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Asian Chicken & Quinoa Salad

INGREDIENTS
- 1/2 cup quinoa
- 4 tsp. vegetable oil
- 1 tsp. grated ginger
- 3 scallions, whites and greens sliced
- 1 clove garlic, grated
- 1/4 cup fresh lemon juice (about 2 lemons)
- 2 1/2 tbsp. low-sodium soy sauce
- 2 tsp. toasted sesame oil
- 1 1/2 cups shredded (free-range) chicken, skinless and boneless (about 5 ounces)
- 1 1/2 cups finely shredded cabbage
- 1 cup thinly sliced carrots (about 2 carrots)
- 1 cup sugar snap peas, sliced on the bias
- 1 tsp. black sesame seeds

METHOD
1. Cook the quinoa according to the package directions, set aside to cool.
2. Heat the vegetable oil in a small saucepan over medium heat. When the oil is hot, add the ginger, scallions, and garlic. Immediately turn off the heat and stir. Let cool slightly for a few minutes, then whisk in the lemon juice, soy sauce, and sesame oil.
3. Put the cooked quinoa, chicken, cabbage, carrots, and peas in a mixing bowl. Add the dressing and toss. Sprinkle with sesame seeds. Keep refrigerated in an air-tight container for up to 3 days.

Serves 4 | Total Time: 35 Minutes | 250 Calories Per Serving
Barley Stew with Root Vegetables

INGREDIENTS
- 3 tbsp. olive oil
- 1 onion, sliced thin
- 3 carrots, peeled and finely chopped
- 3 celery stalks, finely chopped
- 1 cup apple juice
- 6 cup vegetable broth
- 1/2 cup pearl barley
- 1/2 tsp. dried thyme
- 1 red pepper, cubed
- 3 parsnips, finely chopped
- 3 potatoes, cubed
- 3/4 cup frozen peas, thawed

METHOD
1. In a large saucepan, heat the olive oil over medium-high heat. Add the onion, carrots, and celery until browned—about 8 minutes.
2. On high heat, add the apple juice and scrape the bottom of the pan.
3. Pour the vegetable broth and bring to a boil. Add barley and thyme, reduce heat to medium-low and cook uncovered for 30 minutes.
4. Add celery, red pepper, and potatoes, and continue cooking until tender—about 20 minutes.
5. Turn off heat, add the peas, put the lid on the pan, and leave aside for 5 minutes.
6. Remove the lid and enjoy.

Serves 6 | Total Time: 60 Minutes | 276 Calories Per Serving
Blueberry Smoothie

INGREDIENTS

- 1 cup frozen blueberries
- 1/2 cup frozen pineapple chunks
- 1 cup low-fat milk or milk of your choice
- 1 tsp. frozen lemonade concentrate
- 1/2 cup low-fat vanilla yogurt
- 1 tsp. honey
- 1/2 tsp. vanilla extract

METHOD

1. Place blueberries and pineapple chunks in a blender food processor.
2. Pour milk and add remaining ingredients.
3. Blend until smooth and serve immediately.

Makes 2 Smoothies  |  Total Time: 10 Minutes  |  184 Calories Per Smoothie
Broiled Sockeye Salmon with Citrus Glaze

INGREDIENTS
- 1 side of skin-on sockeye salmon, 1 1/2 to 2 pounds, bones removed
- 1/3 cup dark brown sugar
- 2 tbsp. lemon zest
- 1 1/2 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper

METHOD
1. Position a rack in the oven 3 inches from the broiler. Line a half-sheet pan with aluminum foil and place the salmon on the pan.
2. Place the sugar, zest, salt, and pepper into the bowl of a small food processor and process for 1 minute or until well combined. Evenly spread the mixture onto the salmon and allow to sit for 45 minutes at room temperature.
3. Turn the oven on to the high broiler setting for 2 minutes. After 2 minutes, place the salmon into the oven and broil for 6 to 8 minutes or until the thickest part of the fish reaches an internal temperature of 131 degrees Fahrenheit. Remove the salmon from the oven and allow to rest, uncovered, for 8 to 10 minutes. Serve immediately.

