recipe
3. Add to pasta
4. Add it to butter to make roasted garlic butter
5. Combine with mayonnaise and use as a sandwich spread
6. Top your roasted vegetables with it
7. Top your grilled steak or chicken with it
8. Add it to your favorite salad dressing recipe
9. Use it in pesto in place of raw garlic
10. Rub it on corn on the cob



Pickled Shallots

PREP TIME

20 minutes

COOK TIME

8 hours

YIELD

2 cups shallots

2 cups shallots

 $\frac{3}{4}$ cup apple cider vinegar

2 tablespoons lime juice

2 teaspoons salt

1. Slice shallots into $\frac{1}{8}$ inch or $\frac{1}{4}$ inch half moons and place into a pint jar.
2. Mix vinegar and lime juice. Add salt and stir to dissolve.
3. Pour vinegar mixture over shallots. Top up the jar with water (up to the very brim). Place lid on jar and shake well.
4. Leave on counter top for at least 8 hours, 24 is better. Refrigerate for long-term storage.



Grapefruit Salsa

PREP TIME

30 minutes

COOK TIME

12 minutes

YIELD

8-10 servings

4 grapefruit, segmented
2 teaspoons honey
¼ onion, thinly sliced
¼ cup chopped cilantro
1 teaspoon lime zest
Pinch of salt

1. Cut grapefruit segments in half.
2. Mix grapefruit, with honey, red onion, cilantro, lime zest and salt.
3. Chill in refrigerator until ready to serve.



Preserved Lemons

PREP TIME

10 minutes, plus
preserving time

COOK TIME

none

YIELD

4-5 preserved lemons

4-5 lemons

¼ cup salt

1 tablespoon granulated sugar

1. Clean the lemons well.
2. Slice just the tip of each lemon off. Then, placing the lemon flat on the cutting board, cut a large x across the top of the lemon, making sure not to cut all the way through so the lemon stays intact.
3. In a large bowl, combine the salt and sugar. Add the lemons to the bowl and stuff the salt and sugar mixture into each lemon. Toss the lemons in the remaining salt and sugar.
4. Cover the bowl with plastic wrap and refrigerate overnight or up to 24 hours.
5. Once the lemons have released some of their juices, move the lemons to a clean jar, along with the juices. Squish the lemons down into the jar until they are completely submerged in the liquid, adding additional lemon juice if needed.
6. Seal the jar and store in the refrigerator for at least 2 weeks, and up to 6 months.



Wild Fermented Sauerkraut

PREP TIME

20 minutes - 1 hour

COOK TIME

5 days - 5 weeks or longer

YIELD

30+ servings

3 pounds cabbage (1 large head or 2 smaller heads)

4½ tablespoons unrefined sea salt, pink, pickling, or other non iodized salt

1. Peel a few of the outer leaves from each head and set aside.
2. Slice the cabbage as thinly as possible using a food processor, mandoline slicer, or a knife.
3. Place the cabbage into a large bowl; if you don't have a bowl big enough for all 3 pounds, you can do this in batches. Sprinkle with salt.
4. Massage the cabbage with your hands to thoroughly distribute the salt and start the process of breaking down the cabbage. Massage until well wilted.
5. Make sure your fermentation crock or vessel is very clean. Pack the cabbage into the vessel, handful by handful, pressing down firmly with each handful to make sure it's tightly packed.
6. Place the large outer leaves over the top of the shredded cabbage. (You may have to tear or fold the leaves to be able to cover the entire surface. This ensures that the shredded cabbage stays submerged.
7. Weigh down the cabbage. A clean glass jar, slightly smaller in diameter than the mouth of your fermentation vessel, filled with water works well. If you are using a fermentation crock, use the weight that comes with it.
8. Cover the vessel with a breathable barrier (paint-straining bag, nut-milk bag, several layers of cheesecloth, coffee filter, linen towel, or even paper towels), making sure to secure with a rubber band (unless using something like a paint-straining bag that has an elastic around the opening). If using a fermentation crock, put on the lid.



Pickled Radishes

PREP TIME

15 minutes

COOK TIME

8-24 hours

YIELD

2 cups

2 cups thinly sliced radishes, about 10-12 radishes
or ½ pound

1 teaspoon mustard seeds

1 teaspoon peppercorns

1 bay leaf

¾ cup apple cider vinegar

2 teaspoons sugar

2 teaspoons salt

1. Place sliced radishes, peppercorns, mustard seeds and bay leaf into a pint jar.
2. Mix vinegar, salt and sugar, and stir to dissolve.
3. Pour vinegar mixture over radishes. Fill the jar with water up to the very brim. Place the lid on the jar and shake well.
4. Leave on the counter for at least 8 hours, 24 is better. Refrigerate for long-term storage.



TIP: You can use your typical red radish most commonly found at the grocery store, but daikon radishes are also delicious pickled!



Garlic Chive Compound Butter

PREP TIME

20 minutes

COOK TIME

none

YIELD

1 cup

1 cup unsalted butter, softened
¼ cup chopped fresh chives
⅓ cup chopped fresh parsley
4 cloves garlic, minced
Finely grated zest of 1 lemon
½ teaspoon salt
¼ teaspoon black pepper

1. Place all the ingredients in a bowl and mix with a fork until thoroughly combined. Store in the refrigerator for up to a month or in the freezer for up to 6 months.



TIP: This pairs well with fish, shellfish and red meat.



Cauliflower Gravy

PREP TIME

5-10 minutes

COOK TIME

20 minutes

YIELD

3 cups

½ head cauliflower, cut into florets

1½ cups bone broth (chicken, beef, pork, etc.)

1 clove garlic

Salt, to taste

1. Place the cauliflower in a saucepan with the broth and garlic. Bring to a boil, then reduce the heat to maintain a simmer. Simmer for 15 to 20 minutes, until the cauliflower is overcooked.
2. Pour the mixture into a high-speed blender. Cover the lid of your blender with a tea towel to make sure you don't burn yourself. Blend for 1 minute, until completely smooth. Taste and season with salt if desired. If too thick, thin with additional broth or water.



TIP: Serve with roasted chicken or turkey or with any other recipe that you'd typically serve with gravy.



Arugula Pesto

PREP TIME

10 minutes

COOK TIME

10 minutes

YIELD

1 cup

6 cloves garlic, unpeeled
4 cups fresh arugula
¼ cup roasted pine nuts
⅓ cup parmesan cheese
2 teaspoons lemon juice
½ teaspoon salt
¼ cup extra virgin olive oil

1. Heat a skillet over medium heat. Add garlic to the pan, still in its peel. Stir or shake the pan frequently so the garlic rotates and cooks on all sides. Cook until garlic is starting to brown and is feeling soft to the touch, about 7-8 minutes.
2. Let the garlic cool, then peel. Place in a blender or food processor with the arugula, pine nuts, parmesan cheese, lemon juice and salt. Pulse until combined.
3. While the blender or food processor is running, slowly drizzle in the olive oil. Blend until desired consistency is reached.



TIP: Typically the fresher your ingredients are the better. However, this recipe is a great way to use up arugula that is starting to turn. So if your arugula is past the point where it seems appetizing for use in a salad, make this pesto instead!



Traditional Pesto (or Ramp Pesto)

PREP TIME

10 minutes

COOK TIME

10 minutes

YIELD

1 cup

6 cloves garlic, unpeeled
4 cups fresh basil leaves
¼ cup roasted pine nuts
⅓ cup parmesan cheese
2 teaspoons lemon juice
½ teaspoon salt
¼ cup olive oil or oil of choice

1. Heat a skillet over medium heat. Add garlic to the pan, still in its peel. Stir or shake the pan frequently so the garlic rotates and cooks on all sides. Cook until garlic is starting to brown and is feeling soft to the touch, about 7-8 minutes.
2. Let the garlic cool, then peel. Place in a blender or food processor with the basil, pine nuts, parmesan cheese, lemon juice and salt. Pulse until combined.
3. While the blender or food processor is running, slowly drizzle in the olive oil. Blend until desired consistency is reached.



TIP: If you can find ramps, you can replace the garlic and fresh basil with one bunch of ramp leaves, or about 2 cups. Save the bulbs of the ramps for another use. Skip step one and just add all the ingredients to your blender or food processor and blend until smooth, adding more or less oil to achieve the desired consistency.



Chimichurri

PREP TIME

10 minutes

COOK TIME

none

YIELD

1 cup

$\frac{2}{3}$ cup chopped fresh cilantro
 $\frac{2}{3}$ cup chopped fresh parsley
3-4 scallions, white and green parts, sliced
 $\frac{1}{2}$ cup olive oil, or oil of choice
 $\frac{1}{3}$ cup red wine vinegar
2 cloves garlic
 $\frac{1}{4}$ teaspoon ground cumin
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon red pepper flakes (optional)

1. Place all the ingredients in a blender or food processor and blend until smooth. Store in the refrigerator for up to 2 weeks.



TIP: Pairs well with red meat and poultry, especially grilled, as well as fried eggs.



SOUPS AND SALADS

Watermelon Gazpacho

PREP TIME

20 minutes
plus chilling time

COOK TIME

none

YIELD

4-6 servings

5 cups cubed seedless watermelon (or remove seeds if using a seeded watermelon)

2 teaspoons red or white wine vinegar

1 tablespoon olive oil or oil of choice

¼ teaspoon sea salt

¼ red onion, finely diced (about ½ cup)

½ cucumber, finely diced (about ¾ cup)

½ jicama, finely diced (about 1½ cups), or Granny Smith apple if you can't find jicama

2 tablespoons chopped fresh cilantro

1 tablespoon chopped fresh mint

1. Combine the watermelon, vinegar, olive oil, and salt in a blender and pulse until smooth. (It's okay if it remains a little pulpy.)
2. Stir the onion, cucumber, jicama, cilantro, and mint into the watermelon mixture.
3. Pour into a container, cover, and place in the fridge to chill for 2 hours (or up to overnight) before serving.



Nectarine and Cantaloupe Chilled Soup

PREP TIME

15 minutes

COOK TIME

none

YIELD

5 servings

1 small cantaloupe (about 2½ pounds), chilled
2 nectarines, chilled
1 tablespoon honey or sugar of choice
2 tablespoons fresh lime juice
Pinch salt
Lime slices for garnish

1. Cut cantaloupe in half, remove seeds and cut away rind. Cut into large chunks. Peel nectarines and slice, discarding pits.
2. Combine cantaloupe, nectarine and remaining ingredients in a high-speed blender. Blend at high speed until smooth, about 1 minute.



Asparagus Soup

PREP TIME

10 minutes

COOK TIME

25 minutes

YIELD

5-6 servings

2 bunches asparagus (about 2½ pounds)
6 cups chicken stock, divided
1½ cups cubed green plantain (about 1 large plantain or 1½ medium)
2 cups cauliflower florets (about ½ small head)

1 tablespoon lemon juice
1 teaspoon sea salt
8 to 12 ounces lox, for garnish (optional)
1 cup plain yogurt or coconut milk yogurt, for garnish (optional)

1. Snap the tough stems off the asparagus. Add the tough stems to a large soup pot with 5 cups of the stock, the plantain, and cauliflower. Bring to a boil and then reduce the heat to maintain a simmer.
2. Simmer for 15 to 20 minutes, until asparagus stems are soft when pierced with a knife and cauliflower is overcooked. (For very tough stems, you may need to simmer longer.)
3. Meanwhile, slice the tender asparagus tips into ½-inch pieces.
4. In a blender in two batches or with an immersion blender, puree the contents of the pot until a completely smooth puree forms (this takes 1 to 2 minutes in a blender, but may take longer with an immersion blender).
5. Bring the remaining 1 cup of stock and sliced asparagus tips to a simmer on the stovetop (do this in a separate small pot if you opted to puree using an immersion blender, or in the same pot if you opted to use your countertop blender). Simmer for 3 to 5 minutes until tender but not too soft.
6. Add the tender asparagus tips and stock to puree in your soup pot. Stir in lemon juice and salt. Stir and taste to see if it's seasoned to your liking. Add additional salt, if needed.
7. Spoon into bowls and garnish with lox and plain yogurt, if desired.



Celery and Parsnip Soup

PREP TIME

20 minutes

COOK TIME

15 minute

YIELD

6 servings

2 tablespoons olive oil or oil of choice

 $\frac{1}{2}$ cup raw cashews

1 onion, diced

4 garlic cloves, rough chopped

6 cups celery, sliced thin (about 1 extra-large head)

1 pound parsnips, sliced

5 cups chicken stock

1 bay leaf

1 teaspoon chopped fresh lemon thyme
or regular thyme

1 teaspoon sea salt

 $\frac{1}{2}$ teaspoon pepper

1 tablespoon lemon juice

 $\frac{1}{2}$ cup chopped fresh parsley

1. Heat oil in a large pot over medium high-heat. Add onion and cashews, stirring occasionally, and cook until onions are starting to brown, about 5 minutes.
2. Add garlic, celery, parsnips, chicken stock, bay leaf, thyme, salt and pepper. Bring to a boil and then reduce heat to maintain a simmer. Cover and cook until vegetables are tender, about 10 minutes.
3. Remove bay leaf. With an immersion blender, blend until smooth. Alternately, blend in batches using a countertop blender.
4. Stir in lemon juice and parsley. Taste and add additional salt, if needed. Serve warm or chilled.



Cream of Mushroom Soup

PREP TIME

15 minutes

COOK TIME

30 minutes

YIELD

4 to 5 servings

1 pound mushrooms, divided
2 tablespoons olive oil or oil of choice
1 medium yellow onion, diced
1 stalk celery, chopped
2 to 3 cups beef stock
1 cup chopped and peeled zucchini or chopped cauliflower florets

1 ¼ teaspoon salt, plus more to taste
¼ teaspoon dried thyme
¼ teaspoon dried tarragon
½ cup heavy cream or full fat coconut milk
3-4 tablespoons flour, grain-free flour alternative, or your favorite flour blend

1. Roughly chop 12 ounces of mushrooms. For the remaining 4 ounces, either cut into ¼-inch cube or very thinly slice and set aside.
2. In a large pot, heat olive oil over medium-high heat. Add onion and celery and sauté, stirring frequently, until onion starts to brown, about 8 minutes. Add the 12 ounces of roughly chopped mushrooms and sauté until lightly browned, about 5 more minutes. Add beef stock, zucchini, thyme and tarragon. Bring to a boil and then reduce heat to maintain a simmer.
3. Simmer until the zucchini is very soft and starting to fall apart, about 6 to 8 minutes.
4. Using an immersion blender, blend until completely smooth. Alternatively, use a countertop blender and work in batches, then return blended soup to the pot.
5. Whisk heavy cream and flour together until smooth. Add to soup and stir to combine.



6. Add the remaining 4 ounces of mushrooms. Over low heat, stirring very frequently, simmer until the mushrooms are cooked, about 5 minutes. If the soup is too thick, add additional bone stock or water, until the consistency is to your liking. If the soup is too thin, add an additional tablespoon of flour and cook until incorporated and thickened to your liking.
7. Taste and add additional salt, if needed.



TIP: For a thicker soup or to use in place of condensed mushroom soup in your favorite recipes, use 2 cups of beef stock. For a thinner soup, use 3 cups.

French Onion Soup

PREP TIME

20 minutes

COOK TIME

2 hours, 10 minutes

YIELD

6 - 8 servings

¼ cup olive oil, or oil of choice

8 cups half-moon thinly sliced onion (about 2½ pounds)

1 teaspoon cane sugar, or granulated sugar of choice

1 teaspoon salt

1 cup dry white wine

10 cups beef stock

1. In a Dutch oven, heat olive oil over medium-high heat. Add onions, sugar and salt. Cook, stirring frequently, until onions have caramelized to a deep brown color, about 40 minutes.
2. Add wine and scrape the bottom of the pot to deglaze. Add beef stock. Bring to a boil and then reduce heat to maintain a slow simmer.
3. Simmer uncovered for 1½ hours, or until the liquid has reduced by about half.



TIP: If you'd like to gratinée this soup, pour the soup into oven-safe serving bowls arranged on a rimmed baking sheet. Place a thick slice of your favorite bread on top of the soup, ideally cut to the exact size and shape of your serving bowls. Sprinkle the top with grated mozzarella cheese then bake at 400°F until cheese is bubbly and starting to brown, about 10 minutes.



Lettuce Soup

PREP TIME

10 minutes

COOK TIME

30 minutes

YIELD

2-4 servings

3 tablespoons olive oil or oil of choice
1 cup chopped shallots (about 3 large shallots)
1 garlic clove, chopped
 $\frac{3}{4}$ teaspoon ground coriander
 $\frac{1}{8}$ teaspoon ground cardamom
 $\frac{1}{4}$ teaspoon ground black pepper
 $\frac{3}{4}$ teaspoon sea salt

1 pound (about 2 large heads) lettuce, roughly chopped
4 cups chicken stock
1 green plantain or Russet potato, peeled and cut into 1-inch chunks
Yogurt or dairy free alternative, for serving (optional)

1. Heat the oil in a large soup pot over medium-high heat. Add the shallots and cook, stirring frequently, until beginning to soften, about 5 minutes.
2. Add the garlic, spices, salt. Cook, stirring frequently, for another minute or until fragrant.
3. Add the lettuce. Stir constantly for 2 to 3 minutes to wilt the lettuce.
4. Add the stock and plantain. Bring to a boil and then reduce heat to maintain a simmer for 20 minutes.
5. Puree the soup by putting the entire contents of the pot into your blender and blending on high for 1 minute (do this in batches if you have a small blender). An immersion blender can also be used, but will be harder to get that perfect creamy consistency. Taste for seasoning and add more salt if desired.
6. Spoon into bowls and garnish with a dollop of yogurt, if desired.



TIP: If you can't find green plantains, you can use a Russet potato, white sweet potato, or 2 medium parsnips instead. Boston or Bibb varieties are classically used for lettuce soup, but any variety you have on hand will work.

MEAL SUGGESTION: Serve with lox or crab.

Indian Lentil Soup (Dal Shorva)

PREP TIME

20 minutes

COOK TIME

45 minutes

YIELD

3-4 servings

1½ cups lentils

6 cups chicken stock

1 teaspoon turmeric

½ teaspoon cayenne pepper

1 teaspoon cumin

¼ teaspoon cardamom

2 to 3 curry leaves

3 tablespoons ghee, or oil of choice

2 teaspoons mustard seeds

2 garlic cloves, finely chopped

1 teaspoon sea salt

¼ teaspoon pepper

2 tablespoons fresh lemon juice

1. Rinse lentils thoroughly, pick out any debris, and drain.
2. In a large pot, combine lentils, chicken stock, turmeric, cayenne, cumin, cardamom and curry leaves. Bring to a boil and reduce temperature to maintain a simmer for 30-35 minutes, until lentils are very soft and starting to lose their shape.
3. With an immersion blender, partially blend soup, but leave it somewhat lumpy.
4. In a small skillet, heat ghee over medium-high heat. Add garlic and mustard seeds and sauté until garlic is browned and mustard seeds are starting to pop, about 4 to 5 minutes.
5. Add garlic mix, salt and pepper to the soup. Simmer for 5 minutes.
6. Stir in lemon juice. Taste and add additional salt and pepper, if desired.



TIP: If you can't find curry leaves, use bay leaves instead but remove them before blending.



Split Pea Soup

PREP TIME

20 minutes

COOK TIME

15 minutes

YIELD

4-6 servings

1 large white onion, diced
4 celery stalks, chopped
2 large carrots, diced
6 ounces of ham or pancetta, diced
1 pound split peas, rinsed
6 cups chicken stock
3 bay leaves
2 teaspoons sea salt

1. IN A PRESSURE COOKER: Combine all of the ingredients in the pressure cooker. Cook for 15 minutes at high pressure. Let the pressure naturally release for 15 minutes. Force-release remaining pressure, stir and serve!

2. IN A SLOW COOKER: Combine all of the ingredients in the slow cooker. Cook on high for 4 hours or on low for 8 hours, stirring only occasionally. Serve!



TIP: Note that this soup tends to thicken as it cools, leading to a thicker soup for leftovers. Add more chicken stock for a thinner soup, if desired.