Serves 4-6 | Total Time: About 1 Hour | 383 Calories Per Serving
Buddha Bowl

INGREDIENTS

GREEN GODDESS DRESSING
• 1/2 cup plain non-fat Greek yogurt
• 2 tbsp. extra-virgin olive oil
• 2 tbsp. lemon juice
• 1 medium garlic clove, peeled
• 1/4 cup fresh parsley, chopped
• 1/4 cup fresh basil leaves, packed

BUDDHA BOWL
• 1/2 cup cooked wheat berries
• 1/3 cup medium sweet potato, diced and roasted with 1 tsp olive oil
• 1/2 cup microgreens or sprouts
• 1/4 cup canned chickpeas
• 1/4 medium orange, peeled and quartered
• 5 sugar snap peas
• 1/2 medium avocado
• 1/4 cup sliced raw watermelon radish or candy cane beet
• 1 tbsp. pickled red onion
• 1 tbsp. pepitas

METHOD

1. To make the Green Goddess dressing:
Add the yogurt, olive oil, lemon juice, garlic, parsley, and basil to a food processor. Turn on and pulse and blend until smooth, scraping down the sides of the food processor on occasion.

2. To build the Buddha Bowl:
Fill a bowl in sections, starting with the wheat berries, sweet potato, and microgreens. Add the chickpeas, orange, sugar snap peas, avocado, radish, pickled red onion, and pepitas in groupings between and on top of the base ingredients. Top with one-quarter of the dressing.

3. Reserve the remaining dressing for another use.

Serves 1, Plus Additional Dressing | Total Time: 15 Minutes | 354 Calories Per Serving
INGREDIENTS

- 1 head cauliflower
- Pinch of salt and pepper
- 1/4 tsp. garlic powder
- 1/2 tsp. smoked paprika
- 1/4 cup plain cream cheese, softened
- 2/3 cup freshly shredded cheddar cheese
- 2 tbsp. freshly grated Parmesan cheese
- Parsley to garnish

METHOD

1. Cut cauliflower into small florets.
2. In a large pot, boil 6 cups of salted water.
   Add cauliflower, and boil for about 5 minutes or until tender. Drain.
3. Return cauliflower to the pot over low heat.
4. Add a pinch of salt and pepper, garlic powder, paprika, and stir to coat. Stir in cream cheese, cheddar cheese, and Parmesan until melted and combined.
5. Remove from heat and garnish with fresh chopped parsley.

Serves 4  |  Total Time: 20 Minutes  |  210 Calories Per Serving
CILANTRO LIME QUINOA

www.twopeasandtheirpod.com

INGREDIENTS
- 2 cups vegetable broth
- 1 cup quinoa, rinsed and drained
- 1 clove garlic, minced
- 2 tbsp. fresh lime juice
- 1/3 cup cilantro, chopped
- Salt and pepper, to taste

METHOD
1. Place the quinoa in a mesh strainer and rinse under cold water.
2. In a large pot, combine the broth and quinoa. Bring to a boil. Cover, reduce heat, and cook until broth is evaporated and quinoa is tender, about 15 minutes. Remove from heat, and let stand for 5 minutes, covered. Remove lid and fluff the quinoa with a fork.
3. Stir in garlic, lime juice, and cilantro. Season with salt and pepper, to taste. Serve warm.

Serves 2 | Total Time: 25 Minutes | 356 Calories Per Serving
**INGREDIENTS**
- 1/2 cup plain fat-free Greek yogurt
- 2 medium avocados peeled and seeded
- 1 clove garlic, minced
- 3 tbsp. fresh cilantro, chopped
- 1 tbsp. jalapeño pepper, seeded and finely chopped
- 2 tbsp. fresh lime juice
- 1/4 tsp. ground cumin
- Pinch of salt and freshly ground black pepper, to taste
- Pita chips, tortilla chips, or cut up veggies for dipping

**METHOD**
1. Place the yogurt, avocados, garlic, cilantro, jalapeño, lime juice, and cumin in a blender or food processor. Mix until smooth. Season with salt and pepper, to taste.
2. Scrape dip into a serving bowl and serve with pita chips, tortilla chips, or cut up veggies.
Crispy Black Bean Quinoa Burritos