Pumpkin Chili

PREP TIME

15 minutes

COOK TIME

1 hour 20 minutes

YIELD

6-8 servings

1 medium pie pumpkin, peeled and cut into ½-inch cubes

1 large sweet potato, peeled and cut into ½-inch cubes

2 tablespoons oil

3 pounds ground beef, or ground meat of choice

2 onions, finely chopped

6-8 celery stalks, chopped

8-10 cloves garlic, chopped

3 bay leaves

3 tablespoons chili powder

1 ½ tablespoons cumin

1 teaspoon cinnamon

1 teaspoon nutmeg

2 teaspoons cocoa powder

2 teaspoons salt

1 teaspoon black pepper

¼ teaspoon cayenne (optional)

3 15-ounce cans diced tomato

1 6-ounce can tomato paste

2 cups pumpkin purée (fresh purée cans be made by blending some extra roast pumpkin, or use canned)

2 tablespoons chopped fresh basil

2 tablespoons chopped fresh oregano

3 tablespoons chopped fresh cilantro

1 bag/bunch fresh spinach, chopped

1. Toss pumpkin and sweet potato with oil. Spread on a baking sheet and bake at 350°F for 30 minutes or until soft and starting to brown.
2. Meanwhile, brown the meat with garlic, onion, celery and bay leaves in a large pot at medium-high heat. Stir only occasionally to not break up the meat into too small of pieces.
3. When meat is browned, add spices and cook until fragrant, about 3-4 minutes.
4. Add tomatoes, tomato paste, and pumpkin puree. Bring to a simmer and then reduce to low-medium heat. Simmer for 15 minutes until celery is soft, stirring occasionally.
5. Add fresh herbs and chopped spinach. Finally, add the roasted pumpkin and sweet potato.
6. Taste and season with more salt and pepper if desired.



Spicy Avocado and Vegetable Gazpacho

PREP TIME

20 minutes, plus 30 minutes chilling time

COOK TIME

none

YIELD

4-6 servings

2 large tomatoes, seeded and coarsely chopped

1 medium yellow pepper, cut into ½-inch pieces

1 medium cucumber peeled, seeded, and cut into ½-inch pieces

1 large celery stalk, thinly sliced

½ bunch radishes, finely chopped

2 medium avocados, seed and peel removed and cut into ¾-inch chunks

1 32-oz bottle spicy cocktail vegetable juice, chilled

¼ cup red wine vinegar

¼ teaspoon sea salt

½ teaspoon chili flakes (omit if you'd like it less spicy)

1 tablespoon fresh cilantro, chopped

Yogurt or sour cream, or dairy-free alternative, to serve (optional)

1. Combine all ingredients, and gently stir.
2. Cover and refrigerate at least 30 minutes, or until very cold.
3. Serve with a spoonful of sour cream or yogurt, if desired.



Turkey Meatballs and Mushroom Ratatouille

PREP TIME

30 minutes plus
salting time

COOK TIME

1 hour

YIELD

8 servings

2 eggplants, peeled and cut into
½-inch cubes

2 tablespoons plus ½ teaspoon sea
salt, divided

3 pounds ground turkey

⅔ cups chopped fresh oregano

1 large egg

3 tablespoons olive oil or oil of choice

2 medium onions, diced

6 stalks celery, diced

8 cloves garlic, finely chopped

4 medium zucchini, quartered and
cut into ¼-inch slices

1 pound mushrooms, sliced

2 28-ounce cans of plum tomatoes

¼ cup finely chopped fresh basil

1 cup Kalamata olives

1. Coat eggplant with 2 tablespoons of salt and place in colander in the sink for 1 to 3 hours. Rinse well then place on layered paper towel on a baking sheet or your counter, cover with more paper towel, and press the excess water out. Set aside.
2. Preheat oven to 400°F. Line a baking sheet with tin foil, parchment paper or a silicone liner.
3. Combine ground turkey, oregano, egg and ½ teaspoon salt and mix to thoroughly combine. Form 1½-inch diameter meatballs and place on prepared baking sheet.
4. Bake meatballs for 15 minutes, until internal temperature reaches 160°F.
5. Heat a large stockpot over medium-high heat. Add olive oil, onion, celery and garlic. Cook, stirring frequently, onion is starting to brown, about 15 minutes.



6. Add canned tomatoes, zucchini, mushrooms and eggplant. Bring to a simmer and then reduce heat to medium-low. Simmer covered for about ten minutes, until vegetables are starting to soften.
7. Remove lid and simmer uncovered for 20 to 30 minutes (or longer), stirring occasionally, until vegetables are fully cooked.

New England Clam Chowder

PREP TIME

20 minutes

COOK TIME

35 minutes

YIELD

6-8 servings

4 thick slices bacon, chopped

1 onion, diced

2 to 3 stalks celery, thinly sliced

1 large carrot, diced

2 large potatoes, one peeled and grated and one peeled and cut into ¾-inch cubes

3 cups canned clam juice

3 5-to-6 ounce cans clams, drained

2 bay leaves

4 to 5 sprigs of thyme, leaves only

2 cups heavy cream or coconut cream

3 tablespoons chopped fresh parsley

Sea salt and black pepper, to taste

1. Place the bacon in a medium stockpot, then turn on the heat to medium-high. Cook, stirring occasionally, until the bacon is crisp.
2. Add the onion, celery, carrot, and cubed potato to the pot. Cook until fragrant, stirring occasionally, about 5 minutes.
3. Add the stock, clams, grated potato, bay leaves, and thyme. Bring to a boil, then reduce the heat to maintain a simmer for 20 minutes. Stir occasionally.
4. Add the coconut cream and parsley. Taste and season with salt and pepper. Cook for 1 to 2 minutes and serve.



Four-Bean Cassoulet

PREP TIME

45 minutes plus soaking
time

COOK TIME

2 hours

YIELD

12 servings

½ cup dry cranberry beans
½ cup dry black beans
½ cup dry pinto beans
½ cup dry cannellini beans
4 ounces pancetta, diced
2 tablespoons olive oil, or oil of choice
2 pound boneless pork butt, cut into
1-inch chunks
1 pound lamb stew meat, cut into
1-inch chunks
1 pound kielbasa or polish sausage,
cut into 1-inch chunks

1 cup dry white wine
6 large carrots, cut into ½-inch rounds
3 large celery stalks, thickly sliced
2 medium onions, quartered
1 6-ounce can tomato paste
1 cup chicken stock
1½ teaspoons sea salt
1 teaspoon dried thyme
Pinch ground cloves
2 bay leaves
¼ cup chopped fresh parsley

1. Rinse beans and discard any stones or shriveled beans. In a large bowl, combine beans and add water to cover by 2 inches. Soak overnight and up to 48 hours. Drain beans and rinse again.
2. In a large pot, bring 8 cups of water to a rolling boil, add beans and reduce heat to low. Simmer beans until soft but before skin cracks, about 90 minutes. Drain and set aside.
3. Meanwhile, in a large Dutch oven over medium heat, sauté pancetta in olive oil until browned. Remove and set aside. Working in batches, sear pork butt, lamb and kielbasa to brown (but not cooked through) in the rendered fat in the Dutch oven, removing and setting aside.
4. Preheat oven to 350°F with rack set to its lowest level.



5. Drain excess fat from Dutch oven. Add wine to deglaze then return pancetta, pork, lamb and kielbasa to the Dutch oven along with carrots, celery, onion, tomato paste, chicken stock, salt, thyme, cloves and bay leaves. Heat broth to a rolling boil over high heat. Cover and place in the oven. Bake for 1 hour.
6. Remove from oven and add beans and parsley, stirring to incorporate. Cover and return to oven to cook for an additional 30 minutes, until meat and beans are fork-tender.

Seafood Leek Chowder

PREP TIME

10 minutes

COOK TIME

35-40 minutes

YIELD

4 to 6 servings

2 tablespoons butter

1 pound leeks, chopped, about 4 cups

1 pound potatoes, cut into ½-inch or smaller pieces

1 cup dry white wine (or extra broth)

4 cups chicken broth or fish stock

1 pound mixed seafood (shrimp, calamari, clams, scallops, lobster, crab, mussels, clams, etc.)

6 ounces salmon, cut into chunks

6 ounces white fish cut into chunks (tilapia, halibut or cod)

¼-½ cup heavy cream

1 teaspoon salt, to taste

1-2 tablespoons fresh parsley, chopped

1. Add butter to a large pot over medium heat. Add leeks and potatoes and cook, stirring frequently for 5 to 7 minutes, until starting to brown but still firm.
2. Add wine to pot and deglaze.
3. Add broth and bring to a boil, then lower heat to keep a rolling simmer.
4. Add seafood and fish to the broth. Cook until seafood is completely cooked and potatoes are fork tender, about 15-20 minutes.
5. Add heavy cream and salt, to taste. Stir to combine.
6. Garnish with fresh parsley and serve.



Vichyssoise

PREP TIME

20 minutes

COOK TIME

40 minutes

YIELD

5 - 6 servings

3 thick slices bacon, chopped
2 pounds yellow potatoes, cut into $\frac{3}{4}$ -inch cubes
(about 5 to 6 cups)
1 bunch leeks, sliced (about 5 to 6 cups)
4 cups chicken stock
1 cup heavy cream or coconut cream
 $\frac{1}{4}$ cup chopped fresh parsley leaves
(optional)
 $\frac{1}{2}$ teaspoon sea salt or truffle salt
4 chives, chopped (optional)

1. Add the bacon to a large saucepan or small stockpot and heat over medium-high heat. Cook, stirring occasionally, until bacon has browned, about 10 minutes. Remove from pan and set aside.
2. Add the potato cubes, leeks, and chicken stock. Bring to a boil and then reduce heat to maintain a rapid simmer. Simmer for 15 to 20 minutes, stirring occasionally, until potato is fully cooked.
3. Stir in the cream and parsley. Cook 2 to 3 minutes. Taste and add more salt, if needed.
4. Puree the soup with an immersion blender or in batches in a countertop blender.
5. Sprinkle with fresh chives and serve chilled.



Shaved Brussels Slaw with Hazelnuts, Apple, and Mint

PREP TIME

10-20 minutes

COOK TIME

15 minutes

YIELD

5-8 servings

1 cup raw hazelnuts
4 ounces pancetta, diced
2 pounds Brussels sprouts
1 clove garlic, minced
1 lemon (2 tablespoons fresh lemon juice
and 1 teaspoon lemon zest)
2 tablespoons olive oil
½ teaspoon salt
1 Granny Smith apple, cored and thinly sliced
⅓ cup mint chiffonade

1. To toast the hazelnuts, preheat the oven to 375°F. Place the hazelnuts on a rimmed baking sheet and bake for 10 minutes.
2. Remove the hazelnuts from the oven and immediately pour into a clean tea towel. Fold the tea towel over the hazelnuts and let them sit for 1 to 2 minutes.
3. With the tea towel still covering the hazelnuts, rub the top of the tea towel to start removing the skins.

You can open up the tea towel and see how you're doing (at this point, the towel is really just to protect your hands from those hot nuts!). Pick out the hazelnuts that have the skins removed (it's fine if there's a little left on them) and continue until you've removed all the skins from the hazelnuts. (Some of the skins will be stubborn, so don't worry if it's not perfect!) Let the hazelnuts cool while you prepare the rest of the ingredients.



4. While the hazelnuts are in the oven, place the diced pancetta in a cold skillet and turn on the heat to medium. Sauté, stirring occasionally, until browned, about 8 minutes. Remove the pancetta from the skillet and set aside to cool while you prepare the rest of the ingredients.
5. Slice the Brussels sprouts very thinly, discarding the stem or an easier method is to trim of the stem first and use a mandoline slicer or a food processor with a slicer attachment. Two pounds of whole Brussels sprouts will give you about 12 ounces shaved.
6. Combine all the ingredients in a bowl and thoroughly mix to serve immediately. If you are not going to serve all of the slaw, use the hazelnuts as a garnish instead of mixing in because they'll go a bit soft during storage in the fridge. Leftover slaw can be stored in the fridge for up to 5 days.



TIP: To chiffonade mint, stack several mint leaves on top of each other and slice very thin strips across the leaves all the way down. Measure $\frac{1}{3}$ cup after you chiffonade the mint; it will be close to 1 cup of loosely packed leaves before you chiffonade.

I recommend you buy raw hazelnuts and toast them at home—the flavor of freshly toasted hazelnuts is so much better! But to save yourself time, you can purchase toasted hazelnuts and use them in this recipe; if you do that, skip Steps 1 through 3 and begin making the recipe at Step 4.



TIP: To save yourself time, feel free to purchase 1 (10- to 12-ounce) bag of shaved Brussels sprouts instead of 2 pounds of whole Brussels sprouts. If you buy them preshaved, you can skip Step 5.

Grilled Peach and Steak Salad

PREP TIME

15 minutes

COOK TIME

15 minutes

YIELD

4 servings

1 to 1½ pounds steak (flat iron, flank or skirt steak work well)
1 teaspoon sea salt
½ teaspoon black pepper
¼ teaspoon cayenne pepper
6 firm-ripe peaches, halved and pitted
⅓ cup olive oil, divided, or oil of choice
2 tablespoons balsamic vinegar
1 teaspoon mustard
2 cups basil leaves
8 cups mixed greens

1. Preheat gas or charcoal grill to medium-high heat.
2. Season steak with salt, pepper and cayenne. Grill the steak for 4 to 5 minutes per side for medium doneness. Remove from the grill and let rest for at least 15 minutes.
3. Reduce grill temperature to medium. Dip the cut side of the peaches in 2 tablespoons olive oil. Grill peaches cut-side-down for 3 to 4 minutes, until grill-marks form and they start to caramelize. Flip and grill for 1 additional minute on the other side.
4. Remove from the grill and set aside.
5. **MAKE DRESSING:** In a small bowl, whisk together the remaining 3 tablespoons of olive oil, balsamic vinegar, and mustard.
6. Slice steak against the grain into thin slices.
7. Toss basil leaves and mixed greens with dressing. Top with grilled peach halves and sliced steak. Serve!

TIP: You can also use plums or nectarines in this recipe.



Carrot and Asian Pear Slaw with Dates

PREP TIME

20 minutes

COOK TIME

none

YIELD

4-6 servings

1 pound carrots
2 Asian pears
1 tablespoon fresh lemon juice
½ teaspoon honey or sugar of choice
1 teaspoon fresh mint chiffonade
¼ teaspoon sea salt
⅓ cup chopped pitted dates
2 tablespoons chopped fresh parsley

1. Grate Asian pears on the coarse side of a box grater, discarding the core. Grate carrots on the same coarse side of the box grater. Place in a large bowl.
2. **MAKE DRESSING:** In a small bowl, whisk together lemon juice, honey, mint and salt.
3. Pour dressing over grated carrot and Asian pear and toss to coat. Add pitted dates and parsley and toss to combine. Serve!



TIP: You can substitute Granny Smith apples for the Asian pear in this recipe.



Shrimp Pad Thai

PREP TIME

10 minutes

COOK TIME

10 minutes

YIELD

2-4 servings

2 tablespoons oil of choice
4 cloves garlic, minced
3 tablespoons fish sauce
1 tablespoon soy sauce or coconut aminos
¼ cup lime juice (about 2 limes)
1½ teaspoons rice vinegar or coconut water vinegar

1 12-ounce bag broccoli slaw
2 medium carrots, cut into thin julienne strips
16 to 20 ounces salad shrimp, precooked and tails off
4 to 5 green onions, finely chopped
⅓ cup chopped fresh cilantro
⅓ cup chopped roasted peanuts or cashews, for garnish

1. Heat a large frying pan or wok over medium-high heat. Add the oil and garlic. Cook for 1 minute, until garlic is starting to brown and fragrant.
2. Add the fish sauce, soy sauce, lime juice, vinegar, garlic, broccoli slaw, and carrots. Cook, stirring frequently, until broccoli slaw and carrots are cooked al dente, about 5 to 7 minutes.
3. Add the shrimp and cook an additional 1 to 2 minutes, stirring frequently, just until shrimp are warmed.
4. Add the green onions and cilantro, and cook for 30 more seconds. Remove from heat and serve. Garnish with the peanuts.



Shrimp and Fennel Salad

PREP TIME

20-30 minutes

COOK TIMEnone (if using precooked
shrimp)**YIELD**

2 to 3 servings

½ cup chopped fresh cilantro
3 tablespoons lime juice (about 2 limes)
3 tablespoons oil
2 tablespoons fish sauce
1 pound precooked shrimp
½ large fennel bulb, sliced extremely thin, about 3 cups
1 medium mango, peeled and diced
½ cup very finely sliced red onion
1 large avocado, diced

- 1. MAKE DRESSING:** combine the cilantro, lime juice, oil, and fish sauce in a bowl or measuring cup. Set aside.
- 2.** Toss the shrimp, fennel, mango, and onion in a bowl.
- 3.** Drizzle the dressing over the shrimp salad and toss to completely coat.
- 4.** Add the diced avocado and gently toss to incorporate. If you're making this salad ahead of time, keep the avocado separate and add just before serving.

Citrus Fig and Walnut Salad

PREP TIME

10 minutes

COOK TIME

none

YIELD

1-2 servings

2 cups arugula
2 cups baby kale
3 tablespoons thinly sliced red onion
1 large orange, segmented
4 kumquats (if you can't find them, double the orange),
thinly sliced (discard seeds but leave peel on)
3 dried figs, cut into ½-inch pieces
½ cup walnut halves or large pieces, or sub Candied
Pecans
½ avocado, peeled, pitted, and divided into
½- to ¾-inch pieces
2 tablespoons olive oil or oil of choice
1 tablespoon balsamic vinegar
Pinch cracked pepper
Pinch of sea salt

1. Gently toss arugula, kale, red onion, orange segments, kumquats, dried fig and walnut together. Top with avocado chunks.
2. **MAKE DRESSING:** In a small bowl, mix oil, balsamic vinegar, pepper and salt. Drizzle the dressing over the top immediately before serving.



TIP: You can also use regular kale to make this salad; remove and discard the stems and tear the leaves in bite-sized pieces.



Arugula, Strawberry and Chevre Salad

PREP TIME

10 minutes

COOK TIME

6 minutes

YIELD

2 servings

1 cup raw pecan halves
1 tablespoon oil of choice
2 teaspoons honey
1 teaspoon nutmeg
½ teaspoon allspice
¼ teaspoon cinnamon
¼ teaspoon cardamom

Juice of one lime (approximately 2
tablespoons)
2 tablespoons olive oil or oil of choice
⅛ teaspoon black pepper
8 cups fresh arugula
½ pound fresh strawberries, sliced
¼ cup crumbled chèvre (goat cheese or
dairy free alternative), about 1 ounce

1. Heat a skillet over medium-high heat. Add coconut oil and honey. Add pecans and stir to coat.
2. Sprinkle spices over pecans and stir to coat evenly.
3. Continue stirring constantly and cook until pecans have browned and are fragrant, 5 to 6 minutes. Watch carefully to make sure they don't burn!
4. Pour out onto a plate and let cool.
5. **MAKE DRESSING:** Whisk together lime juice, olive oil and black pepper.
6. Combine arugula, strawberries and pecans in a serving bowl or on two plates. Top with crumbled chèvre.
7. Drizzle lime dressing over salad immediately before serving.



Simple Kale Salad

PREP TIME

10 minutes

COOK TIME

none

YIELD

3-4 servings

1 bunch curly kale or Lacinato kale
2 tablespoons olive oil, or oil of choice
⅓ cup dried currants or cranberries
¼ cup pine nuts

1. Tear kale into 1- to 1½-inch pieces and remove tough stems. Sprinkle with olive oil in a large bowl, and massage with your hands to completely coat.
2. Sprinkle dried cranberries and pine nuts over the top and serve!



Sneaky Legume Pasta Salad

PREP TIME

20 minutes

COOK TIME

10 minutes

YIELD

8-10 servings

12 or 16-ounce package dried chick-pea or lentil pasta

2 cups fresh or frozen broccoli florets, chopped small

½ cup Greek yogurt

½ cup mayonnaise

2 tablespoons mustard

1 teaspoon salt

½ teaspoon pepper

½ teaspoon paprika

2 cups chopped celery, about 4-5 stalks

1 bell pepper, chopped

½ cup chopped green onions

¼ cup chopped parsley

1. Cook pasta per instructions on the box, adding an extra 1-2 minutes of cooking time to slightly over-cook the pasta.
2. Just before the noodles are done cooking, add the broccoli and cook for about 30 seconds.
3. Drain and rinse noodles and broccoli in a large colander under cold water until cool.
4. In a large bowl, mix together the Greek yogurt, mayonnaise, mustard, and spices.
5. Add pasta, vegetables, and herbs and mix to combine.
6. Refrigerate for at least two hours before serving to let the flavors meld.



Asian Crunchy Noodle Salad

PREP TIME

20 minutes

COOK TIME

none

YIELD

3-4 servings

½ head thinly sliced Napa cabbage,
about 6 cups

4 cups broccoli slaw, either bagged
or shredded from broccoli stalks

⅓ cup chopped green onions

2-3 mandarin oranges, peeled and
segmented

½ cup cooked and shelled edamame

1 tablespoon sesame oil

1 tablespoon olive oil

1 tablespoon rice vinegar

3 tablespoons soy sauce or coconut
aminos

2 teaspoons grated fresh ginger

2 cloves fresh garlic, minced

2 tablespoons chopped fresh mint

½ teaspoon salt (less if using soy sauce)

1 cup [Crunchy Noodle](#) topping, recipe
below or use your favorite store bought
option

1. Combine cabbage, slaw, green onions, oranges, and edamame in a large bowl.
2. Whisk or blend together oil, vinegar, soy sauce, ginger, garlic, mint and salt.
3. Pour dressing over salad.
4. Top with [Crunchy Noodle](#) topping.