INGREDIENTS
- 1 tbsp. olive oil
- 1 small yellow onion, diced
- 1 clove garlic, minced
- 1/2 cup red bell pepper, diced
- 1/2 cup green bell pepper, diced
- 1 15 oz. can organic black beans, rinsed and drained
- 1/2 cup organic sweet corn, rinsed and drained
- 1 1/2 tsp. chili powder
- 1 tsp. ground cumin
- 1/4 cup fresh cilantro, chopped
- Juice of 1/2 lime
- Salt and freshly ground black pepper
- Cilantro Lime Quinoa (See page 9 for recipe)
- 2 cups shredded cheese
- 10 burrito sized flour tortillas
- Creamy Avocado Yogurt Dip (See page 10 for recipe)

METHOD
1. In a large skillet, heat the olive oil over medium high heat. Add the onion and cook until tender, about 5 minutes. Add the garlic and cook for 2 minutes. Stir in the peppers, black beans, corn, chili powder, cumin, and cilantro. Cook for 5 minutes. Add the fresh lime juice and season with salt and pepper to taste.

2. Place a few spoonfuls of Cilantro Lime Quinoa in the center of a tortilla, leaving 1/2-inch border around edges, then add the shredded cheese, and bean/corn mixture down the center of the quinoa. Roll burritos, by folding over the ends and rolling up. Continue making the rest of the burritos.

3. Heat a large non-stick skillet or griddle pan over medium heat. Arrange burritos, seam-side down, in pan or griddle and cook until golden brown and crisp, about 2-3 minutes per side. Serve warm with Creamy Avocado Yogurt Dip.

Note: You don't want to fill the burritos too full or they will be difficult to roll up.

Makes 10 Burritos | Total Time: 35 Minutes | 454 Calories Per Burrito
INGREDIENTS

- 3 tbsp. olive oil, divided
- 1 large leek, thinly sliced
- 1 lb. or 4 cups Brussels sprouts, trimmed and sliced in half lengthwise (larger sprouts quartered)
- 2 fried eggs for topping
- Salt and pepper to taste

ALMOND CRUMBLE

- 1 cup raw almonds
- 1 1/2 tbsp. nutritional yeast
- 1 tsp. garlic powder
- 1/2 tsp. fine sea salt

METHOD

1. Heat 1 tbsp of olive oil in a large skillet over medium heat. Add the sliced leek and cook, stirring often, until lightly browned on all sides, about 3 minutes. With a slotted spoon, remove the chopped leek from the pan and place on a towel lined plate to dry. Add 1 tbsp olive oil to the pan and stir in the brussels sprouts. Cook, flipping the sprouts every 2 minutes or so, until they’re browned and slightly crisp on all sides. Add the leeks back to the pan and stir until everything is evenly incorporated. Season with salt and pepper, to taste. Reduce heat to low and keep warm in pan.

2. In separate pan, heat 1 tbsp of olive oil over medium-low heat. Crack eggs directly into pan and cook until desired doneness. Season with salt and pepper, to taste. Remove pan from heat when eggs have reached desired doneness.

3. In a small dry skillet over medium heat, add the almonds. Toast until lightly browned, giving the pan a few good shakes while toasting. Remove from the heat and place the almonds along with the remainder of the crumble ingredients into a food processor and process until a coarse crumble is achieved.

4. Divide the brussels sprouts and leeks between plates, top with fried eggs and a few healthy pinches of the almond crumble.

Serves 2 | Total Time: 25 Minutes | 503 Calories Per Serving
Crispy Granola

INGREDIENTS
- 2 egg whites
- 1/4 cup honey
- 1/2 tsp. cinnamon
- 1 tsp. vanilla
- Dash of salt
- 3 cups uncooked rolled oats
- 1 cup shredded coconut (optional)
- 1/2 cup chopped nuts (optional)
- 1/2 cup raisins or other dried fruit (optional)

METHOD
1. Preheat oven to 325 degrees.
2. Spray large, shallow baking pan with cooking spray.
3. Put egg whites in a large bowl and mix with fork until frothy. Stir in honey, cinnamon, and salt. Add oats and all other ingredients (except dried fruit)
4. Stir in ingredients that are coated with egg mixture. Spread mixture on baking sheet.
5. Bake for 20-30 minutes or until golden brown, stirring every 5 minutes.
6. Remove from pan, add dried fruit if using, and cool completely. Granola will continue to crisp as it cools. Store in an airtight container.
Crunchy Hawaiian Chicken Wrap