Crunchy Noodles

PREP TIME

45 minutes

COOK TIME

20 minutes

YIELD

about 4 cups noodles

1 8-oz package of rice noodles

1-2 Tablespoons arrowroot, potato or corn starch

About $\frac{3}{4}$ cup oil (coconut, avocado, canola, etc)

Salt to taste

1. Cook noodles according to package directions.
2. Drain noodles and spread out onto a parchment or silicone baking mat-covered baking sheet to dry, about 30 minutes.
3. Dust noodles with starch.
4. Heat oil in a small frying pan or wok over medium high heat.
5. Add noodles a handful at a time and cook until crispy.
6. Remove from oil and let cool on a paper towel covered plate.
7. Continue to cook until all the noodles are fried.



TIP: Use Asian rice vermicelli noodles and you can skip cooking the noodles before frying. These noodles cook extremely fast. Simply add a small handful of noodles to hot oil and fry for 1-2 minutes per side.



Mediterranean Sprouted Lentil Salad

PREP TIME

20 minutes + sprouting
and cooling time

COOK TIME

15 minutes

YIELD

4-6 servings

1 cup lentils

¼ cup olive oil, or oil of choice

3 tablespoons balsamic vinegar

2 tablespoons fresh lemon juice

1 teaspoon Dijon mustard

1 teaspoon dried oregano

½ teaspoon sea salt

1 cup diced tomatoes

1½ cups sliced cucumbers

1 cup diced red or yellow bell peppers

½ cup kalamata olives

1 small red onion, thinly sliced

½ cup crumbled feta

½ cup Italian parsley, chopped

1. Rinse lentils thoroughly, pick out any debris, and place in a large glass jar. Cover with lukewarm water and soak for 6 to 8 hours. Drain and rinse well.
2. Seal the jar with a mesh sprouting lid or cheesecloth held on with a rubber band. Turn the jar on its side, gently shaking to distribute the chickpeas to allow for airflow. Let sit on the countertop, out of direct sunlight. Two to three times daily, rinse the beans by filling the jar with water, swirling gently, and then pouring out the water through the sprouting lid or a sieve. Place jar back on its side to allow for air-flow. Sprouts should appear within 24 hours.
3. Place lentils in a pot with enough water to cover by 3 inches. Bring to a boil and reduce to maintain a simmer for 15 minutes, until lentils are soft but not mushy. Drain and refrigerate until cool, at least 1 hour.
4. **MAKE DRESSING:** In a small bowl, whisk together olive oil, vinegar, lemon juice, mustard, oregano and sea salt.
5. Toss lentils with dressing and remaining ingredients.



Sprouted Bean Salad

PREP TIME

45 minutes + soaking,
sprouting and marinating
time

COOK TIME

20 minutes

YIELD

6-8 servings

½ cup black-eyed peas

½ cup mung beans

½ cup green or orange lentils

5 to 6 cups diced ripe mangoes and/
or papayas (about 3 mangoes or 1
papaya)

1 bunch green onions, thinly sliced

2 tablespoons diced green chilies,
optional

¼ cup chopped fresh cilantro

¼ cup chopped fresh mint leaves

1 teaspoon sea salt

¼ cup lemon juice

2 tablespoons olive oil, or oil of choice

1 teaspoon black cumin seed oil

1. Rinse beans thoroughly, pick out any debris, and place in a large glass jar. Cover with lukewarm water and soak for 6 to 8 hours. Drain and rinse well.
2. Seal the jar with a mesh sprouting lid or cheesecloth held on with a rubber band, gently shaking to distribute the chickpeas to allow for airflow. Place jar on an angle so water can drain and air can circulate, and let sit on the countertop, out of direct sunlight. Two to three times daily, rinse the beans by filling the jar with water, swirling gently, and then pouring out the water through the sprouting lid or a sieve. Place jar back at an angle to allow for airflow and drainage. Sprouts should appear within 24 hours.
3. Place beans in a pot with enough water to cover by 3 inches. Skim off any skins that float to the top. Bring to a boil and reduce to maintain a simmer for 15 to 20 minutes, until beans are soft. Drain and refrigerate until cool, at least 1 hour.
4. Toss beans with remaining ingredients. Return to fridge to marinate for at least 1 hour.



Avocado Mango Seaweed Salad

PREP TIME

10 minutes

COOK TIME

none

YIELD

4 servings

1 6-oz bag sea vegetables, rehydrated
½ English cucumber, thinly sliced
½ teaspoon sugar of choice
3 tablespoons fresh lemon juice
2 tablespoons olive oil or oil of choice

1 tablespoon toasted sesame seed oil
1 tablespoon sesame seeds
2 avocados, diced in ½-inch pieces
1 whole mango, diced in ½-inch pieces

1. Rehydrate seaweed according to package directions. Rinse well and drain completely in a sieve.
2. Thinly slice cucumber using the finest setting on a mandoline slicer (or as thin as you possibly can with a sharp knife).
3. Combine cucumber and rehydrated seaweed in medium bowl.
4. Combine sugar, lemon juice, olive oil, and sesame oil, and add to cucumber and seaweed mixture. Toss to coat.
5. Add sesame seeds, avocado and mango and gently toss to combine. Serve immediately.



Grilled Corn Salad

PREP TIME

20 minutes

COOK TIME

10 minutes

YIELD

4-6 servings

4 ears sweet corn

¼ cup olive oil or oil of choice, divided

½ teaspoon sea salt

½ teaspoon black pepper

1 tablespoon honey

½ cup lime juice

2 tablespoons chopped fresh cilantro

1 romaine heart, shredded

½ red onion, finely sliced

1 cup cherry tomato, halved

1 orange pepper, diced

1 avocado, pitted, peeled and chopped

1. On a plate, rub corn with 2 tablespoons of olive oil to fully coat. Season with sea salt and pepper.
2. Preheat gas or charcoal grill to medium-high heat.
3. Add the seasoned corn to the grill. Cook until charred slightly, 3 to 5 minutes per side. Remove from the grill and set aside to cool.
4. **MAKE DRESSING:** whisk together remaining 2 tablespoons olive oil, honey, lime juice and cilantro.
5. Slice kernels off of grilled corn.
6. In a large bowl, mix corn kernels with romaine, red onion, tomatoes, pepper and toss with dressing to fully coat. Gently fold in avocado.



Pear, Fennel and Endive Salad

PREP TIME

30 minutes

COOK TIME

10 minutes

YIELD

4 servings

1 cup walnut halves

¼ cup olive oil or oil of choice

¼ cup apple cider vinegar

1 tablespoon Dijon mustard

1 teaspoon chopped fresh tarragon

¾ teaspoon sea salt

¼ teaspoon cracked pepper

5 medium pears

2 large fennel bulbs (about 1 pound each)

2 medium heads curly endive or 4
medium heads Belgian endive

1. Preheat oven to 350°F. Arrange walnuts on a cookie sheet in a single layer. Bake 8 to 10 minutes, checking frequently to make sure they don't burn. Remove and set aside to cool.
2. Prepare dressing: In a small bowl, whisk together olive oil, vinegar, mustard, tarragon, salt and pepper.
3. Core pears and slice each into 12 lengthwise wedges. Trim top and bottom from each fennel bulb and cut in half lengthwise. Cut diagonally on either side of the core to remove. Slice crosswise into as thin of slices as possible, or use a mandoline slicer. Rip or cut endive into bite-size pieces.
4. In a large bowl, combine fennel, endive, pear, and dressing and gently toss to coat. Sprinkle the toasted walnuts over the top.

**MEAL SUGGESTION:** Serve with pork or salmon.

APPETIZERS

Crab-Stuffed Mushroom Caps

PREP TIME

15 minutes

COOK TIME

15 minutes

YIELD8 to 10 stuffed
mushroom caps

1 tablespoon oil of choice
1 shallot, minced
1 clove garlic, minced
8 ounces white or cremini mushrooms,
ideally 1½- to 2-inch diameter
1 6-ounce can crab meat, drained
2 tablespoons chopped fresh parsley
1 teaspoon lemon zest
¼ teaspoon sea salt
3 tablespoons mayonnaise

1. Preheat oven to 350°F. Line a rimmed baking sheet with parchment paper or a silicone liner.
2. In a small skillet, heat oil over medium-high heat. Add shallot and cook until browned, about 3 to 4 minutes. Add garlic and cook 1 more minute. Remove from heat and let cool.
3. Remove stems from mushrooms. Using a paring knife or melon baller, carefully cut away the gills and scoop out some of the mushroom interior to make a deep well for the crab stuffing. Arrange on prepared baking sheet. (Discard stems and gills or save for another use.)
4. In a small bowl, mix together crab meat, parsley, lemon zest, salt, mayonnaise, and sautéed shallots and garlic. Spoon mixture into mushroom caps, to level with the top of the mushroom or slightly rounded over the top.
5. Bake for 15 minutes, until mushrooms are cooked and stuffing is bubbling. Serve warm.



Prosciutto-Wrapped Melon

PREP TIME

20-30 minutes

COOK TIME

none

YIELD

8-10 servings

½ pound very thinly sliced prosciutto
½ small cantaloupe, cut into 1-inch cubes
½ small honeydew melon, cut into 1-inch cubes
2-3 dozen seedless grapes
Balsamic vinegar glaze (optional)

1. Cut each slice of prosciutto in half lengthwise.
2. Wrap a piece of prosciutto tightly around each chunk of melon and top with a grape. Skewer with a toothpick to hold it together, and arrange on a serving platter.
3. If desired, drizzle balsamic vinegar glaze over the top just before serving.



Stuffed Figs With Pistachios

PREP TIME

15 minutes

COOK TIME

10 minutes

YIELD

2-3 servings

6 fresh figs
½ cup chèvre or dairy-free alternative
1 tablespoon honey
2 tablespoons pistachios, roughly
chopped

1. Preheat the oven to 400°F.
2. Slice off stem and score each fig with an X about a third of the way through. Place figs on a rimmed baking sheet lined with parchment paper and roast for 10 minutes, until figs are beginning to brown and have softened slightly.
3. Remove from the oven and transfer to a serving dish to cool for 10 minutes.
4. Spoon about a tablespoon of chèvre (or however much will fit) into each fig. Drizzle with honey and then sprinkle chopped pistachios over the top.



Shrimp and Avocado Skewers

PREP TIME

20 minutes + chilling time

COOK TIME

none

YIELD

30 skewers

2 tablespoons oil of choice
2 tablespoons fresh lime juice
1 teaspoon finely grated lime zest
½ cup chopped fresh cilantro
⅛ teaspoon sea salt

Pinch cracked pepper
1 pound large shrimp (about 30 per pound), peeled, deveined and cooked
2 medium avocados, peeled, pitted and cut into 30 large chunks

1. In a small bowl, combine the oil, lime juice, lime zest, cilantro, salt and pepper. Pour over the shrimp and refrigerate. Marinate at least 3 hours and up to overnight.
2. To serve, skewer one shrimp and one chunk of avocado with a toothpick (they hold together better if you skewer one end of the shrimp, then the avocado, then skewer the other end of the shrimp). Repeat with the rest of your shrimp. (You can also add several shrimp and chunks of avocado to a single skewer.)
3. Drizzle a little marinade over the skewers. Serve!



Tuna Ceviche

PREP TIME

30 minutes + marinating

COOK TIME

none

YIELD

2-3 servings

$\frac{3}{4}$ pounds sushi-grade ahi tuna,
sliced into very thin strips

$\frac{1}{2}$ red onion, thinly sliced

$\frac{2}{3}$ cup lime juice (about 6 limes)

1 teaspoon finely grated lime zest

$\frac{1}{4}$ teaspoon sea salt

$\frac{1}{2}$ cup chopped fresh cilantro

1 large avocado, peeled, pitted and cubed

1. Combine the tuna, onion, lime juice and zest, and salt in a bowl. Cover and refrigerate to marinate for 1 hour, stirring every 15 to 20 minutes.
2. Stir in the cilantro and avocado immediately before serving.



SIDES

Bacon Braised Kale

PREP TIME

5-10 minutes

COOK TIME

15 minutes

YIELD

2-4 servings

3 ounces bacon

1 large bunch kale, tough stems removed and chopped

¼-½ cup broth

1 tablespoon fresh lemon juice

1 clove garlic, minced

Salt, to taste

1. Chop the bacon into small pieces and place in a cold skillet. Heat over medium high heat, stirring occasionally, until bacon is crispy. If bacon releases a lot of fat, drain enough to leave 2-3 tablespoons in the pan.
2. Add kale and 2 tablespoons of broth. Stir relatively frequently. Add another 2 tablespoons of broth and cook, stirring occasionally until broth evaporates. Continue until kale is cooked to your liking.
3. Add crushed garlic and lemon juice. Stir and serve.



TIP: You can use this method to cook any leafy cruciferous vegetable like collard greens, mustard greens, cabbage, and even Brussels sprouts. Simply adjust the amount of broth and cooking time as needed for the vegetables to be fully cooked to your liking.



Wilted Spinach with Almonds and Cranberries

PREP TIME

5 minutes

COOK TIME

7 minutes

YIELD

2 servings

1½ tablespoons olive oil or oil of choice

2 cups chopped kale

3 cups spinach

¼ cup dried cranberries

2 tablespoons sliced almonds

1-2 tablespoons water

1 pinch salt, to taste

1. Heat oil in a skillet over medium-high heat.
2. Add kale with 1 tablespoon water. Cook, stirring frequently, until kale has softened, about 3 to 4 minutes.
3. Add cranberries and continue to cook 2 to 3 more minutes.
4. Add spinach. If the kale is starting to stick, also add another tablespoon of water. Stir and cook until spinach is wilted.
5. Stir in almonds and add salt to taste.



Braised Chard

PREP TIME

10 minutes

COOK TIME

10 minutes

YIELD

4 servings

2 tablespoons olive oil or oil of choice

12 cups chard chopped

½-1 cup broth

Salt and pepper, to taste

Squeeze of lemon juice

1. Heat oil in a large skillet over medium-high heat.
2. Add the chard and 1 to 3 tablespoons of the broth. Stir relatively frequently. If the broth evaporates before the greens are fully cooked, add a little more.
3. When the greens are done to your liking, taste and season with salt, pepper, and a squeeze of lemon juice.



Stir-fried Turnip Greens with Mushrooms and Almonds

PREP TIME

10 minutes

COOK TIME

15 minutes

YIELD

4-6 servings

1 bunch turnip greens, washed and chopped
1 pound mushrooms, sliced
1 teaspoon finely grated fresh ginger
½ cup whole raw almonds (you could also use blanched almonds)

2 garlic cloves, crushed
2 tablespoons olive oil or oil of choice
¼ cup orange juice
1 tablespoon soy sauce or coconut aminos
2 teaspoons arrowroot powder or cornstarch

1. Heat a wok or large skillet on medium high heat. Once hot, add the oil, garlic and ginger, cooking until fragrant, about 1 to 2 minutes.
2. Add the mushrooms and turnip green stems and cook, stirring frequently, until they start to stick.
3. Add the orange juice and continue to cook until the stems are starting to soften.
4. Add the rest of the turnip leaves and the almonds. Cook, stirring frequently, until the leaves are fully wilted.
5. Add the soy sauce and sprinkle the arrowroot powder over the top. Cook, stirring frequently, until the arrowroot powder thickens the juices left in the bottom of the wok, about 3 to 4 minutes.



Crispy Oven-Roasted Mushrooms

PREP TIME

15 minutes

COOK TIME

15 minutes

YIELD8 to 10 stuffed
mushroom caps

12 ounces mushrooms, stems trimmed
and sliced ½-inch thick

⅓ cup olive oil or oil of choice

½ teaspoon sea salt

1. Preheat oven to 425°F. Arrange oven rack in the lowest position in the oven.
2. Toss sliced mushrooms with oil and salt and arrange in a single layer on a rimmed baking sheet.
3. Bake for 15 to 20 minutes, until mushrooms are browned and crispy.



TIP: These mushrooms make a great side dish on their own, but also work as a condiment. Try sprinkling them over a salad instead of croutons or

bacon bits! My favorite mushroom to use for this recipe is shiitake mushrooms, which have an impressive Nutrivore Score of 4343.



Asparagus and Peas with Pine Nuts

PREP TIME

5 minutes

COOK TIME

20 minutes

YIELD

4 servings

1 bunch asparagus

2 shallots

¼ cup pine nuts

2 tablespoons olive oil or oil of choice

2 cups fresh shelled peas or frozen
peas, thawed

¼ cup water

¼ teaspoon salt

1 tablespoon lemon juice

1. Snap tough ends off asparagus and cut into 1 ½-inch pieces. Cut shallots in half and finely slice crosswise, to make half-moon slices.
2. Heat a skillet over medium heat. Add pine nuts to dry skillet and toast, stirring constantly, until fragrant. About 2 to 3 minutes. Remove and set aside.
3. Add oil and shallots to pan, and sauté, stirring frequently, until browned, about 5 to 7 minutes. Remove and set aside.
4. Add peas and asparagus to the pan with water and salt and increase heat to high. Cover and cook for 3 to 4 minutes, until asparagus is cooked al dente. Drain any excess water.
5. In a serving bowl, toss drained peas and asparagus with lemon juice. Top with toasted pine nuts and caramelized shallots. Serve!



Bacon Wrapped Spiced Pumpkin

PREP TIME

15 minutes

COOK TIME

40 minutes

YIELD20 appetizer portions, or
3-4 servings if serving as
a side dish

1½ pounds pumpkin or butternut squash,
peeled, seeded and cut into 2-inch chunks

1 teaspoon ground ginger

1 teaspoon cinnamon

1 teaspoon chopped fresh rosemary

2 tablespoons olive oil

1 tablespoon maple syrup

¼ cup chopped walnuts

10 ounces bacon (10 slices)

1. Preheat oven to 350°F. Place a wire rack (e.g., cooling rack, roasting rack) in a rimmed baking sheet. Line your baking sheet with foil to make clean up easier if desired..
2. In a mixing bowl, toss pumpkin chunks with spices, olive oil, maple syrup and walnuts. Cut bacon slices in half.
3. Wrap each spiced pumpkin chunk in a half slice of bacon, making sure to have a few walnut pieces wrapped inside the bacon too. Place on the wire rack oriented so that the ends of the bacon slice are on the bottom (this stops them from unraveling while cooking). Repeat with every piece of pumpkin.
4. Using a spoon, drizzle any remaining spice mixture and walnut pieces from the bottom of your mixing bowl over the top of each bacon-wrapped spiced pumpkin chunk.
5. Bake for 40 minutes.
6. **OPTIONAL:** for crispier bacon, broil on high for 2-3 minutes after baking.
7. Remove from oven and serve!



Balsamic Roasted Beets

PREP TIME

10 minutes

COOK TIME

45 minutes to 1 hour

YIELD

4-6 servings

6 to 8 medium beets, quartered
2 tablespoons balsamic vinegar
1 tablespoons extra-virgin olive oil
¼ teaspoon salt
¼ teaspoon black pepper
Fresh herbs, goat cheese and additional
balsamic vinegar to garnish, optional

1. Preheat the oven to 350°F. Lay a large piece of aluminum foil in a baking dish, lifting the sides to create an edge all the way around
2. Combine the beets, vinegar, oil, and salt. Pour into the foil. Fold the edges of the foil up and over the beets to make a pocket for the beets to cook in, sealing the edges closed. Alternatively, you can use a greased baking dish with a lid.
3. Bake for 45 minutes to 1 hour, until the beets are tender. Cook time will depend on the size of the beets.
4. Garnish with herbs, cheese, and vinegar if desired.



Braised Cauliflower, Leeks and Artichoke Hearts

PREP TIME

5 minutes

COOK TIME

20 minutes

YIELD

4 servings

2 tablespoons olive oil or oil of choice

1 ½ cups cauliflower flowerets

1 ½ cups chopped leeks

1 ½ cups artichoke hearts

2 garlic cloves, minced

1. Heat oil in a skillet over medium-high heat.
2. Add veggies and garlic and cook, stirring occasionally, until veggies are cooked (about 15 minutes). There should be enough water from the veggies to keep them from sticking, but if they do start to stick, add 1 tablespoon of water to the pan.



Broiled Tomatoes with Romano

PREP TIME

10 minutes

COOK TIME

4 minutes

YIELD

6 servings

1 tablespoon olive oil, or oil of choice
1 small garlic clove, minced
¼ cup grated Romano cheese
3 plum tomatoes, cut in half lengthwise

1. Preheat the broiler in your oven on high with oven rack at highest position.
2. Mix oil and garlic clove on a small plate. Spread Romano on a second small plate. Dip the cut side of each tomato into the olive oil and then into the Romano.
3. Place tomatoes cheese-side-up on a broiling pan or rimmed baking sheet. Repeat with remaining tomato halves. Mix any remaining olive oil and Romano together and spoon over the top of each tomato half.
4. Broil until cheese is golden brown, about 3 to 4 minutes. Serve.



Butter Poached Kohlrabi

PREP TIME

10 minutes

COOK TIME

20 minutes

YIELD

3-4 servings

3 medium kohlrabi

4 tablespoons butter or other fat of choice

¼ teaspoon salt, to taste

1 tablespoon fresh sage, chopped

1. Peel kohlrabi and chop into half-inch cubes.
2. Heat butter in a skillet over medium heat. Add kohlrabi and cook, stirring occasionally, until kohlrabi is cooked al dente, about 15 minutes.
3. Add salt and sage. Stir and cook for 2 more minutes.



Cassava Fries

PREP TIME

15 minutes

COOK TIME

1 hour

YIELD

4-6 servings

2 ½ pounds cassava (also called yucca, yuca, manioc, tapioca root) or use malanga root

½ cup lard or duck fat (or half and half of each), melted

1 ½ teaspoons salt, to taste

1. Bring a large pot with 3 inches of boiling water to a boil on the stovetop.
2. Meanwhile, peel cassava. Cut big cylinders, about 3-4 inches long, down the length of the cassava. Cut each cylinder in half lengthwise, and then cut each half lengthwise again 2-3 times to make large wedges. Cassava can have a long stringy thread running down the middle of it—if you see that, trim it off your wedges.
3. Add cassava wedges to boiling water and boil, uncovered, for 10 minutes. Meanwhile, preheat the oven to 375°F. (Tip: place your rimmed baking sheet with your lard in the oven while it's preheating to melt your lard. It also speeds up the cooking a bit for that pan to be nice and hot when you add the cassava wedges.)
4. Drain cassava completely. Toss with lard on a rimmed baking sheet. Bake for 40 minutes, stirring and flipping at the 15 minute mark, 25 minute mark, and 35 minute mark. Cooking time will vary based on just how thick your wedges are. You want them to turn golden brown and be crisp on the outside.
5. Sprinkle and toss with salt, to taste.



Eggplant and Mushroom Casserole

PREP TIME

15 minutes, plus time to salt eggplant

COOK TIME

1 hour

YIELD

4 to 6 servings

2 large eggplants, peeled and cut into ½-inch dice
2 tablespoons sea salt
6 ounces bacon, chopped
2 to 3 tablespoons butter, olive oil or oil of choice
1 medium yellow onion, finely chopped

2 to 3 stalks celery, cut into ¼-inch slices
2 pounds mushrooms
1 tablespoon fresh parsley, finely chopped
1 tablespoon dried savory
Sea salt and black pepper, to taste
1 cup bone broth

1. Put the eggplant in a colander and sprinkle liberally with the salt. Place the colander in the sink and let sit for at least one hour. This step is critical for getting the eggplant to hold its shape and not turn to mush.
2. Rinse the salt off the eggplant, then place the eggplant on several paper towels on the counter or a rimmed baking sheet. Cover with more paper towels and gently squeeze the excess water out of the eggplant. Set aside.
3. Add the bacon to a cold skillet, then heat the skillet over medium-high heat, stirring frequently. When the bacon is mostly cooked, add the eggplant and cook, stirring frequently, until the eggplant is starting to brown. If the eggplant starts to stick to the pan, add additional tablespoon of butter or oil.
4. Set the bacon and eggplant aside in a large bowl and return the skillet to the stovetop. Add 1 tablespoon of butter to the skillet with the onion and celery and cook until softened.



5. Add the mushrooms to the skillet. If the vegetables start to stick, add another tablespoon of butter. Cook until the mushrooms are nicely sauteed but still firm. Add the mushrooms to the eggplant and bacon in the bowl.
6. Toss the vegetables with the savory and parsley until well combined. Taste and add salt and pepper, if desired.
7. Preheat the oven to 325° F.
8. Place the vegetable mixture in a casserole dish and pour the broth over the top. Bake for 30 minutes. Let cool and serve.



TIP: Using an assortment of wild mushrooms, such as morels, chanterelles, and oyster mushrooms adds a depth of flavor and more varied texture to this dish.

Japanese Turnips With Orange Rosemary Pan Sauce

PREP TIME

15 minutes

COOK TIME

15 minutes

YIELD

3-4 servings

1 pound Japanese turnips, sliced
1/8-inch thick

2 large oranges

1 tablespoon chopped fresh rosemary

3 tablespoons butter or oil of choice

1/4 teaspoon sea salt, plus more to taste

1. Use a microplane zester, finely grate peel from one or both oranges to get 1 tablespoon of orange zest. Juice both oranges.
2. Heat skillet over medium-high heat and add butter.
3. Add turnip slices and sauté, stirring frequently, until they start to brown, about 3 to 4 minutes.
4. Add half of the orange juice, rosemary and salt. Continue to cook, stirring relatively frequently, until turnips are browned and fully cooked (soft but not mushy), about 10 to 12 minutes.
5. Add remaining orange juice and salt, stir to form a sauce then immediately remove from heat and serve. (If your sauce seems too runny, let the orange juice evaporate for 30 seconds or so, but don't heat too long or the sauce will separate.)



Root Vegetable Casserole

PREP TIME

15-20 minutes

COOK TIME

1 hour 30 minutes

YIELD

8-10 servings

3 tablespoons olive oil or oil of choice
1 yellow onion, sliced into half moons
1 pound yellow summer squash or peeled zucchini, diced
2 cloves garlic, minced
2 cups chicken broth
1 cup white wine

1 teaspoon salt, plus more to taste
1 cup parmesan, romano or sharp cheddar cheese, divided (optional)
4 pounds (about 10 cups diced) root vegetables (use at least 4 different kinds, such as sweet potatoes, any variety of winter squash, green plantain, parsnip, carrot, boniato, etc.), diced into ¾-inch pieces

1. Preheat the oven to 400°F.
2. Heat 1-2 tablespoons of olive oil in a skillet over medium-high heat, then add onion. Cook, stirring occasionally until browned, about 10 minutes.
3. Remove onions from the skillet and place in a 9"x9" casserole dish; set aside. Add another 1-2 tablespoons of olive oil and add summer squash to the pan. Cook, stirring occasionally, until browned, about 10 minutes. Add garlic and cook 2 more minutes.
4. Add broth and wine to the summer squash. Simmer until liquid reduces by two thirds, about 15 minutes.
5. Carefully pour the contents of the skillet into a blender. Blend on high for 30 seconds to 1 minute, until completely smooth.
6. Add salt and ½ cup cheese. Stir until cheese is melted. Taste and add extra salt, if needed. You want this sauce to be a little salty.
7. Toss diced root vegetables with caramelized onion in the casserole dish. Pour the sauce from the blender all over the root veggies. Sprinkle the remaining cheese on top.



8. Bake uncovered for 50-60 minutes, until root veggies are fully cooked. If the cheese is starting to burn, cover with a lid or foil. Let sit for 5-10 minutes before serving.



TIP: You have plenty of time while the onion and zucchini are browning and while broth is reducing to chop up all the root vegetables for the casserole. To make this ahead you can either do steps 1-6 the day before, and then bake before serving or fully cook the day before (bake for 40-45 minutes, until the root vegetables are cooked al dente) and then reheat for 30 minutes in the oven before serving.

* *Using the optional cheese will lower the overall Nutrivore Score of this recipe. However, the fats do help facilitate the absorption of certain nutrients and cheese adds wonderful flavor and is an excellent source of calcium! It is also good to remember that not every food we eat needs to be the pinnacle of nutrient density. So feel free to add the cheese!*

Roasted Okra

PREP TIME

10 minutes

COOK TIME

35 minutes

YIELD

4 servings

3 tablespoons olive oil, or oil of choice

2 pounds fresh okra, stems removed
and sliced into 1- to 2-inch pieces

1 teaspoon sea salt

$\frac{1}{8}$ teaspoon cracked black pepper

1 tablespoon lemon juice

2 tablespoons sliced almonds

1. Preheat the oven to 425°F.
2. Toss the okra with olive oil and sprinkle liberally with salt and pepper.
3. Roast for 30 to 35 minutes (longer if you have larger okra), stirring the at the 20-minute mark. They're done with they start browning and getting a little crisp on the outside.
4. Remove from the oven, place in a serving bowl, toss with the lemon juice and sprinkle sliced almonds over the top.



Roasted Green Beans with Sesame Seed Dressing

PREP TIME

5 minutes

COOK TIME

20 minutes

YIELD

4 servings

5 tablespoons olive oil or oil of choice

1½ pounds green beans, trimmed

1 teaspoon sea salt

⅛ teaspoon black pepper

2 tablespoons lemon juice

2 teaspoons Dijon mustard

½ teaspoon toasted sesame oil

1 tablespoon toasted sesame seeds

1. Preheat oven to 450°F. Line a rimmed baking sheet with aluminum foil or parchment paper.
2. Toss the green beans with 3 tablespoons oil and sprinkle liberally with salt and pepper.
3. Roast for 18 to 20 minutes (longer if you have thicker beans), stirring the green beans at the 10-minute mark. They're done when they start browning and getting a little crisp on the outside and are soft but not mushy inside.
4. **MAKE DRESSING:** In a small bowl, whisk together lemon juice, mustard, sesame oil and remaining 2 tablespoons olive oil.
5. Remove the green beans from the oven, place in a serving bowl. Toss with the dressing and sprinkle sesame seeds over the top.



Roasted Veggies with Walnuts

PREP TIME

15 minutes

COOK TIME

15 minutes

YIELD

3-4 servings

½ red bell pepper, cut into 1-inch cubes

½ orange or yellow bell pepper, cut into 1-inch cubes

¼ red onion, cut into 1-inch cubes, separated

4 ounces portabella mushrooms, thickly sliced

1 tablespoon olive oil or oil of choice

¼ teaspoon salt

¾ cup sugar snap peas

1 small zucchini, sliced into ¼-inch thick rounds

1 yellow summer squash, sliced ¼-inch thick rounds

2 cloves garlic, minced

2 teaspoons balsamic vinegar

¼ cup fresh basil leaves

¾ cup walnut halves or large pieces

1. Preheat oven to 400°F.
2. Toss bell pepper, onion and mushrooms with olive oil and salt.
3. Place on a rimmed baking sheet, spreading out to not overcrowd, and bake for 10 minutes.
4. Add snap peas, zucchini, yellow squash and garlic to baking sheet, stir to incorporate, and then top with walnuts. Cook for 5 to 6 minutes, until vegetables are tender-crisp and walnuts are toasted.
5. Drizzle with balsamic vinegar and sprinkle with basil. Serve.



Scalloped Potatoes

PREP TIME

15-20 minutes

COOK TIME

50 minutes

YIELD

6-8 servings

1 ½ pounds potatoes, peeled and cut into
1 small head cauliflower, chopped, about 5 to 6 cups florets
2 ½ cups broth
2-3 cloves garlic, peeled and whole
¼ cup butter
1 egg
4-6 ounces shredded sharp cheddar cheese or gruyere,
divided (optional)
Salt and pepper to taste

1. Bring the broth to a simmer over medium-high heat and add the cauliflower and garlic. Simmer until cauliflower is slightly overcooked, about 15 minutes.
2. Meanwhile, preheat the oven to 375°F.
3. Slice the potatoes into very thin rounds, approximately ⅛ inch, using a mandoline slicer or sharp knife.
4. When the cauliflower is cooked, pour the broth mixture into a blender. Add the butter and blend on high until you have a completely smooth purée.
5. Beat the egg slightly in a bowl and then temper the egg. To temper the egg, add a spoon full of the hot cauliflower purée to the egg while stirring vigorously. Add another spoonful the same way. And then a third spoonful.
6. Now, add the tempered egg to the cauliflower purée and blend to combine.



7. Add salt and pepper. It should taste a bit over-salted.
8. If using, stir in half of the cheese until melted.
9. Lay the potatoes in the bottom of a 9 x 9 inch casserole pan or baking pan and pour the cauliflower puree over the top. Stir to make sure the potato slices are well coated in the sauce and then smooth out to make sure the potato slices are all lying flat. Top with remaining cheese if desired.
10. Cover with foil and bake for 30 minutes. Remove foil and then bake uncovered for 20-30 minutes until the potatoes are fork tender.

** Using the optional cheese will lower the overall Nutrivore Score of this recipe. However, the fats do help facilitate the absorption of certain nutrients and cheese adds wonderful flavor and is an excellent source of calcium! It is also good to remember that not every food we eat needs to be the pinnacle of nutrient density. So feel free to add the cheese!*

Zucchini Fritters

PREP TIME

20 minutes plus
resting time

COOK TIME

30 minutes

YIELD

12 large fritters

3 large zucchini (about 2 ½ pounds),
or any variety of summer squash

1 ½ teaspoon salt, divided

2 large eggs

1 bunch green onions, sliced

¾ cup all-purpose flour, gluten-free
flour blend or grain-free flour of
choice

1 teaspoon baking powder

¼ teaspoon black pepper

Oil for frying

Sour cream or tzatziki for serving, if
desired

1. Trim ends off zucchini and grate using the large holes of a box grater or a food processor. In a large mixing bowl, toss zucchini with 1 teaspoon of salt, and set aside for 10 minutes.
2. Transfer zucchini to a cheesecloth, kitchen towel or nut milk bag and squeeze out as much liquid as possible. Discard the liquid. Place back in the mixing bowl.
3. Mix eggs, green onion, flour, baking soda, pepper and remaining ½ teaspoon of salt into zucchini until combined.
4. Heat a large skillet over medium heat. Add 3 tablespoons of oil to the hot skillet then, using a ¼-cup scoop or ladle, drop fritter batter into the pan and flatten slightly with the back of a spoon or a spatula to form a pancake shape. Repeat with remaining batter, making sure not to overcrowd the pan, and work in batches. Top up the oil in the skillet before each batch.
5. Cook the patties for 2 to 3 minutes on the first side, flip, and cook for 2 to 3 more minutes, or until well browned. Place on a paper towel-lined plate while you finish cooking remaining fritters.
6. Serve with sour cream or tzatziki if you like.



ENTRÉES

Pesto Chicken Collard Wraps

PREP TIME

15 minutes

COOK TIME

none

YIELD

4 wraps

½ bunch collard greens, about 3-4 leaves

½ batch arugula pesto (about ½ cup)

1 pound chicken breasts or thighs, cooked and shredded or cubed (or use a rotisserie chicken)

1. Rinse the collard leaves and then lay them flat to dry.
2. Place a collard leaf upside down on a cutting board. With a small paring knife, remove the part of the stem that extends beyond the leaves. Shave the thicker parts of the stem that remain by running the knife perpendicular to the stem in order to make the leaf flat.
3. Add remaining ingredients to a large bowl and stir to combine.
4. Add the pesto chicken to the middle of each leaf. Fold the top and bottom edges in and then roll like a burrito, making sure all the filling stays inside.
5. Cut in half and serve.



TIP: Do you prefer a more traditional sandwich over a wrap? That's great! But don't skip the collard leaves!

Use the collard leaves as you would lettuce in your sandwich to get the additional nutrients (and delicious crunch!) from this cruciferous veggie.



Chow Mein

PREP TIME

10 minutes

COOK TIME

20 minutes

YIELD

3-4 servings

2-3 tablespoons oil

1 pound shrimp or 12 ounces chicken thigh, pork chop or beef flank steak, very thinly sliced

1 small onion, sliced

2 medium carrots, sliced

8 ounces sliced mushrooms, or rehydrated dried mushrooms, any variety

1 5-ounce can water chestnuts

1 5-ounce can sliced bamboo shoots

3 heads baby bok choy, chopped (about 4 cups)

½ cup broth

1 tablespoon soy sauce

1 tablespoon cornstarch, arrowroot starch or kuzu starch

Salt, to taste

3 green onions, sliced

1 pound noodles (egg noodles, soba, chow mein, lo mein, udon, rice noodles, kelp noodles etc.)

1. Heat a wok or large frying pan on the stove top over medium-high heat. Add 2 tablespoons oil to the hot wok.
2. Add protein of choice to hot oil. Cook, stirring constantly, until fully cooked, about 3 to 5 minutes. Remove from the wok and set aside.
3. Add onion, carrots and mushrooms to hot oil (if there's not much oil left in the wok, add another tablespoon before adding your veggies). Cook, stirring frequently, until vegetables are cooked to your liking, about 3 to 8 minutes.
4. Add water chestnuts, bamboo shoots and bok choy. If the veggies are releasing a lot of liquid into the wok, turn the heat up.
5. In a small bowl, whisk together broth, soy sauce and starch.



6. Add your cooked protein back to the wok and add the broth mixture to the mostly cooked veggies.
Stir constantly until the sauce has thickened, about 1 minute.
7. Taste and season with salt, if needed.
8. Toss with prepared noodles.
9. Garnish with chopped green onion.

Chicken Breast with Mushroom and Tarragon Sauce

PREP TIME

20 minutes

COOK TIME

30 minutes

YIELD

4 servings

3 tablespoons olive oil or oil of choice, divided

2 large shallots, thinly sliced

1 pound wild mushrooms, sliced

1½ teaspoons sea salt

2 tablespoons chopped fresh tarragon or 2 teaspoons dried tarragon

3 tablespoons flour, grain-free flour alternative, or your favorite flour blend, divided

4 chicken breast halves (about 2 ½ pounds), skin removed

1½ cups chicken stock

2 tablespoons arrowroot powder or cornstarch

1 clove garlic, crushed

1 tablespoon fresh lemon juice

1. In a large skillet, heat 2 tablespoons oil over medium heat. Add shallots and mushrooms and cook until tender and lightly browned. With slotted spoon, transfer to a small bowl.
2. On a plate, mix salt, tarragon, and flour. Use mixture to coat chicken breast. In the same skillet, add the remaining 1 tablespoon oil and increase to medium-high heat. Add chicken and cook, turning once, until golden brown. Reduce heat to medium-low, cover and cook about 10 minutes longer, until internal temperature reaches 160°F or juices run clear when pierced with a knife.
3. Set chicken aside and keep warm.
4. In a cup, mix arrowroot powder with broth. Pour into skillet and heat to boiling over high heat, stirring to deglaze the skillet. Add garlic, lemon juice, and browned shallots and mushrooms. Pour over chicken and serve.



TIP: Using an assortment of wild mushrooms, such as morels, chanterelles, and oyster mushrooms adds

114 additional depth of flavor and increases the Nutrivore Score of this dish.



Apple Chicken Patties with Maple Cranberry Sauce

PREP TIME

20 minutes + chilling time

COOK TIME

1 hour 30 minutes

YIELD

5-7 servings

2 cups fresh or frozen cranberries
½ cup maple syrup
¼ cup water
8 ounces bacon
1 medium onion, minced
1 large Granny Smith or Fuji apple, peeled, cored, and minced
2 teaspoons minced fresh rosemary
2 pounds ground chicken
½ teaspoon sea salt
¼ teaspoon ground black pepper
1 tablespoon olive oil or other cooking fat, if needed

- 1. MAKE MAPLE CRANBERRY SAUCE:** Combine cranberries, maple syrup and water in a small saucepan.
2. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
3. Simmer uncovered for 8 to 10 minutes, stirring occasionally, until most of the berries have popped and the sauce has thickened.
4. Transfer to a serving bowl and refrigerate for at least 1 hour before serving. Store in the fridge and use within 3 months.
5. Place the bacon in a cold skillet and then turn on the heat to medium-high. Cook, flipping once or twice, until the bacon is crispy.



6. When the bacon is crispy, remove it from the pan and add the onion to the bacon fat in the pan. Sauté 5 minutes over medium-high heat, stirring occasionally, until onion is starting to soften. Add the apple and rosemary and continue sautéing until the onion is browned and both the onion and apple are soft, 5 to 8 more minutes. Remove from the pan with a slotted spoon and allow to cool slightly. Do not clean the pan; you will be using it to cook the burgers.
7. Once the bacon has cooled enough to handle, chop into small pieces (think bacon bit size).
8. Combine the ground chicken, bacon, apple, and onion mix, and salt in a bowl. Mix well with your hands and form into 6 to 8-ounce patties.
9. Preheat the pan over medium heat and if there is no bacon fat left in the pan, add a tablespoon of olive oil. Fry the patties in the pan, in batches if needed so as not to overcrowd, until fully cooked, 15 to 25 minutes total, flipping once. To be sure the meat is fully cooked, check the internal temperature of the burgers with a meat thermometer: it should read 160°F.
10. Serve with chilled maple-cranberry sauce.