INGREDIENTS
- 1/4 cup light mayonnaise or Greek Yogurt
- 1/8 cup white vinegar
- 1/8 cup sugar
- 1 tsp. poppy seeds
- 1 1/2 tsp. garlic powder
- 1 1/2 tsp. onion powder
- 1 1/2 tsp. chili powder
- 2 cups fresh broccoli, chopped small
- 1 1/2 cups canned crushed pineapple, drained
- 1 cup fresh baby spinach, chopped
- 3 cups cooked diced chicken
- 6 10'' whole wheat tortillas

METHOD
1. In a small mixing bowl, combine mayonnaise (or Greek yogurt), vinegar, sugar, poppy seeds, garlic powder, onion powder, and chili powder for the dressing. Mix well. Cover and refrigerate.
2. Combine broccoli, carrots, pineapple, and spinach in a large bowl.
4. Serve immediately or cover and refrigerate.
5. For each wrap, place 2/3 cup filling on the bottom half of the tortilla and roll in the form of a burrito. Place seam side down. Cut diagonally. Serve immediately.

Makes 6 Wraps | Total Time: 15 Minutes | 402 Calories Per Wrap
Easy Microwave Scrambled Egg Cups

INGREDIENTS

- 1/4 cup pre-cooked meat (bacon, ham, sausage) or you can put veggies instead!
- 1/4 cup pre-cooked potatoes (hash browns or diced)
- 1/4 cup cheese (shredded or crumbled)
- 1 or 2 eggs

METHOD

1. NOTE: This is a base recipe for a make-your-own scrambled egg cup. You can follow the recipe exactly or you can make it your own. It is just to give you an idea of the measurements.

2. Prep your microwave scrambled egg cups by adding everything but the egg into a glass Mason jar. Use half-pint jars for 1 egg or pint jars for 2 eggs. (You can store the prepped jars, refrigerated, for up to 1 week.

3. When ready to cook your breakfast, add the 1 or 2 eggs to the jar and stir well. Microwave for 30 seconds and give the eggs a quick stir.

4. Microwave an additional 40 seconds if you are using 1 egg or 60 seconds for 2 eggs.

5. Carefully remove the jar of scrambled eggs from the microwave and enjoy!
INGREDIENTS

- 1 can (15oz) black-eyed peas (no salt-added, rinsed)
- 1/3 cup quinoa flakes
- 1 cup carrot top greens (chopped)
- 1/2 cup fresh dill (chopped)
- 1/2 cup fresh Italian parsley (chopped)
- 1/3 cup (about 2) scallions (chopped)
- 1 cup chopped white mushroom
- 1/2 tbsp. Dijon mustard
- 1 tsp. minced garlic
- 1/2 tsp. black pepper
- 1 tbsp. red wine vinegar

METHOD

1. Preheat the oven to 400°F.
2. In a large food processor, combine all the prepared ingredients and blend until you get a nice moist “dough” consistency. Not smooth, but not too chunky either. This mixture will be very moist when you go to form the patties.
3. Form 4 equal patties with your hands. Flatten them a bit and place on a baking sheet lined with either a Silpat or parchment.
4. Bake for 15 minutes, carefully flip, and bake for another 15 minutes. (Total cooking time is 30 minutes). Remove and serve right away, or allow to cool completely before wrapping in wax paper, placing in a plastic bag, and freezing. To heat from frozen, either use a toaster oven or microwave. You can also let them thaw in the fridge a few hours and then heat on skillet.

Serves 4 Burgers
Total Time: 30 Minutes
40 Calories Per Burger
Garlic Rosemary Salmon Skewers

INGREDIENTS
- Coconut oil or oil of choice for brushing the BBQ
- 1 lemon juiced and zested
- 1/2 head garlic chopped
- 1 tsp. whole black pepper cloves
- 2 tsp. fresh rosemary leaves
- 1 pinch salt
- 1 lb. salmon fillet cut in to 1-inch chunks
- 1 large onion cut into quarters
- 4 leaves sturdy rosemary stalks stripped of and soaked
- 1 lemon sliced
- BBQ for grilling!