Chicken and Dumplings

PREP TIME

20 minutes

COOK TIME

1 hour

YIELD

6 servings

6 small skinless chicken breasts
(about 2 ½ pounds)

1½ teaspoons sea salt, divided

3 tablespoons olive oil or oil of choice,
divided

1 medium onion, diced

4 large carrots, sliced into ¼-thick
rounds

6 large celery stalks, sliced ¼-inch
thick

8 ounces mushrooms

3 bay leaves

6 cups of chicken stock, divided

1 cup less 1 tablespoon flour, grain-free
flour alternative, or your favorite flour
blend

2 teaspoons chopped fresh rosemary

1 teaspoon baking soda

1 teaspoon cream of tartar

1 large egg

2 pounds zucchini, peeled and roughly
chopped

10 ounces frozen peas, thawed (about 2
cups)

1 cup cream or full fat coconut milk,
optional

1. Season both sides of each chicken breast with salt, about ½ teaspoon total. In a large Dutch oven, heat 2 tablespoons of oil over medium-high heat. Sear chicken breast, working in batches as necessary, until lightly browned, about 4 to 5 minutes per side. Remove chicken breast from Dutch oven and set aside.
2. Add remaining tablespoon of oil to the Dutch oven and sauté onion, carrots and celery until starting to brown, about 10 minutes.
3. Return chicken breast to Dutch oven. Add mushrooms, bay leaves, and 5½ cups of chicken stock. Heat to boiling over high heat.
4. Make dumplings: In a medium bowl, combine flour, ½ teaspoon salt, baking soda and cream



of tartar. In a separate small bowl, combine remaining $\frac{1}{2}$ cup of chicken stock (it should be cold or room temperature) and egg. Whisk to combine. Add broth mixture to flour mixture and stir just until a dough forms. Immediately spoon rounded tablespoons full and drop into Dutch oven, forming 12 dumplings, each spaced a little apart.

5. Cover and reduce heat to low to simmer for 15 minutes.
6. With a slotted spoon, transfer dumplings, chicken and vegetables to a large shallow serving bowl. Discard bay leaves. Cover with tinfoil or a lid to keep warm.
7. Add zucchini and remaining $\frac{1}{2}$ teaspoon salt to broth in Dutch oven. Bring back to a boil over medium-high heat and cook until zucchini is tender, about 5 minutes.
8. With an immersion blender, puree zucchini and broth until completely smooth. (This can also be done in batches with a countertop blender.) Taste and add additional salt, if needed.
9. Add peas and cream if using and cook for 1 to 2 minutes, just to heat through. Pour over dumplings, chicken and vegetables and serve!

Chicken Chop Suey with Almonds

PREP TIME

20 minutes

COOK TIME

10 minutes

YIELD

4 to 5 servings

3 tablespoons olive oil or oil of choice
1 ½ pounds chicken boneless skinless thigh, sliced into half inch cubes
2 cups diced carrots
2 cup sliced mushrooms
2 cups diced celery
2 cups diced onions
1 cup diced green pepper

3 cups mung bean sprouts
1½ cup whole blanched almonds
2 teaspoons sea salt, plus more to taste
1 tablespoon honey
2 tablespoons arrowroot or cornstarch
1 teaspoon sesame oil
1 cup chicken stock

1. Heat a wok or large skillet over high heat. Add oil to pan. Add chicken, carrots, mushrooms, celery, onions and green pepper. Cook, stirring constantly, for 6 to 8 minutes, until chicken is fully cooked. If a lot of liquid is accumulating in the wok, turn up the heat to reduce or spoon the excess liquid out of the wok and discard.
2. Add almonds and mung beans sprouts and cook, stirring constantly, for an additional 1 to 2 minutes until sprouts have wilted.
3. Mix salt, honey, arrowroot starch, and sesame oil with chicken stock. Add to wok and stir until the sauce has thickened, about 1 to 2 minutes. Taste and add additional salt, if needed.
4. Serve over rice or cauliflower rice if desired.



Pecan-Crusted Chicken Breast with Cauliflower Gravy

PREP TIME

10 minutes

COOK TIME

25 minutes

YIELD

4 servings

4 chicken breasts (about 2lbs)

1 egg

1 cup pecans

½ teaspoon salt

¼ teaspoon pepper

1 ½ cups broth

½ head cauliflower

1 clove garlic

Salt, to taste

1. Preheat oven to 425°F. Line a baking sheet with parchment or silicone liner.
2. Pulse pecans in a food processor until the consistency of coarse sand. Combine with salt and pepper in a shallow bowl.
3. Gently whip egg white with a fork.
4. Dry chicken breasts with paper towel. Dredge in egg white and gently wipe off excess with your fingers. Dredge in pecans then place on prepared baking sheet.
5. Bake for 25 minutes, flipping at the 15-minute mark.
6. Meanwhile, cut cauliflower into florets. Place in a pot with garlic and broth.
7. Bring to a boil, then reduce heat to maintain a simmer. Simmer 15 minutes, until cauliflower is overcooked. Pour broth and cauliflower into a high powered blender. Blend for 1 minute, or until completely smooth. Taste and season with salt to taste.
8. Serve chicken with gravy.



Cashew Chicken Stir-Fry

PREP TIME

10-15 minutes

COOK TIME

20 minutes

YIELD

4-6 servings

3 tablespoons oil of choice
3 cloves garlic, finely chopped
2 teaspoons finely chopped fresh galangal or ginger, or 1 teaspoon galangal powder
2 pounds boneless, skinless chicken thighs or breasts, chopped into ½-inch pieces
8 ounces mushrooms, about 2 cups, sliced
1 (5-ounce) can sliced bamboo shoots, drained and rinsed
1 (5-ounce) can sliced water chestnuts, drained and rinsed

4 to 6 bunches bok choy, tatsoi, pak choy, or similar vegetable (about 1½ pounds or 14 to 16 cups chopped)
8 ounces raw whole cashews (about 1½ cups)
1 cup chicken stock, divided
2 tablespoons arrowroot powder or cornstarch
1 tablespoon coconut water vinegar or apple cider vinegar
2 teaspoons sea salt
Serve with rice or cauliflower rice

1. Heat a wok over medium-high heat (you can also use a very large sauté pan). Add the oil, garlic, and galangal and cook about 1 minute, until fragrant.
2. Add the chicken and cook, stirring frequently, until thoroughly done, about 5 to 8 minutes.
3. Add the mushrooms, bamboo shoots, and water chestnuts. Cook 3 to 4 more minutes, stirring frequently, until mushrooms are mostly cooked.
4. Add the bok choy, cashews, and ½ cup of the stock. Cook until the greens start to wilt, about 3 to 4 minutes, stirring frequently.
5. In a small bowl, mix arrowroot powder, vinegar, and salt with the remaining ½ cup of stock to make a slurry. Add the slurry to the wok and stir until thickened, about 2 more minutes. Taste and add more salt, as needed, before serving.
6. Serve over rice or cauliflower rice.



Chicken with Forty Cloves of Garlic

PREP TIME

15 minutes

COOK TIME

45 minutes

YIELD

4 servings

8 bone-in, skin-on chicken thighs

1 teaspoon sea salt, plus more to taste

 $\frac{1}{4}$ teaspoon cracked black pepper,
plus more to taste

3 tablespoons olive oil, or oil of choice

3 heads of garlic, cloves separated
and peeled $\frac{1}{2}$ cup white wine

1 cup chicken stock

2 tablespoons fresh thyme, or 2 tea-
spoons dried thyme2 tablespoons arrowroot powder or
cornstarch

2 tablespoons cold water

1. Pat chicken dry with paper towels and season with salt and pepper.
2. Heat olive oil in a large skillet or Dutch oven over medium-high heat. Add chicken pieces, skin-side down, and sear until golden brown, about 2 to 3 minutes. Flip chicken pieces and sear the other side, another 2 to 3 minutes. Work in batches if needed to maintain about an inch space between each chicken thigh as its searing.
3. Remove the chicken from the pan and set aside.
4. Add garlic to the skillet and cook, stirring frequently, until golden brown, about 5 to 6 minutes.
5. Add wine to the pan and scrape the bottom to deglaze. Add chicken stock and thyme, and return chicken thighs to the pan (it's okay to crowd them together now). Cover and reduce heat to maintain a simmer. Cook for 25 to 30 minutes, until chicken is cooked through and internal temperature reaches 160°F.
6. Remove chicken from pan and place in a serving dish.
7. Mix arrowroot powder and cold water. Then while whisking the juices in the skillet, add arrowroot mixture to the skillet. Whisk constantly until sauce has thickened, about 2 minutes. Taste and add additional salt and pepper, if needed. Pour over chicken and serve.



Chicken Fajitas

PREP TIME

30 minutes

COOK TIME

45 minutes

YIELD

4-6 servings

2 tablespoons olive oil, or oil of choice

2 teaspoons ground coriander seed

2 teaspoons ground cumin

2 teaspoons dried oregano

1½ teaspoons smoked sea salt

1 teaspoon chili powder

1 teaspoon paprika

1 teaspoon cane sugar, or granulated sugar of choice

1 teaspoon granulated onion

1 teaspoon granulated garlic

½ teaspoon black pepper

1½ pounds chicken breast or thigh, thinly sliced

1 onion, thinly sliced

2 bell peppers, any color, seeds and pith discarded and thinly sliced

½ cup chicken stock, divided

1 tablespoon arrowroot powder or cornstarch

Tortillas and other toppings, as desired, for serving

1. In a small bowl, combine coriander, cumin, oregano, smoked sea salt, chili powder, paprika, sugar, granulated onion, granulated garlic, and pepper. Set aside.
2. In a large skillet, heat olive oil over medium-high heat. Add chicken and cook, stirring constantly, until fully cooked and starting to brown. If a lot of liquid is released in your pan, increase the cooking temperature.
3. Add onion, bell pepper, all but one tablespoon of the chicken stock and seasoning mix. Cook, stirring frequently, until vegetables are cooked but still hold their shape, about 6 to 8 minutes.
4. Mix arrowroot powder with remaining tablespoon of chicken stock. Add to the skillet, stirring constantly until the sauce thickens, about 1 minute.
5. Serve with tortillas and favorite fajita toppings, such as chopped cilantro, diced tomato, grated mozzarella, and shredded lettuce.



Island Chicken with Melon Salad

PREP TIME

25 minutes plus
marinating

COOK TIME

15 minutes

YIELD

4 servings

1 small onion, grated
1 cup yogurt or coconut milk yogurt
2 tablespoons olive oil or oil of choice
2 teaspoons grated, peeled fresh ginger
1 teaspoon sea salt
½ teaspoon ground cumin
¼ teaspoon ground turmeric
¼ teaspoon ground cinnamon
¼ teaspoon chili powder

4 skinless, boneless chicken breast
halves (1½ to 2 pounds)
½ small honeydew melon
2 large mangoes
2 tablespoons peach jam
Juice of 1 lime
¼ teaspoon coarsely ground black
pepper

1. Mix onion, yogurt, olive oil, ginger, salt, cumin, turmeric, cinnamon and chili. Coat chicken thoroughly and place in a dish. Refrigerate at least 3 hours and up to overnight.
2. Preheat broiler on high and arrange oven rack so that chicken will be approximately 5 inches from the heating element.
3. Arrange chicken on the rack of a boiling or shallow roasting pan. Spread any leftover marinade over the top of the chicken. Broil for 15 minutes, turning half way, until chicken is cooked through and reaches an internal temperature of 160°F.
4. Remove rind and seeds from melon and cut into 1-inch chunks. Remove peel and pit from mango and cut into 1-inch chunks. Gently toss melon and mango with peach jam, lime juice and black pepper.
5. Let chicken rest 5 minutes before serving. Serve with melon salad.



3. **PREPARE PIZZA:** Rub a pizza stone or large well-seasoned cast-iron skillet with the olive oil and place in the oven to heat. Preheat the oven to 450°F. Remove the hot pizza stone or skillet from the oven. Pour the pizza crust dough into the heated pan and spread it with a spatula to a 9- to 10-inch circle of even thickness (it should be about ¼ inch thick). Bake for about 9 minutes, depending on how crispy you like the crust, then remove from the oven and lower the oven temperature to 400°F. Spread whole batch of sauce over the crust, or to your liking. Add toppings and sprinkle shredded cheese over top, if using.
4. Return the pizza to the oven and bake for another 8 to 10 minutes and serve.

Chicken Tagine with Preserved Lemon

PREP TIME

30 minutes +
marinating time

COOK TIME

2 hours

YIELD

5 to 6 servings

2 skin preserved lemons ([p.126](#))

3 tablespoons lemon juice

2 tablespoons parsley, chopped

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

1 teaspoon black pepper

1 tablespoon ground ginger

2 teaspoons ground cumin

3 pounds chicken legs and/or thighs

3 tablespoons olive oil

2 large onions, chopped

5 cloves of garlic, crushed

2 pinches of saffron, optional

$\frac{1}{4}$ cup warm water

$\frac{1}{2}$ cup olives, optional

Crusty bread and/or french fries and
harissa to serve, if desired

1. Slice preserved lemons in quarters. Remove any seeds and discard. Cut away the pulp and give a rough chop. Slice the peel and set aside.
2. Combine preserved lemon pulp, lemon juice, parsley, salt, pepper, ginger and cumin to form a thick paste. Add chicken and stir to coat. Marinate in the fridge for at least one hour, and up to overnight.
3. Coat the bottom of a tagine with olive oil. Mix the chopped onion and crushed garlic and layer on the bottom of the tagine.
4. Soak saffron threads, if using, in warm water for 10 minutes.
5. Layer the chicken on top of the onion layer. Pour any remaining marinade over the top. Pour the saffron water over the top (or plain water if not using saffron). Sprinkle the sliced preserved lemon peel over the top.



6. Cover, and slowly bring the tagine up to medium heat using a heat diffuser if you're using a clay tagine (to do this, heat on low for 5 minutes, then increase heat to medium). Once it comes to a simmer, about 15 minutes, reduce heat to low.
7. Cook for 1.5 hours, until chicken is falling off the bone. Uncover, add olives if using, and cook for an additional 10 to 15 minutes, to reduce the liquid. Taste and add additional salt and pepper, if needed.
8. Serve with crusty bread for dipping or serve with french fries and topped with harissa, if desired.



TIP: If you don't have a tagine, you'll need to add more water. Use 1 cup and top up as needed during cooking time. If using a Dutch oven or covered skillet, bring up to medium heat then reduce to low to maintain a slow simmer for 1.5 hours. If using a crockpot, cook on high for 5 hours. In either case, you can still cook uncovered for an additional 10 to 15 minutes to reduce the liquid, if needed.

Preserved Lemons

PREP TIME

10 minutes, plus
preserving time

COOK TIME

none

YIELD

4-5 preserved lemons

4-5 lemons

¼ cup salt

1 tablespoon granulated sugar

1. Clean the lemons well.
2. Slice just the tip of each lemon off. Then, placing the lemon flat on the cutting board, cut a large x across the top of the lemon, making sure not to cut all the way through so the lemon stays intact.
3. In a large bowl, combine the salt and sugar. Add the lemons to the bowl and stuff the salt and sugar mixture into each lemon. Toss the lemons in the remaining salt and sugar.
4. Cover the bowl with plastic wrap and refrigerate overnight or up to 24 hours.
5. Once the lemons have released some of their juices, move the lemons to a clean jar, along with the juices. Squish the lemons down into the jar until they are completely submerged in the liquid, adding additional lemon juice if needed.
6. Seal the jar and store in the refrigerator for at least 2 weeks, and up to 6 months.



Gluten-Free Pineapple Pizza

PREP TIME

crust 10 minutes, sauce
5 minutes

COOK TIME

sauce 5 minutes

YIELD

2 10-inch round pizzas

2 tablespoons olive oil or oil of choice
1 batch pizza crust (see below), or store
bought crust of choice
1 batch pizza sauce (see below), or store
bought sauce of choice
½ red onion, thinly sliced
1 cup pineapple chunks, fresh, canned
or thawed from frozen
½ cup sliced mushrooms
¼ cup olives (optional)
Shredded mozzarella cheese (optional)

CRUST:

2 cups tapioca starch
½ cup sifted coconut flour (measure
after sifting)
2 teaspoons dried oregano leaves
1 teaspoon granulated garlic

1 teaspoon sea salt
1 cup milk or non-dairy milk of choice,
warmed
1 cup olive oil or oil of choice
2 large eggs, beaten

SAUCE:

1 teaspoons olive oil or oil of choice
1 clove garlic, minced
1 14-ounce can crushed tomatoes
¼ cup tomato paste
1 teaspoon honey or sugar of choice
1 teaspoon red wine vinegar
½ teaspoon dried basil
½ teaspoon dried oregano
½ teaspoon dried thyme leaves
Sea salt and ground black pepper

1. MAKE CRUST: In a large mixing bowl, whisk the tapioca starch, coconut flour, oregano (if using), granulated garlic (if using), and salt until well combined. In a separate bowl, whisk together the milk, oil, and egg. Pour over the tapioca starch mixture and stir to combine. Let sit for 3 to 5 minutes to thicken before using.

2. MAKE SAUCE: Heat a medium saucepan over medium-high heat. Add the olive oil and garlic and cook for 30 seconds, until fragrant and starting to brown. Add the remaining ingredients and bring just to a simmer. Remove from the heat and season to taste with salt and pepper.



Easy Canned Salmon Fish Cakes

PREP TIME

10 minutes

COOK TIME

20 minutes

YIELD

4-6 servings

2 6-ounce cans salmon or 1 15-ounce can, drained

1 egg

¼ cup mayonnaise

1 teaspoon mustard

1 cup bread, panko, cracker or plantain chip crumbs or ¼ cup (wheat, gluten free, cassava flour, almond flour)

1 clove garlic or 1 teaspoon garlic powder

¼ cup fresh herbs (parsley, dill, chives, etc.), chopped

1 teaspoon salt

½ teaspoon pepper

1. Mix all ingredients in a large bowl with a fork.
2. Form into 6-8 patties.
3. To oven bake: preheat oven to 400°F. Place salmon cakes onto a parchment or silicone lined baking sheet. Bake for 15-20 minutes until slightly golden and cooked through.
4. **TO PAN FRY:** heat a large skillet over medium heat. Add 2 tablespoons of oil. Cook patties in batches until golden brown, about 3-4 minutes per side. Repeat until all patties are cooked.



TIP: You can make your own crumbs by putting crackers, croutons, stale bread, or plantain chips in a plastic resealable bag and then pounding the outside of the bag with a kitchen mallet or rolling pin. You can also pulse in a food processor.

I prefer the texture with bread/cracker crumbs, however flour will work if you do not have bread crumbs on hand or don't want to make them. The salmon cakes will just be a bit more dense.



Tuna Salad Collard Wraps

PREP TIME

20 minutes

COOK TIME

none

YIELD

2-3 servings

½ bunch collard greens, about 3-4 leaves

2 cans tuna, drained

3 tablespoons chopped red onion

2 stalks celery, chopped

¼ cup chopped fresh herbs (dill, parsley, etc)

¼ cup mayonnaise

Juice from ½ lemon

1 teaspoon Dijon mustard

2-3 tablespoons diced pickles or cucumber

Splash of pickle juice, optional

Salt and pepper to taste

1. Rinse the collard leaves to clean them and then lay them flat to dry.
2. With a small paring knife, remove the part of the stem that extends beyond the leaves. Shave the thicker parts of the stem that remain by running the knife perpendicular to the stem in order to make the leaf flat.
3. Add remaining ingredients except pickled radishes to a large bowl and stir to combine.
4. Add the tuna salad to the middle of each leaf. Top with pickled radishes. Fold the top and bottom edges in and then roll like a burrito, making sure all the filling stays inside.
5. Cut in half and serve.



Broiled Salmon with Dill-Caper Sauce

PREP TIME

15 minutes

COOK TIME

10 minutes

YIELD

4 servings

½ cup mayonnaise

3 tablespoons chopped fresh dill

2 to 3 tablespoons capers, chopped if they are on the larger side

1 to 2 tablespoons oil

4 6- to 8-ounce salmon filets

½ teaspoon sea salt

¼ teaspoon black pepper

1½ teaspoons fresh thyme leaves, about 5-6 sprigs

1. To make the dill-caper sauce, combine the mayonnaise, dill and 2 tablespoons of capers. Taste and add an additional tablespoon of capers, if desired. Store the sauce in the refrigerator until you are ready to serve the salmon.
2. Place a rack high up in the oven so that the surface of the salmon will be 6 to 8 inches from the top element. Turn the broiler to high and let it preheat for about 10 minutes before putting the salmon in the oven. Coat a rimmed baking sheet with the oil.
3. Place the salmon filets skin side down on the oiled baking sheet. Sprinkle it with salt, pepper and thyme.
4. Broil for 8 to 9 minutes, until the segments flake apart easily and the salmon is opaque throughout. Serve with the dill-caper sauce.