METHOD
1. Place the lemon juice, zest, garlic, black pepper, rosemary, and salt in a blender. Blend until smooth.
2. Pour the mixture over the salmon and onion. Marinate for 15 minutes.
3. Preheat the BBQ to high. Brush the grill with coconut oil.
4. Insert the marinated fish on to the stalks, being careful not to bend them, alternating them with slices of onion and lemon.
5. Set the skewers on the barbecue. Cook for 3 minutes on each side, until the fish is cooked through. Remove and serve immediately.
GREEK EGG MUFFINS

INGREDIENTS
- 6 eggs
- 1/2 cup milk of your choice
- 1/2 tsp. pepper
- 1/4 cup tomatoes, diced
- 1/4 cup red onions
- 1/4 cup black olives, diced small
- 1 tbsp. fresh parsley, roughly chopped
- 1/4 cup fat free feta cheese, crumbled, (optional)

METHOD
1. Preheat oven to 350 degrees and spray your muffin tins with non-stick spray.
2. In a mixing bowl, combine eggs, milk, salt, and pepper. Whisk well until slightly frothy. Stir in remaining ingredients.
3. Fill muffin tin with the egg mixture, filling each muffin cup a little more than half way.
4. Bake for 15-20 minutes, checking to make sure that the egg muffins have cooked through and lightly browned on the top.
5. Eat or store in the fridge for a quick grab and go breakfast!

Serves 6 | Total Time: 25 Minutes | 345 Calories Per Muffin
**Grilled Peaches with Cinnamon Sugar Butter**

**INGREDIENTS**
- 1 stick unsalted butter, at room temperature
- 1 tsp. cinnamon sugar
- 2 tbsp. granulated sugar
- Pinch of salt
- 4 ripe peaches, halved and pitted
- 1 tsp. olive oil
- Mint leaves, for garnish

**METHOD**

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

**Serves 4 | Total Time: 15 Minutes | 199 Calories Per Serving**
Grilled Radishes with Brown Butter, Thyme, & Sea Salt

INGREDIENTS
- 3 cups radishes, stems removed and halved lengthwise
- 1 tbsp. butter, melted and browned
- 1 tsp. fresh thyme, chopped
- Pinch of sea salt to taste
- 1 tsp. olive oil

METHOD
1. Preheat your grill or a grill pan over medium-high heat.
2. Lightly brush the halved radishes with a little bit of olive oil.
3. Place the radishes cut side down on the grill or grill pan. (If the radishes are too small to go on the grill use a grill basket, grill pan, or grill mat to keep them from falling through the grates.)
4. Grill the radishes for 3-4 minutes per side, they should just start to soften, but still have plenty of crunch.
5. Remove the radishes from the grill and place them in a serving bowl or platter.
6. Drizzle the radishes with the brown butter and sprinkle them with thyme and sea salt.

Serves 4 | Total Time: 15 Minutes | 70 Calories Per Serving
INGREDIENTS

**SPICY PEANUT SAUCE**
- 1/2 cup natural peanut butter
- 1/4 cup reduced-sodium tamari or soy sauce
- 3 Tbsp. rice vinegar
- 2 Tbsp. honey
- 1 1/2 tsp. freshly grated ginger
- 1 large clove of garlic, minced
- 1/4 tsp. red pepper flakes (if you are sensitive to spice try 1/8 teaspoon first)
- 2-3 Tbsp. of water

**SUGAR SNAP PEAS**
- 1 lb. or 4 cups of sugar snap peas
- 1 tbsp. olive oil
- Pinch of salt

METHOD

1. Whisk together all the ingredients for the peanut sauce until smooth and creamy. Taste test and adjust seasonings as needed. If the sauce is too thick add a touch more water to thin.
2. Preheat an outdoor grill to medium-high heat. Toss the peas with the olive oil and salt. Set a wire rack or grill basket on the grill grate and grill peas, turning occasionally, until lightly charred. About 4 minutes.
3. Serve peas with the dipping sauce and serve warm or at room temperature.