Cedar Plank Salmon With Dill and Capers

PREP TIME

20 minutes

COOK TIME

30 minutes

YIELD

4-5 servings

1 cedar grilling plank (large enough for all four fillets)

2 lemons

3 tablespoons chopped parsley

1 tablespoon chopped fresh dill

2 tablespoons capers, drained and chopped

1 clove garlic, minced

1 anchovy fillet, finely minced (or use ½ teaspoon anchovy paste)

¼ teaspoon sea salt

⅛ teaspoon cracked pepper

4 to 5 salmon fillets, with skin (about 1½ pounds)

1. Submerge cedar plank under water for at least an hour. Pat dry right before putting on the grill.
2. Thinly slice 1½ lemons. For the remaining half lemon, zest the peel and juice.
3. In a small bowl, combine lemon juice, lemon zest, parsley, dill capers, garlic, anchovy, salt and pepper.
4. Spread the seasoning evenly over the top of the salmon fillets. Top with lemon slices.
5. Preheat grill to medium-high heat (about 450°F). Place the soaked cedar plank on the grill grates and close the lid. When the plank begins to smoke and lightly char, about 6 to 7 minutes, remove from the grill.
6. Place prepared salmon fillets on the charred side of the cedar plank and return to the grill. Close the lid and grill until the salmon is fully cooked, segments should flake apart easily and salmon should be opaque throughout, about 15 minutes per inch thickness.



Beer Battered Fish

PREP TIME

10 minutes

COOK TIME

20 minutes

YIELD

3-5 servings

1 ½ pounds white fish filets (such as cod or halibut), cut to the desired shape

Oil, for frying i.e. avocado, canola, sunflower

½ cup flour, grain-free flour alternative, or your favorite flour blend

½ teaspoon sea salt

¼ teaspoon baking soda

⅔ cup beer or gluten free beer (or sparkling water or unflavored kombucha for alcohol free)

1. Pat the fish dry with a paper towel and set aside.
2. Add enough oil to a countertop deep-fryer or a large heavy-bottomed pan so that it will cover the fish filets when frying (about 2 inches of oil for a pan or half full for a deep fryer). Heat the oil to between 350F and 375°F.
3. Combine the flour, salt and baking soda in a bowl. Pour the beer or sparkling water into the bowl and mix for a smooth batter.
4. When the fat reaches temperature, dip the fish into the batter to coat completely.
5. Carefully place the battered fish in the deep fryer; 4- to 5-ounce filets will take 5 to 6 minutes total. Gently flip the filets after 3 to 4 minutes. The batter should be a deep golden brown and the fish should be opaque throughout.
6. Carefully lift the pieces out of the deep-fryer with a fry basket and place them on paper towels or a cooling rack.



TIP: Serve with oven-baked or fried potatoes or cassava for a true Fish N' Chips experience.



Plantain Gremolata-Topped Fish Filets

PREP TIME

15 minutes

COOK TIME

20 minutes

YIELD

4 servings

2 tablespoons oil of choice
¼ cup bread, panko, cracker or
plantain chip crumbs
¼ cup chopped fresh parsley
1 clove garlic, crushed to a coarse
paste
Finely grated zest and juice from 1
lemon

1 tablespoon butter, melted
1 to 1½ pounds medium-firm fish filets
(such as seabass, mahi mahi, halibut,
swordfish), cut into 4 pieces
¼ teaspoon sea salt
⅓ teaspoon ground black pepper

1. Preheat the oven to 425°F. Line a rimmed baking sheet with aluminum foil and spread the oil over the top or use a silicone baking mat.
2. Mix the bread/chip crumbs with parsley, garlic, lemon zest, and melted butter.
3. Place the fish filets on the prepared baking sheet. Drizzle with lemon juice and sprinkle with salt and pepper.
4. Evenly coat the top of the fish filets with the crumb mixture from Step 2.
5. Bake for 15 to 20 minutes until fish is fully cooked.



TIP: You can make your own crumbs by putting crackers, croutons, stale bread, or plantain chips in a plastic resealable bag and then pounding the outside of the bag with a kitchen mallet or rolling pin. You can also pulse in a food processor.



Poached Tilapia with Asian Pear Slaw

PREP TIME

20 minutes

COOK TIME

22 minutes

YIELD

3-4 servings

1 pound carrots
2 Asian pears
1 tablespoon fresh lemon juice
½ teaspoon honey
1 teaspoon chopped fresh mint
½ teaspoon sea salt, divided

⅓ cup chopped pitted dates
2 tablespoons chopped fresh parsley
½ cup butter, or more as needed to be ¼ inch deep in the pan
3 or 4 6- to 7-ounce tilapia or other white fish filets

1. PREPARE THE ASIAN PEAR SLAW:

Grate Asian pears on the coarse side of a box grater, discarding the core. Grate carrots on the same coarse side of the box grater. Place in a large bowl.

2. In a small bowl, whisk together lemon juice, honey, mint and half of the salt.
3. Pour dressing over grated carrot and Asian pear and toss to coat. Add pitted dates and parsley and toss to combine. Place the slaw in the refrigerator until the fish is ready.
4. **TO COOK THE FISH:** Heat the butter and the remaining salt in a skillet over medium-low heat until hot and just starting to bubble, but not at a rolling simmer. Add the tilapia to the pan.
5. Cover and cook until the top edges of the fish are opaque, 10 to 12 minutes. Flip each piece of fish and cook for another 8 to 10 minutes, until the fish is fully cooked and opaque throughout.
6. Serve with slaw.



Whitefish with Strawberry Salsa

PREP TIME

15 minutes

COOK TIME

20 minutes

YIELD

4 servings

1 ½ to 2 pounds whitefish fillets, such as cod, hake, tilapia, or halibut

1 tablespoon olive oil or oil of choice

2 cups sliced strawberries

1 large lime, juice and zest

½ cup chopped red onion

¼ cup chopped cilantro

Salt and pepper to taste

1. Preheat the oven to 425°F. Line a rimmed baking sheet with aluminum foil and spread the olive oil over the top (alternately, use a silicone baking mat and skip the olive oil).
2. Place the fish fillets on the prepared baking sheet. Drizzle the olive oil over the fish and sprinkle it with salt and pepper.
3. Bake for 15 to 20 minutes, until the fish is fully cooked.
4. While the fish cooks, mix together the strawberries, lime juice and zest, onion, and cilantro. Add salt and pepper to taste. Set aside.
5. When the fish is cooked, top it with the salsa and serve.



Mediterranean Artichoke Heart and Fava Bean Ragout with Whitefish

PREP TIME

20 minutes

COOK TIME

30 minutes

YIELD

4 servings

4 4- to 6-ounce fillets of any whitefish (cod, halibut, tilapia, etc.)

2 lemons, juiced and zested

$\frac{3}{4}$ teaspoon salt, divided, plus more to taste

$\frac{1}{4}$ teaspoon pepper, plus more to taste

$\frac{1}{4}$ cup olive oil, or oil of choice

1 onion, finely chopped

12 baby artichokes, trimmed, or 2

12-ounce bags frozen artichoke hearts

3 pounds fava beans, shelled and tough skins removed, or 3 cups frozen fava beans, thawed

1 cup chicken stock

1 cup dry white wine

2 cloves garlic, sliced

1 cup olives (use 3 or 4 different varieties)

$\frac{1}{4}$ cup fresh chopped parsley

1. Preheat oven to 425°F. Line a baking sheet with parchment paper or a silicone liner.
2. Arrange fish fillets on prepared baking sheet. Sprinkle the top with lemon zest, $\frac{1}{4}$ teaspoon salt, and pepper. Bake for 10 minutes per inch thickness, until fish is opaque and segments flake apart easily.
3. In a large skillet or Dutch oven, heat olive oil over medium high heat. Add onion and sauté, stirring frequently, until starting to brown, about 8 minutes.
4. Add artichoke and sauté to brown slightly, 3 to 4 minutes.
5. Add fava beans, lemon juice, chicken stock, wine, garlic, and remaining $\frac{1}{2}$ teaspoon salt. Bring to a boil and reduce heat to maintain a simmer. Simmer until vegetables are tender, about 5 minutes.



6. Add olives and cook just to warm through, about 2 minutes. Stir in parsley. Taste and add additional salt and pepper, if desired.
7. Serve ragout topped with fish filets.

Arctic Char en Papillote with Watercress

PREP TIME

20 minutes

COOK TIME

20 minutes

YIELD

4 servings

2 medium carrots

1 bunch watercress

4 ounces mushrooms, thinly sliced

2 tablespoons olive oil or oil of choice

2 tablespoons chopped fresh parsley

1 teaspoon lemon zest

¼ teaspoon pepper

½ teaspoon sea salt

4 Arctic char fillets (about 1 ½ pounds)

1. Preheat the oven to 400°F.
2. Using a vegetable peeler or mandoline slicer, shave carrots into lengthwise thin strips. Remove tough stems from watercress.
3. In a bowl, toss carrots, watercress, mushrooms, olive oil, parsley, lemon zest, salt and pepper.
4. Cut four pieces of parchment paper that are about 2 ½ times the length and width of each fish fillet.
5. Prepare the parchment envelopes for the fish. Spoon three quarters of the watercress mixture onto one-half of parchment paper pieces, leaving 3 to 4 inches of space (in addition to one long side) around it for folding the parchment paper over, and dividing the mixture equally between the four pieces. Place the Arctic char fillets on top of the watercress mixture on each parchment paper piece. Place the remaining one-quarter watercress mixture on top of the Arctic char fillets, dividing equally between the four fillets. Fold over the long side of the parchment paper to cover the fish. Then triple fold all three open sides to form a seal.
6. Place the packets on a rimmed baking sheet in oven and bake for 15 minutes, or until the fish is opaque throughout and segments easily flake apart. Cut open the parchment packets. Serve!



TIP: This recipe is also delicious with salmon, steelhead trout, or halibut!



Stir-Fried Prawns and Snow Peas

PREP TIME

20 minutes

COOK TIME

20 minutes

YIELD

2-3 servings

4 teaspoons sea salt, divided
2 cups cold water
1 pound prawns or large shrimp,
peeled and deveined
½ cup chicken stock
1 tablespoon rice vinegar or coconut
water vinegar
1 tablespoon soy sauce or coconut
aminos
1 tablespoon cornstarch or arrowroot
powder

1 teaspoon honey
¼ teaspoon ground white pepper
3 tablespoons oil of choice, divided
2 tablespoons minced garlic (about 8
cloves)
2 teaspoons minced fresh ginger root
8 ounces snow peas, strings removed
1 green onion, thinly sliced
Rice or cauliflower rice for serving

- 1. BRINE SHRIMP:** Stir 1 tablespoon salt into cold water until dissolved. Pour over shrimp and let marinate 5 minutes. Rinse shrimp and drain dry on paper towels
- 2.** In a small bowl, whisk together chicken stock, rice vinegar, soy sauce, cornstarch, honey, and white pepper. Set aside.
- 3.** Heat 2 tablespoons oil in a large wok or skillet over high heat. Cook shrimp, stirring constantly, until pink on all sides, about 1 minute. Add in garlic and ginger, and stir fry 1 minute, until fragrant. Add remaining 1 tablespoon of oil, snow peas and remaining 1 teaspoon salt, and stir fry until cooked al dente, about 1 to 2 minutes.
- 4.** Add green onion and broth mixture to wok and cook until sauce thickens, about 1 to 2 minutes. Serve immediately.



Vietnamese-Style Spring Rolls with Peanut Sauce

PREP TIME

30 minutes

COOK TIME10 minutes if using raw
shrimp**YIELD**

12-16 spring rolls

½ cup peanut butter, cashew or
tahini butter

2 tablespoons rice vinegar

2 tablespoons soy sauce or gluten
free tamari or coconut aminos

2 tablespoons maple syrup

1 teaspoon toasted sesame oil

¼ cup water

1 ½ pounds medium shrimp, peeled
and deveined

½ cup chopped green onion

½ cup chopped cilantro

¼ cup chopped mint

½ English cucumber, cut into
matchsticks

1 cup mung bean sprouts

4 ounces vermicelli rice noodles

1 package rice paper or spring roll
wrappers, about 12-16 wrappers

- 1. MAKE PEANUT SAUCE:** Add peanut butter, rice vinegar, soy sauce, maple syrup, sesame oil and water to a small bowl. Whisk together until creamy. At first it will look like it's not going to come together, but keep whisking and it will.
- 2. COOK SHRIMP:** Bring a pot of water to a boil. Add shrimp and cook 2-3 minutes until opaque. Drain. Alternatively, use already cooked shrimp.
- 3.** Prep rice paper and rice noodles according to package directions.
- 4.** For each spring roll wrapper, add a little of each of the veggies and a small handful of rice noodles to the middle of the wrapper. Place 3 shrimp in a row above the veggies and noodles. Roll from the bottom. Once you get to the shrimp, fold in the sides, and then continue rolling the rest of the way.
- 5.** Serve with the spring rolls with the peanut sauce on the side.



Heart of Palm Linguini with Clam Sauce

PREP TIME

10 minutes

COOK TIME

15 minutes

YIELD

2 servings

2 12-ounce packages or 14-ounce cans of heart of palm linguini or spaghetti

1 10-ounce can chopped clams

2 tablespoons oil

½ onion, finely chopped

1 clove garlic, minced

½ teaspoon sea salt

⅛ teaspoon cracked pepper

2 tablespoons fresh chopped parsley

1. Drain heart of palm linguine, rinse thoroughly, and set aside.
2. Drain clams but reserve liquid. Set aside.
3. Heat oil over medium-high heat in a skillet. Add chopped onion and sauté for 4 to 5 minutes, until soft and aromatic. Add garlic and cook for an additional minute.
4. Add chopped clams and clam liquid. Bring to a boil and then reduce heat to maintain a rapid simmer. Simmer until liquid has reduced by more than half (pan should have very little liquid), about 5 minutes.
5. Add salt, pepper and parsley. Add heart of palm linguini and cook, stirring constantly but gently, until linguini has heated through, about 1 to 2 minutes.



Mushroom and Sausage Lasagna

PREP TIME

20 minutes

COOK TIME

1 hour 30 minutes

YIELD

10 servings

1 16-ounce package of lasagna noodles (about 16 noodles)
1 pound bulk spicy Italian sausage
1 pound extra lean ground beef
1 medium onion, diced
1 can (28 ounces) Italian plum tomatoes
2 tablespoons tomato paste
1½ pounds mushrooms, thinly sliced
1 teaspoon sea salt

½ teaspoon dried oregano
¼ teaspoon dried thyme
¼ teaspoon dried rosemary
1 container (15-ounces) ricotta cheese
8 ounces mozzarella cheese, shredded (about 2 cups), divided
1 large egg
1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry

1. Prepare lasagna noodles as label directs. Drain and rinse with cold running water. Return to saucepot with cold water to cover and set aside. (Skip this step if using fresh pasta that does not require pre-cooking).
2. **PREPARE SAUCE:** In a large skillet, cook sausage, ground beef and onion over medium-high heat, stirring frequently to break up the meat, until meat is browned. Spoon off and discard fat. Add tomatoes with their juice, tomato paste, mushrooms, salt, oregano, thyme and rosemary. Heat to boiling, breaking up tomatoes with the back of a spoon. Reduce heat to low, and simmer uncovered, stirring occasionally for 30 minutes. Set aside.
3. Preheat oven to 375°F.
4. In a medium bowl, mix ricotta, half of the mozzarella, egg and spinach. Drain noodles and gently dry with clean kitchen towels.



5. In a 13"x9" lasagna or casserole dish, spoon $\frac{1}{3}$ of meat sauce, add a layer of noodles (using $\frac{1}{3}$ of the noodles and overlapping slightly to completely cover the meat sauce), spoon ricotta mixture evenly for the next layer, add another layer of noodles, add another $\frac{1}{3}$ of meat sauce, and then the final layer of noodles. Top with remaining meat sauce and sprinkle remaining mozzarella over the top.
6. Cover with foil and bake for 30 minutes. Remove foil and bake an additional 15 minutes, until sauce is bubbly and top is lightly browned. Let stand for 15 minutes before serving.



TIP: For the lasagna noodles you can use rice noodles, traditional wheat noodles, grain free lasagna noodles, or zucchini slices. To make zucchini "lasagna noodles", slice 2 large zucchini lengthwise into very thin slices. Sprinkle slices lightly with salt; set aside to drain in a colander while preparing the meat sauce. Rinse off excess salt and then dry zucchini slices on kitchen towels.

Beef and Mushroom Parsnip Risotto

PREP TIME

15 minutes

COOK TIME

30 minutes

YIELD

3-4 servings

2 pounds parsnips (5 to 6 medium parsnips), or 2 cups rice (see note below for traditional rice risotto instructions)

1 tablespoon olive oil or oil of choice

½ medium white onion, diced

1 carrot, diced

1 pound ground beef

8 ounces mushrooms, sliced

2 cups beef stock, divided (4 cups beef stock if making risotto with rice instead of parsnips)

1 tablespoon apple cider vinegar, or ¼ cup wine (red or white)

1½ teaspoons sea salt

1 tablespoon finely chopped fresh tarragon, or 1 teaspoon dried tarragon

½ cup heavy cream or full-fat coconut milk

Chopped fresh parsley, for garnish

- 1. TO RICE THE PARSNIPS:** Peel the parsnips and chop into big chunks. Place in a food processor and pulse until the pieces are fairly uniform in size and about the size of a large grain of rice. (You should have 6 to 7 cups of riced parsnips.)
- 2.** Heat a large skillet over medium-high heat. Add the olive oil, onion, and carrot. Sauté until the vegetables are tender, about 5 minutes.
- 3.** Add the ground beef to skillet and cook, stirring to break up the beef, until browned, about 3 to 5 minutes.
- 4.** Add the mushrooms, 1 cup of stock, vinegar, and salt. Increase the heat to high and cook until the liquid is mostly evaporated, about 5 to 8 minutes.
- 5.** Add the riced parsnips and remaining 1 cup of stock to pan and stir just to mix. Reduce the heat to medium-low, and cover. Cook for 8 to 10 minutes, until the parsnips are tender and mushy, stirring once or twice



during that cooking time. If the vegetables start to stick because the pan is starting to become dry, add another few tablespoons of stock or water to the pan. If your largest skillet isn't big enough for all of these ingredients, you can remove the beef mixture before adding the parsnips and then mix the beef mixture back in right before serving.

6. Add the cream and tarragon and stir to incorporate. Turn off the heat and let sit on the stovetop covered for 2 to 3 minutes more. Taste and add more salt, if needed.
7. Garnish with chopped parsley, if desired.



TIP: If you'd like a more traditional risotto, feel free to use 2 cups of uncooked rice in place of the parsnips (or do half and half!). You will also need to double the beef stock and cook a little longer until the rice absorbs all the liquid and is fully cooked.

Beef Pot Pie

PREP TIME

20 minutes

COOK TIME

1 hour, 40 minutes

YIELD

6 - 8 servings

2 cups all purpose flour, gluten-free flour blend or grain-free flour of choice

2 ⅛ teaspoon sea salt, divided

1 cup cold lard or unsalted butter

1 tablespoon apple cider vinegar

5 to 6 tablespoons ice cold water

2 tablespoons olive oil or oil of choice

2 pounds flank steak or other inexpensive tougher steak

½ large white onion, diced

3 carrots, diced

4 stalks celery, diced

4 cups beef stock

2 tablespoons apple cider vinegar, or 3 tablespoons tomato paste

2 bay leaves

1 green plantain or Russet potato, peeled and grated

1½ cups fresh or thawed frozen peas

1. Mix the flour and ⅛ teaspoon salt in a mixing bowl. Add the lard, then use a whisk or two knives to cut the lard into the cassava flour until the mixture resembles dry oatmeal; the largest pieces of lard should be no bigger than peas.
2. Add the apple cider vinegar and then the ice water 1 tablespoon at a time and work it into the dough. Stop as soon as the dough easily holds together.
3. Wrap the dough in wax paper or plastic wrap and place in fridge while you prepare the pie filling to keep it cold.
4. Heat a large skillet over medium-high heat. Add the oil and meat. Brown the meat, 6 to 8 minutes, stirring occasionally.
5. Add the onion, celery, and carrots to the meat. Cook until starting to brown, about another 7 to 8 minutes, stirring occasionally.



6. Add the stock, vinegar, remaining 2 teaspoons salt, bay leaves, and grated plantain. Reduce heat to maintain a simmer. Cook until grated plantain dissolves into stock, about 20 minutes. As stock thickens, stir more frequently to make sure it's not burning on the bottom (add additional water, if needed to prevent scorching).
7. Taste and add additional salt, if needed. Spoon the filling into ramekins for individual pot pies or a large casserole dish. Allow to cool before adding crust.
8. Preheat the oven to 375°F.
9. Roll pie crust dough between two sheets of parchment paper to $\frac{1}{4}$ to $\frac{3}{8}$ inch thick, trying to roughly mimic the size and shape of your chosen dishes. Carefully transfer crust onto the filling. Use any leftover crust to fill any gaps or make decorations for the top. Using a sharp knife, pierce a few slits through the crust.
10. Bake for 50 to 60 minutes, until crust is starting to brown and filling is bubbling through slits.

Thai Beef Lettuce Wraps

PREP TIME

10 minutes

COOK TIME

20 minutes

YIELD

5 servings

2 pounds ground beef

2 cups beef broth

3 cloves garlic, minced

 $\frac{1}{3}$ cup lime juice fresh squeezed
(about 2 -3 limes)

3 tablespoons fish sauce

 $\frac{2}{3}$ cups chopped cilantro $\frac{2}{3}$ cups chopped mint

1 large head romaine lettuce

Cooked rice, optional

1. Brown ground beef in a large skillet over medium-high heat, breaking up frequently with a spoon or spatula to achieve a fine cooked ground beef texture, 8-10 minutes.
2. Add broth to beef. If broth is unseasoned, add $\frac{1}{2}$ teaspoon of salt. Let simmer, stirring occasionally, until broth has completely boiled away, about 6-8 minutes.
3. Meanwhile, combine crushed garlic, lime juice and fish sauce. Finely chop and then combine cilantro and mint in a separate bowl. Separate lettuce leaves and cut in half if very large.
4. Once broth has boiled off completely, stir in the lime juice mixture. Simmer, stirring, until the lime juice mixture has also boiled away, about 2-3 minutes.
5. Stir in chopped herbs, immediately remove beef from heat and serve.
6. **TO SERVE:** scoop a generous spoonful of beef mixture into a lettuce leaf, add a scoop of rice if using, wrap the lettuce leaf up around the beef mixture and enjoy! You can also serve as a salad on a bed of shredded lettuce.



Lamb Kabobs

PREP TIME

15 minutes + marinating

COOK TIME

10 minutes

YIELD

4 servings

12 to 16 large shallots, or 2 heads elephant garlic, separated into cloves and unpeeled

3 tablespoons fresh lemon juice

1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary

2 tablespoons olive oil or oil of choice

1 teaspoon salt

1 teaspoon cracked black pepper

1½ pounds lamb cubes (1½-inches)

2 small zucchini, cut into 1-inch thick slices

1. Place shallots and water to cover in a saucepan. Bring to a boil and then cover and reduce to low. Simmer for 5 minutes (15 minutes if using elephant garlic). Drain and rinse with cold water. Peel and set aside.
2. In a large bowl, mix lemon juice, rosemary, oil, salt and pepper. Add lamb, zucchini and shallots. Toss to coat. Cover and marinate in the fridge, tossing occasionally, for 2 hours (and up to overnight).
3. Soak bamboo skewers in water for at least 30 minutes. Prepare outdoor grill for medium heat according to manufacturer's instructions. Thread lamb, zucchini and shallots on skewers.
4. Grill kabobs over medium heat, turning occasionally, for 8 to 10 minutes for medium-rare.



Dukkah-Crusted Lamb

PREP TIME

10 minutes

COOK TIME

30 minutes

YIELD

4-6 servings

1 tablespoon honey

1 tablespoon pomegranate molasses

½ cup raw unsalted pistachios

2½ tablespoons sesame seeds

1 tablespoon ground coriander

2 teaspoons ground cumin

¼ teaspoon sea salt

1 to 3 tablespoon(s) red palm oil or oil
of choice3 to 4 pounds bone-in lamb chops
(rib or loin)

1. Combine honey and pomegranate molasses. Set aside.
2. Heat a frying pan over medium heat and add the pistachios and sesame seeds to the pan. Toast the nuts and seeds, shaking or stirring occasionally, until fragrant and starting to brown. Remove the pan from the heat and let cool. Place the nuts and seeds in a food processor and grind until the consistency of coarse sand.
3. Combine ground, toasted pistachios and sesame seeds with coriander, cumin, and salt. Place on a plate and set aside.
4. Heat a large frying pan over medium-high heat. Add 1 to 2 tablespoons of oil to the pan. Fry the lamb chops in the oil in batches, 2 minutes per side for medium-rare (or 3 minutes per side for medium). You can adjust the cooking time for the thickness of the chops and your desired doneness.
5. As the chops are cooked, set aside and cover with aluminum foil or place in a warm oven (set to its lowest temperature) to keep warm.
6. Take each cooked lamb chop and dip into the ground pistachio mixture on each side to give it a nice coating. Drizzle with the pomegranate molasses mixture and serve.



Cabbage Rolls

PREP TIME

30 minutes

COOK TIME

1 hour 20 minutes

YIELD

4-6 servings

½ cup rice

1 cup chicken or beef stock

1 medium head green cabbage
(about 3 pounds)

2 tablespoons olive oil, or oil of choice

2 medium onions, diced

1 28-ounce can diced tomatoes

1 pound ground pork

¼ cup fresh dill, or 2 tablespoons dried dill

¼ teaspoon nutmeg

½ teaspoon sea salt, divided

¼ teaspoon black pepper

1. In a small saucepot, cook rice in stock, as label directs. Set aside to cool.
2. In a large stockpot, bring 10 cups (enough to fill at least 6 inches) water to a rolling boil. Cut the core out of the cabbage. Add the cabbage to the boiling water, cut-side-up, and using tongs, gently separate and remove outer leaves as they soften enough to peel away from the cabbage. Once you have 16 leaves, remove the rest of the cabbage, drain and save for another day. Spread the separated leaves out on a work surface, carefully slicing away any thick ribs to about the thickness of the leaf, so they roll more easily.
3. In a skillet, heat olive oil over medium-high heat. Add onions and cook until starting to brown, about 8 minutes. Remove half of the diced onions and aside to cool.
4. Add tomatoes, with their juice, and ¼ teaspoon salt to the skillet. Bring to a boil and then remove from heat and set aside.
5. Preheat oven to 375°F.
6. In a large bowl, mix to combine cooled rice, the remaining half of the onions, ground pork, dill, nutmeg, remaining ¼ teaspoon salt and pepper.
7. Place about ¼ cup of filling in the center of each cabbage leaf. Fold the left and right sides of the cabbage leaf over the filling, and then roll up the leaf perpendicular to the folded edges. Place in a casserole or lasagna dish, leaf edge down. Pour tomatoes over the top of the cabbage rolls.
8. Cover the casserole dish with an oven-proof lid or tin foil and bake for 1 hour.



Meatball Winter Squash Casserole

PREP TIME

15-20 minutes

COOK TIME

20-25 minutes

YIELD

4-6 servings

3 pounds winter squash, peeled, seeded and cut into ½-inch cubes

2 tablespoons maple syrup

2 tablespoons fresh sage, chiffonade

2 cloves garlic, minced

½ cup chopped walnuts

¼ teaspoon cinnamon

1 ¼ teaspoon salt, divided

2 pounds ground pork (or other ground meat)

1 ½ teaspoon ground coriander

1 teaspoon ground cumin

⅛ teaspoon ground cardamom

½ teaspoon garlic powder

¼ teaspoon ground ginger

⅓ cup parmesan cheese (optional)

1. Preheat the oven to 425°F.
2. Toss the squash with the maple syrup, sage, garlic, walnuts, cinnamon and ¼ teaspoon salt. Place in a large casserole dish.
3. Mix the ground meat with the remaining 1 teaspoon salt and other spices until thoroughly combined. Form 1 ½– 2 inch meatballs and lay on top of the squash mixture.
4. Top with parmesan cheese if using.
5. Bake for 20-25 minutes until the meatball internal temperature reaches at least 160°F and squash is fork tender.



* Using the optional cheese will lower the overall Nutrivore Score of this recipe. However, the fats do help facilitate the absorption of certain nutrients and cheese adds wonderful flavor and is an excellent source of calcium! It is also good to remember that not every food we eat needs to be the pinnacle of nutrient density. So feel free to add the cheese!

DESSERTS

Berry-Bucha Popsicles

PREP TIME10 minutes + freezing
time**COOK TIME**

none

YIELD

10-12 popsicles

¼ cup honey

2 cups pomegranate juice

1½ cups regular kombucha or water kefir

2 tablespoons lemon juice

1 cup sliced strawberries

¾ cup blueberries

1. Combine pomegranate juice, kombucha, lemon juice, honey and strawberries in a blender. Blend until smooth.
2. Pour mixture evenly into popsicle molds. Drop some blueberries into each popsicle mold. Insert a popsicle stick into each mold.
3. Freeze until completely frozen, at least 4 hours.



Berries with Earl Gray Coconut Cream

PREP TIME

20 minutes + chilling time

COOK TIME

10 minutes

YIELD

4-6 servings

1 cup heavy cream, or sub coconut cream
2 tablespoons honey, divided
5 teaspoons (about 3 tea bags) loose Earl Grey tea, divided
4 cups mixed berries (such as blueberries, raspberries, halved blackberries, pitted and halved cherries, and/or sliced strawberries)
Pinch sea salt
¼ cup pistachios, shelled

1. Bring cream to a simmer in a small saucepan over medium heat. Remove from heat and stir in 4 teaspoons tea and 1 tablespoon honey; let steep 5 minutes. Strain through a fine-mesh sieve into a medium bowl. Discard the solids and chill coconut cream in refrigerator until cold, at least 2 hours.
2. Toss berries, salt and remaining tablespoon honey and teaspoon tea in a large bowl. Let sit, tossing occasionally, until berries begin to soften and release some of their juices, 15 to 20 minutes.
3. Grind pistachios in a spice grinder or clean coffee grinder to the consistency of coarse sand.
4. Divide berry mixture among bowls. Top each with coconut mixture and pistachios.



Pineapple and Lychee Granita

PREP TIME

3 hours

COOK TIME

none

YIELD

8 servings

2 pounds fresh lychee, rambutan, or longan

2 limes

4 cups (about 1½ pounds) fresh pineapple
chunks

¼ teaspoon sea salt

1. Peel and pit the lychee.
2. Zest the limes and reserve the zest for garnish, then cut the remaining peel off the limes.
3. Place the peeled limes, lychee, pineapple, and salt in a blender and blend until completely smooth.
4. Pour the puree onto a rimmed baking sheet or into a sheet pan or lasagna pan and place in the freezer.
5. After 1 hour, remove the baking sheet from the freezer and scrape and mash the fruit with a fork to make little ice crystals. Return the baking sheet to the freezer.
6. After another hour, remove the baking sheet from freezer and mash the fruit a second time. Return the baking sheet to the freezer.
7. After a third hour, remove the baking sheet from the freezer and mash the fruit a final time. Transfer the granita to a freezer-safe container and store in the freezer until ready to serve.



Honey-Poached Stuffed Apricots

PREP TIME

20 minutes plus chilling

COOK TIME

40 minutes

YIELD

6 - 8 servings

1 cup dried apricots (about 2 dozen)
3 to 4 tablespoons whole almonds (1 per apricot)
1 cup honey or maple syrup
1 cup water
½ cup dry white wine
¼ teaspoon dried lavender
1 tablespoon orange zest, thick
½ vanilla pod, sliced lengthwise
Whipped cream or coconut cream and bee pollen
for serving (optional)

1. Stuff each dried apricot with one almond. To do this, find the cut where the pit was removed and gently pull open. Slide in the almond and then pinch closed to seal around it.
2. Place the stuffed apricots in a pot with the remaining ingredients. Bring to a boil, then reduce heat to a simmer. Simmer for 30 minutes to 35 minutes, until apricots are soft enough to cut with the side of a spoon.
3. Carefully remove the apricots with a slotted spoon and transfer to a serving dish. If any fall apart, gently reinsert their almonds.
4. Remove the vanilla pod, scraping the seeds and adding the seeds back to the liquid in the pot.
5. Increase the heat to medium and simmer the remaining liquid until it has reduced to 1 cup, about 5 to 6 minutes.
6. Pour the syrup over apricots and refrigerate at least 4 hours, up to overnight.
7. Serve with cream and garnish with bee pollen, if desired.



Apricot-Ginger Fro-Yo

PREP TIME

20 minutes plus chilling
time

COOK TIME

none

YIELD

1 quart

3 cups sliced fresh apricots
1½ cups full-fat yogurt or coconut milk yogurt
¼ cup honey or maple syrup
3 tablespoons chopped candied ginger

1. Combine the apricots, coconut milk yogurt and honey in a blender. Blend until completely smooth. Chill in the fridge, at least 1 hour.
2. Stir in chopped candied ginger and place the chilled yogurt in an ice cream maker and churn following the manufacturer's directions.
3. Store any leftovers in the soft zone of your freezer.



Spiced Candied Pecans

PREP TIME

10 minutes

COOK TIME

40 minutes

YIELD

about 2 cups

¼ cup brown sugar
2 teaspoons cinnamon
1 tsp nutmeg
½ tsp allspice
¼ tsp cardamom
½ teaspoon salt
2 cups unsalted pecans halves
1 egg white

1. Preheat the oven to 300°F. Line a large baking sheet with a silicone baking sheet or parchment paper.
2. In a medium bowl combine sugar, spices and salt.
3. In a separate bowl, whisk the egg white until frothy.
4. Add the pecans to the whisked egg white and toss until the pecans are well coated.
5. Add the sugar and spice mixture and toss to combine.
6. Spread the pecans onto the prepared baking sheet. Bake for about 40 minutes, stirring halfway through.
7. Remove from the oven and let the pecans cool on the baking sheet before serving.



TIP: Replace the walnuts in the [Citrus Fig and Walnut Salad](#) for an extra delicious punch of flavor!



Chia Pudding And Tropical Fruit Parfait

PREP TIME

20 minutes + sitting +
chilling time

COOK TIME

none

YIELD

3 - 4 servings

1 cup milk, or coconut milk
1 teaspoon vanilla
3 tablespoons maple syrup or sweetener of choice
Pinch sea salt
¼ cup chia seeds
1 cup diced mango
1 cup diced papaya
½ cup diced kiwi
¼ cup pomegranate seeds

1. In a medium bowl, whisk together milk, vanilla, maple syrup and salt. Stir in chia seeds. Let sit at room temperature for 1 hour, stirring occasionally. Place in the refrigerator and chill until cold, about 2 hours.
2. Gently toss mango, papaya, kiwi and pomegranate seeds.
3. In parfait glasses, soda tumblers or wine glasses, place a large heaping spoonful of chia pudding on the bottom, then a large heaping spoonful of fruit, then more chia pudding, then more fruit. Serve!



TIP: You can use any mix of tropical fruit you like, or use berries or any other fruit you like!



Banana Custard with Ginger-Spice Molasses Cookie Crumbles

PREP TIME

25 minutes

COOK TIME

20 minutes + chilling tie

YIELD6 servings, plus 2 dozen
extra cookies

1⅓ cups heavy cream or 1 13½-ounce can coconut milk
 ⅓ cup cane sugar or granulated sugar of choice
 1 teaspoon vanilla
 Pinch sea salt
 2 large eggs
 1 bay leaf
 6 bananas

FOR THE COOKIES:

1¼ cup cane sugar or granulated sugar of choice, divided
 ½ cup blackstrap molasses
 ⅔ cup butter, ghee or fat of choice

1 large egg
 1 teaspoon baking soda
 ½ teaspoon sea salt
 1½ teaspoons ground ginger
 2 teaspoons ground cinnamon, divided
 1 teaspoon ground allspice
 1 teaspoon ground cardamom
 1 teaspoon ground cumin
 1 teaspoon ground turmeric
 ½ teaspoon ground cloves
 ⅛ teaspoon ground pepper
 2 cups all-purpose flour, or gluten-free flour blend or grain-free flour of choice

1. Combine heavy cream, sugar, vanilla, salt and eggs in a blender jar and blend on high for 20 seconds.
2. Pour into a saucepan, add the bay leaf, and heat on medium heat, stirring constantly with a wooden spoon, taking care that the custard doesn't stick or burn, until it thickens. The custard is done when it coats the back of the wooden spoon but still pours easily. (If the custard curdles, pour it back into the blender and blend for 30 seconds on high.)
3. Pour into a dish, removing and discarding the bay leaf, and chill in the fridge until set, at least four hours.



4. While the custard cools, make the cookies.
5. Preheat oven to 350°F.
6. In a large bowl, mix 1 cup sugar, molasses, ghee and coconut oil until completely combined. Add egg and mix to fully incorporate.
7. In a separate bowl, combine baking soda, salt, ground ginger, 1 teaspoon ground cinnamon, all-spice, cardamom, cumin, turmeric, cloves, ground pepper and flour.
8. Add dry ingredients to wet ingredients and stir to form a dough.
9. On a plate, mix remaining $\frac{1}{4}$ cup sugar and 1 teaspoon cinnamon.
10. Make balls of dough 1-inch in diameter. Roll in sugar and cinnamon and place on baking sheet.
11. Using a fork, flatten cookie, making a crisscross pattern.
12. Bake for 10 to 11 minutes. Transfer to a wire rack and cool completely.
13. Take about a dozen cookies and break into crumbs.
14. **TO SERVE:** Peel and slice bananas, pour custard over the top, and top with cookie crumbs from about a dozen cookies.

Apple Crisp

PREP TIME

15 minutes

COOK TIME

40-50 minutes

YIELD

6-8 servings

½ cup chopped raw pecans
½ cup chopped raw walnuts
½ cup rolled oats
½ cup all-purpose flour, gluten-free flour blend or grain-free flour of choice
⅓ cup cane sugar or granulated sugar of choice
½ teaspoon ground allspice
½ teaspoon ground nutmeg

Pinch of sea salt
½ cup butter, melted, or oil of choice
6 medium to large apples (about 2 ½ pounds)
1 teaspoon finely grated lemon zest
2 tablespoons lemon juice
½ teaspoon ground cinnamon
¼ teaspoon ground cardamom

1. Pour the pecans, walnuts, and oats into a bowl. Add the flour, sugar, allspice, nutmeg, and salt and mix to combine.
2. Pour the melted butter over the oat mixture and stir to fully combine. Preheat the oven to 375°F.
3. Peel and core the apples, then cut into large bite-sized pieces.
4. Toss the apple pieces with the lemon zest, lemon juice, cinnamon, and cardamom.
5. Place the apple mixture in a casserole dish, 8- or 9-inch square baking dish, or 9-inch deep-dish pie plate.
6. Use a knife or your fingers to crumble the oat topping, making sure there are some big pieces and some small ones. Cover the surface of the apples with the crisp topping crumbs.
7. Bake for 40-50 minutes, until the apples are fully cooked and the topping is browned.



Souffléed Lemon Custard

PREP TIME

20 minutes

COOK TIME

30 minutes

YIELD

4 servings

3 large eggs, separated
¾ cups honey or sugar of choice
¾ cups whole milk or coconut milk
¼ cup lemon juice (about 2 lemons
or 2-4 Meyer's lemons)

2 teaspoons lemon zest
2 tablespoons arrowroot powder or
cornstarch
¼ teaspoon sea salt

1. Preheat oven to 350°F.
2. Whisk together egg yolk, honey, milk, lemon juice, lemon zest, arrowroot powder and sea salt.
3. In a medium bowl, beat egg whites using a hand mixer (or small standing mixer) until stiff peaks form.
4. Fold the egg whites into the yolk mixture until completely combined (it will still be quite runny, which is important for the layer separation while it bakes).
5. Pour into 2-quart ramekin or soufflé dish. Place dish into a large roasting pan and pour boiling water into the roasting pan around the ramekin, filling up to about halfway up the side of the ramekin.
6. Bake for 30 minutes, until set. Serve warm right out of the oven, or let cool to room temperature.



Honey-Glazed Lemon-Lavender Cupcakes

PREP TIME

20 minutes

COOK TIME

20 minutes

YIELD

12 servings

½ cup olive oil or oil of choice
2 large eggs
⅔ cup maple syrup or honey, divided,
or other liquid sugar
⅓ cups milk or dairy free alternative
¼ cup lemon juice, divided
1 tablespoon lemon zest

1 cup all-purpose flour, gluten-free flour
blend, or grain-free flour alternative
½ teaspoon baking soda
¼ teaspoon cream of tartar
½ teaspoon sea salt
1 tablespoon lavender

1. Preheat oven to 325°F. Grease and flour wells of a mini-cake pan or muffin pan, or use a silicone cake pan.
2. Beat oil, eggs, ½ cup honey, milk, 1 tablespoon lemon juice and lemon zest in the bowl of a standing mixer with the whisk attachment until creamy.
3. Combine the remaining ingredients and fold into the egg mixture until fully combined.
4. Pour batter into the prepared cake pans.
5. Bake for 18 to 22 minutes, or until a toothpick inserted into the middle of a cake comes out clean. Cool in pan for 10 minutes.
6. **MAKE GLAZE:** Place remaining 3 tablespoons lemon juice and 3 tablespoons honey in a metal mixing bowl placed over a small saucepot with a small amount of simmering water (the water should not touch the bottom of the mixing bowl). Stir constantly, until the honey melts into the lemon juice.
7. Transfer the still-warm mini-cakes to a serving platter. Using a toothpick, carefully and gently poke holes all over the top of each cake, then using a pastry brush, brush the honey-lemon glaze over top of each cake.



TIP: You can also make this into a loaf, in which case it'll take 60 to 70 minutes to bake.

Lemon-Lime Bars

PREP TIME

20 minutes

COOK TIME

20 to 25 minutes

YIELD

16 2-inch squares

1½ cups all-purpose flour,
gluten-free flour blend, or grain-free
flour alternative

½ cup butter or fat of choice

¼ cup powdered sugar

⅜ teaspoon salt, divided

⅓ cup lime juice (about 3 limes
worth)

¼ cup lemon juice (about 2 lemons worth)

2 teaspoons lemon zest (about 1 lemons
worth)

½ cup sour cream or dairy-free alternative

5 eggs

1 cup cane sugar or granulated sugar of
choice

1. Preheat oven to 350°F. You don't need to line your pan with parchment, but it does make it a little easier to remove on the other side, so up to you, I usually skip lining my pan.
2. In a bowl, knead together flour, butter, powdered sugar and ¼ teaspoon salt. This is easiest with your hands as it makes a very stiff dough (similar to pie crust dough in consistency).
3. Press dough into the bottom of an 8"x8" baking pan to form an even layer. Poke holes all over the top with the tines of a fork.
4. Bake for 20 minutes, until just starting to turn slightly golden. Meanwhile, prepare your custard.
5. Add remaining ingredients to a blender jar and pulse just to combine. Alternatively, you can whisk them together by hand.
6. Remove pan from the oven and pour the contents of your blender over the top. (You can do this while the shortbread layer is still hot, or if you're not quite



ready when the shortbread is, it's totally okay if it cools down a little. You'll get slightly more distinct layers if the shortbread is still hot, but it works either way).

7. Return to the oven and bake an additional 20 to 25 minutes, until custard is set. (If you shake your pan slightly, the center shouldn't wobble.)
8. Cool completely before removing from pan. These are great chilled or at room temperature.
9. Sprinkle the top with additional powdered sugar, if desired. Cut into squares and serve.
10. Store any leftovers in an air-tight container on the counter for up to 3 days, or in the fridge for up to a week. I think these are even better on the second day!



TIP: For a more nutrient dense powdered sugar option, you can blend maple sugar in a blender for 30 seconds.

Strawberry Rhubarb Cobbler

PREP TIME

20 minutes

COOK TIME

30 minutes

YIELD

10 servings

1 ½ cups all-purpose flour, gluten-free flour blend, or grain-free flour alternative

1 teaspoon baking soda

1 teaspoon cream of tartar

¼ teaspoon sea salt

¼ teaspoon cinnamon

¼ teaspoon cardamom

4 tablespoons lard or butter, cold

¾ cup heavy cream or coconut cream

1 ½ pounds rhubarb, chopped

½ cups of maple syrup or cane sugar

3 tablespoons arrowroot powder or cornstarch, or use 6 tablespoons flour or flour alternative

3 tablespoons water

1 ½ pounds strawberries, sliced

½ teaspoon vanilla

2 teaspoons orange zest

1 teaspoon cinnamon

1 tablespoon maple sugar or cane sugar

1. Mix flour, baking soda, cream of tartar, salt, cinnamon, and cardamom together in a large bowl.
2. Add the lard, then use a whisk or two knives to cut the lard into the cassava flour mixture until it resembles dry oatmeal; the largest pieces of lard should be no bigger than peas.
3. Add cream and mix until the dough is soft and leaves the side of the bowl. If the dough is still dry or crumbly, add water a tablespoon at a time until the dough comes together.
4. Roll out dough ¼ inches thick. Use a 2 inches biscuit cutter to make into 10 to 12 biscuits.
5. Preheat oven to 400°F.
6. Put chopped rhubarb and maple syrup into a saucepan and bring to a simmer over medium-high heat. Simmer until rhubarb is soft but not mushy, about 8 minutes.



7. Mix arrowroot powder with water and pour into rhubarb. Stir constantly until it thickens, about 1 minute.
8. Remove from heat and fold strawberries, vanilla and orange zest into warm rhubarb.
9. Pour rhubarb mixture into a 9" x 9" baking dish. Arrange biscuits on the top of the rhubarb mixture. Mix cinnamon and maple sugar together and sprinkle over the top of each biscuit.
10. Bake 20 minutes. Let cool at least 15 minutes before serving. Store leftovers in the fridge for up to a week.

Berry Trifle

PREP TIME

30 to 45 minutes

COOK TIME

30 minutes

YIELD

8 servings

1 ½ cup fresh or frozen organic strawberries

1 ½ cup fresh or frozen mango (or use 1 cup of your favorite store bought jam in place of the strawberries and mango)

3 large eggs

¾ cup cane sugar or maple sugar

⅓ cup water

1 ½ tsp vanilla extract

1 cup all-purpose flour, gluten-free flour blend, or grain-free flour alternative

1 teaspoon baking powder

¼ teaspoon salt

1 ½ cups whole milk or 1 can full-fat coconut milk

2 ½ tablespoons maple syrup or sugar of choice

1 vanilla bean

2 bay leaves

3 large eggs, well beaten

⅓ cup good quality dark rum (for family-friendly option, flame ¾ cups rum)

3 cups fresh berries, plus more to garnish
Fresh mint, for garnish (optional)

- 1. PREPARE JELLY FILLING:** Place berries and mango pieces in a saucepan and bring to a simmer over low heat. Simmer uncovered for 20 minutes, until juices are thick and mango is very soft. Blend with an immersion blender or food processor until smooth. Cool completely. Alternatively, use 1 cup of your favorite store bought jam.
- 2.** Preheat oven to 350°F. Prepare a 12"x18" rimmed baking sheet by lining with wax paper and heavily greasing the wax paper with oil. Alternatively, use a greased silicone liner.
- 3.** In the large bowl of a standing mixer, beat eggs on high until thick and yellow. Add sugar and gradually beat in. Add water and vanilla and mix until combined.



4. In a separate bowl, mix flour, baking powder, and salt. Add to stand mixer and beat just until smooth.
5. Spread batter out onto prepared baking sheet. Take the time to spread the surface evenly and into the corners.
6. Bake for 12-15 minutes, until top is just starting to turn golden brown and a toothpick comes out clean. Meanwhile, lay out a piece of parchment paper (roughly the size of your baking sheet), cover with a large tea towel and another layer of parchment paper.
7. Remove cake from oven and immediately invert over parchment. Carefully peel off the wax paper. Starting from one of the shorter sides, roll the cake up in the parchment/tea towel. Let the rolled-up cake fully cool on a wire rack.
8. Once completely cooled, gently unroll the cake. Remove the parchment and tea towel. Spread the top side evenly with the cooled jelly filling. Roll the cake back up.
9. Wrap up the jellyroll in parchment or wax paper and refrigerate, seam side down, until ready to assemble the trifle, at least 1 hour, or overnight.
10. **PREPARE CUSTARD:** Add milk and sugar to a saucepan over low heat. Split the vanilla bean down the middle and place and add to milk, along with bay leaves. Heat milk slowly over low heat until very steamy and just shy of simmering. Add a ladle of the hot milk to the beaten eggs while stirring the eggs vigorously. Then add the egg mixture back to the saucepan, stirring constantly. Continue to stir constantly until custard thickens (should coat a wooden spoon), about 4 to 5 minutes. Remove from heat and discard bay leaves. Remove vanilla bean halves and scrape the inside of the vanilla beans with a sharp knife to collect the vanilla seeds and add back into the custard. Discard the vanilla bean pod. Refrigerate until cold before assembling the trifle.
11. **ASSEMBLE THE TRIFLE:** Slice the jellyroll into $\frac{3}{4}$ " slices. Line a large glass bowl with the jellyroll slices. Place any extra cake in the bottom of the bowl. Carefully drizzle each piece of cake with rum. Fill the inside of the bowl with the fruit (slice any bigger berries, if needed). Pour the cooled custard over the fruit in the middle of the bowl. Place some extra fruit on the top for a garnish. Garnish with mint leaves, if using.



FOR A FAMILY-FRIENDLY OPTION: Heat $\frac{3}{4}$ cup good quality dark rum in a wide-bottomed saucepan or skillet on the stove on low heat. When it starts to steam, remove to a well-ventilated area (like outside!) and carefully light it on fire (use a barbecue lighter, extra-long match/taper, or kitchen blowtorch). Let it burn, swirling the pan gently every once in a while, until the flames go out by themselves. You should be left with about $\frac{1}{3}$ cup of lovely very low-alcohol rum. Let it cool before drizzling on the cake.

Dark Chocolate Bark with Mushroom Extract

PREP TIME

15 minutes plus
chilling time

COOK TIME

7 minutes

YIELD

18-20 pieces

½ cup Brazil nuts

½ cup almonds

½ cup cashews

9 ounces bittersweet chocolate

1 tablespoon olive oil, or oil of choice

⅓ cup mushroom extract (e.g., chaga, reishi, turkeytail, cordyceps, maitake, lion's mane, etc.)

¾ cups raisins (or half and half raisins and dried cranberries)

½ teaspoon Maldon sea salt (optional)

1. Preheat oven to 350°F.
2. Roughly chop the Brazil nuts, almonds and cashews (the largest pieces will determine the thickness of the bark) and place on a rimmed baking sheet. Bake to lightly toast, for 5 to 7 minutes, giving the baking sheet a shake every couple of minutes (watch carefully since they can burn quickly).
3. Melt the chocolate and olive oil over a double boiler or in the microwave on medium power. Stir in the mushroom extract until completely smooth and fully combined.
4. Line a rimmed baking sheet with parchment paper, wax paper, or a silicone baking mat.
5. Mix the chopped nuts and raisins into melted chocolate. Pour onto the prepared baking sheet and spread to ¼- to ⅜-inch thick. Sprinkle the salt over the top, if using.
6. Refrigerate until chocolate bark is cold and hard. Remove from the fridge and cut into pieces (however big or small you like). Store in an airtight container in the fridge for up to a month.



TIP: The bitter earthy flavor of the mushroom extract is masked by the sweetness of semisweet chocolate. However, some mushroom extracts, like reishi, are extremely bitter. If you're worried the bark won't be sweet enough, add the mushroom extract a teaspoon at a time, tasting to make sure the sweet taste still comes through. The finished bark should taste as though it's made with 80% to 90% dark chocolate. My preference is to use Real Mushrooms 5 Defenders for this recipe.



Hidden Spinach Brownies

PREP TIME

15 minutes

COOK TIME

40 minutes

YIELD

24 brownies

1¼ cups frozen chopped spinach,
measured frozen

1 cup puréed green plantain, about
1 large plantain or 1½ medium plan-
tains

6 oz semisweet chocolate

1 cup canola oil or oil of choice

6 eggs

1 tablespoon maple syrup or honey

1 tablespoon molasses

½ cup cocoa powder

1 tablespoon vanilla extract

¼ teaspoon baking soda

½ teaspoon salt

½ teaspoon cream of tartar

1. Preheat oven to 325°F. Line a 9"×13" baking pan with wax paper or use a silicone baking pan.
2. Melt oil and chocolate together over low heat on the stove top or medium power in the microwave. Add vanilla and stir to incorporate. Let cool.
3. Mix cocoa powder, baking soda, cream of tartar, salt and cinnamon.
4. Blend spinach, plantain, egg, honey and molasses together in a food processor or blender, until completely smooth (2-4 minutes).
5. Add melted chocolate mixture to egg mixture slowly, processing or blending constantly.
6. Mix in dry ingredients and process or stir to fully incorporate.
7. Pour batter into prepared baking pan and spread out with a spatula.
8. Bake for 40 minutes. Cool completely in pan before cutting into squares.



Chocolate Mousse Squares

PREP TIME

20 minutes + 2 hours
chilling time

COOK TIME

30 minutes

YIELD

16 2-inch squares

1 cup flour, grain-free flour alternative,
or gluten-free flour blend

½ cup butter, or oil of choice

¼ cup powdered sugar (or for a more
nutrient dense option you can blend
maple sugar in a blender for 30
seconds to make your own)

½ teaspoon salt, divided

12 ounce bag dark chocolate chips,
about 2 cups

16 ounces silken tofu, drained

Double shot of espresso or 2 ounces
strong brewed coffee, or sub milk of
choice

1 teaspoon vanilla extract

1. Preheat oven to 350°F. Grease an 8"x8" baking pan or line with parchment paper.
2. In a bowl, knead together flour, butter, powdered sugar and ¼ teaspoon salt. This is easiest with your hands as it makes a very stiff dough similar to pie crust dough in consistency.
3. Press dough into the bottom of the pan to form an even layer. Poke holes all over the top with the tines of a fork.
4. Bake for 30 minutes, until golden brown. Let cool until cool to the touch.
5. In a double boiler, melt chocolate chips. Alternatively, melt chocolate chips in the microwave in 30-second intervals, stirring each time, until the chocolate is melted and smooth.
6. Add melted chocolate to a blender along with the tofu, espresso, vanilla and remaining ¼ teaspoon salt. Blend until smooth.



7. Pour the filling into the baked crust. Refrigerate until set, about 2 hours.

8. Slice into squares and serve.



VARIATION: Skip the crust and serve the filling as you would chocolate pudding. If a sweeter dessert is desired, use semisweet or milk chocolate chips in place of the dark chocolate chips. Use a 9-inch pie tin to make a more traditional pie instead of squares. A graham cracker crust or traditional pie crust would also be delicious. Top with whipped cream or swirl in peanut butter or nut butter of choice before chilling to change up the flavor.

Chiffon Cake with Chocolate Glaze and Raspberries

PREP TIME

30 minutes + cooling time

COOK TIME

1 hour

YIELD

10 servings

7 large eggs, 2 whole and 5 separated
1 teaspoon cream of tartar, divided
1 ½ cups cane sugar or maple sugar
1 ⅓ cups cassava flour, all-purpose flour, or gluten-free flour alternative
1 teaspoon baking soda
½ teaspoon sea salt
¾ cups water

½ cup olive oil or oil of choice
1 tablespoon vanilla
6 ounces dark chocolate chips, about 1 cup
4-6 ounces milk or dairy-free milk of choice, depending on desired consistency
1 to 2 pounds raspberries (or any berry you like)

1. Preheat oven to 325°F.
2. Beat egg whites with ½ teaspoon cream of tartar to form stiff peaks.
3. In a medium bowl, combine sugar, flour, baking soda, salt and remaining ½ teaspoon cream of tartar.
4. In a large bowl, whisk together whole eggs, egg yolks, water, oil and vanilla. Add flour mixture and whisk to form a smooth batter. Gently fold in egg whites until completely combined. Pour batter into a 16-cup ungreased tube pan. Bang the pan once on the countertop to pop any bubbles.
5. Cook for 1 hour, until a toothpick pierced in the middle of the chiffon cake comes out clean. Cool the cake to room temperature upside down, by inverting tub pan over a funnel or wire rack, at least 2 hours.
6. Once the cake is completely cooled, run a knife around both the inner and outer edge of the tube pan. Invert cake onto a serving platter.
7. Prepare glaze: In a double boiler, melt chocolate chips. Alternatively, melt chocolate chips in the microwave in 30-second intervals, stirring each



time, until the chocolate is melted and smooth. Slowly whisk in the milk until the desired consistency is reached. It should be thick, but pourable.

8. Gently spoon warm glaze over the top of the cake allowing it to dribble down the sides.
9. Decorate the cake with about half of the raspberries. To serve, slice using a serrated knife or angel food cake cutter, and serve the cake with the remaining raspberries.



TIP: Use a high quality dark chocolate for a less sweet glaze (and a higher Nutrivore Score), or use milk chocolate chips or semi sweet chocolate with a tablespoon of maple syrup for a sweeter version.

Strawberry Mini Sponge Cakes

PREP TIME

15 minutes

COOK TIME

12 minutes

YIELD8-12 mini cakes, depend-
ing on size of pan

1.2 ounce bag of freeze-dried strawberries

5 eggs

2 tablespoons butter, coconut oil or oil of choice

3 tablespoons maple syrup, honey or sugar of choice

½ cup all-purpose flour, gluten-free flour blend, or grain-free flour alternative

¼ teaspoon salt

¼ teaspoon baking soda

½ teaspoon cream of tartar

1 cup fresh berries, for serving

Whipped cream, optional, for serving

2 ounces dark chocolate, shaved, optional, for serving

1. Preheat oven to 350°F. These are best cooked either in a silicone mini-cake or muffin mold or in a muffin pan with silicone liners. If you don't have liners, grease your muffin pan generously.
2. Place freeze-dried strawberries in a blender. Blend for 30 seconds, until they are a fine powder. Add the eggs, butter, and sugar. Blend for 20-30 seconds. Add the flour, salt, baking soda and cream of tartar and blend again or whip in by hand until just combined.
3. Pour into your prepared pan, filling each cup about ¾ full.
4. Bake for 12-15 minutes or until slightly golden brown and a toothpick comes out clean.
5. Let cool completely and serve with fresh berries. If desired, top each cake with a dollop of whipped cream, and, using a fine grater, grate dark chocolate on top.



About the Creators of this Book

Dr. Sarah Ballantyne, PhD

FOUNDER OF NUTRIVORE

Award-winning public speaker, New York Times bestselling author and world-renowned health expert, Dr. Sarah Ballantyne, PhD believes the key to improving public health is scientific literacy. She creates educational resources to help people improve their day-to-day diet and lifestyle choices, empowered and informed by the most current evidenced-based scientific research.



Charissa Joy, AOS

CHIEF OPERATIONS OFFICER

Charissa Joy has over 15 years of experience working in the wellness space. Charissa has many roles on the team. She is Dr. Sarah's right hand woman and touches every part of Dr. Sarah's businesses. She manages all communications for Nutrivore, both external and internal. She is the project and team manager. She handles all marketing internal and external marketing, as well as all brand/affiliate partnerships.



Nicole Anouar, BA

GRAPHIC DESIGNER

Nicole Anouar has a B.A in graphic design from the University of San Francisco and specializes in branding and educational design for healers and health professionals in the online space. With 8+ years of education and practice in graphic design, content marketing and ancestral lifestyle tradition, Nicole expresses her passion for truth and her love for alternative living into the work she does every day.



Kiersten Peterson, BA, NTP

CONTENT CREATOR AND PHOTOGRAPHER

Kiersten is a Content Creator for Nutrivore with a focus on recipe creation, practical resources and food photography, with a little writing on the side. After experiencing full body healing with the help of Dr. Sarah's and others' work, she now enjoys finding and creating beauty both in her work for Nutrivore and in her home as she raises two daughters alongside her military husband.



Denise Minger

CONTENT CREATOR AND RESEARCHER

Denise is a health researcher and author of the best-selling book, "Death By Food Pyramid"—an award-winning exposé of the forces that shaped our dietary guidelines and beliefs, and that's been featured in documentaries, UPenn medical writing curricula, the Nutritional Therapy Association certification program, and numerous other health education courses around the world.



Jacqueline Leeflang, PEng

CONTENT CREATOR AND RESEARCHER

Jacqueline has a degree in Chemical Engineering (Bachelor of Applied Science) from the University of British Columbia in Canada, along with a master's degree in renewable energy technology from the United Kingdom. She has also achieved her Professional Engineering designation in her home province of Alberta, Canada.

Jacqueline does a wide variety of tasks for Nutrivore including, article writing, data design, data visualization, all things excel, research, and content creation. When she's not googling her way out of the excel jungle, she is parenting her two young boys and spending time outdoors.



Lisa Hunter, MSc

CONTENT CREATOR AND RESEARCHER

Lisa has a Bachelor of Science degree in Chemistry and Biochemistry, a Master of Science degree in Biochemistry, and worked in the pharmaceutical industry developing bio-products for 7 years, prior to taking time off to raise her two children.

On Nutrivore.com she is a researcher, writer, and content creator and is responsible for developing and maintaining the expanded Nutrivore Score database of over 7,500 foods (plus many of the nerdy puns sprinkled throughout the website!).



Michele Tedrick, NBC-HWC, Holistic Chef

CONTENT CREATOR AND PHOTOGRAPHER

Michele is a National Board-Certified Health and Wellness Coach (emphasis in Functional medicine) and Holistic Chef. While the early part of her career focused on driving strategy and vision for companies on a business marketing level, her current focus is helping individuals define their own vision for personal health and well-being with one-on-one coaching at NutrivoreLife.com.