Serves 4  |  Total Time: 15 Minutes  |  329 Calories Per Serving
**Heirloom Tomato & Herb Salad**

**INGREDIENTS**
- 6 tbsp. extra-virgin olive oil, divided
- 3 tbsp. brine packed capers, drained and patted dry
- 1/2 cup chickpeas, drained and patted dry
- Pinch of smoked paprika
- Pinch of fine sea salt
- 2 tbsp. red-wine vinegar
- 1 tbsp. Dijon mustard
- 1 tsp. honey
- 2 tbsp. minced dill, plus sprigs for garnish
- 2 tbsp. minced basil, plus full leaves for garnish
- 1/4 cup extra-virgin olive oil
- 1/4 tsp. kosher salt
- Pinch of black pepper
- 2 1/2 lbs. or 12 cups heirloom tomatoes, sliced
- 1 pint cherry tomatoes, sliced in half
- 1/4 cup crumbled feta cheese

**METHOD**

1. Heat 3 tbsp of olive oil in a skillet over medium-high heat. Add the capers and cook, stirring occasionally, until they begin to brown and burst open, about 3 minutes. Use a slotted spoon to remove them to a towel lined plate to drain.

2. Carefully add another 3 tbsp of olive oil to the pan along with the chickpeas. Cook, stirring occasionally, until the chickpeas begin to brown and crisp, about 5-7 minutes. Remove from the heat to a towel lined plate to drain. Sprinkle the chickpeas with a pinch of smoked paprika and sea salt.

3. Whisk together the vinegar, mustard, honey, dill, basil, and parsley. Drizzle in 1/4 cup olive oil and continue to whisk together until smooth. Stir in the salt and pepper and set aside.

4. Arrange the sliced tomatoes on a large platter. Drizzle with the dressing and top with the fried capers, chickpeas, and sprinkle with crumbled feta cheese.

**Serves 4-6 | Total Time: 30 Minutes | 406 Calories Per Serving**
Homemade Chicken Noodle Soup

INGREDIENTS
- About 1 1/4 lb. chicken
  - 2 split (free-range) chicken breasts, with ribs and skin on
  - 2 (free-range) chicken drumsticks, with skin on
- 1 yellow onion, peeled and quartered
- 1 head of garlic, unpeeled and cut in half crosswise
- 6 carrots, 2 of them unpeeled and cut into halves, and the remaining 4 peeled and cut into 1/4 inch rounds
- 6 ribs celery, 2 of them cut into halves, and the remaining 4 cut into 1/4 inch slices
- 1 parsnip, unpeeled, and cut into 3-inch chunks
- 1 bunch fresh Italian parsley
- 1 bunch fresh thyme
- 3 chicken bouillon cubes
- 2 bay leaves
- 1 tbsp. black peppercorns
- 1-2 tbsp. kosher salt
- 6 ounces or 3/4 cup extra wide egg noodles

METHOD
1. Add the chicken pieces, onion, head of garlic, the unpeeled and halved carrots and celery, and parsnip chunks to a large stock pot. Tie 15 stems of Italian parsley and 15 stems of thyme with a bit of kitchen string add to pot. Cover with cold water, 1-2 inches above chicken and veggies (about 14 cups of water). Add 3 chicken bouillon cubes, bay leaves, black peppercorns, and kosher salt. Bring to a boil then reduce to a lightly rolling simmer and cook uncovered for 1 1/4 to 1 1/2 hours or until chicken is cooked through and tender, and stock is well flavored. If the stock tastes watery, add another chicken bouillon cube and a bit more salt and pepper.
2. Transfer the chicken to a plate to cool and remove the vegetables from the stock and discard. Place a strainer over a large bowl and strain the broth. Return the broth to the stock pot and add the chopped carrots and celery. Bring to a boil, then reduce to medium and cook for 10 minutes. Add the egg noodles and cook for another 8 minutes or until noodles are tender but chewy. Remove the skin from the chicken and shred the chicken with 2 forks. Depending on the size of the chicken breasts, start by adding 3/4 of the shredded chicken to the soup then add more if you have enough broth or reserve for another use. Season with more salt and pepper if desired, and stir in 2 tbsp of fresh chopped parsley. Serve hot.

Serves 6-8 | Total Time: 2 hours 45 Minutes | 243 Calories Per Serving
KALE AND
APPLE SALAD

INGREDIENTS
- 3 tbsp. fresh lemon juice
- 2 tbsp. extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- 1 bunch kale, ribs removed, leaves very thinly sliced
- 1/4 cup dates
- 1 Honeycrisp apple
- 1/4 cup slivered almonds, toasted
- 1/4 cup Pecorino cheese, finely grated

METHOD
1. Whisk together the lemon juice, olive oil, and 1/4 tsp salt in a large bowl. Add the kale, toss to coat, and let stand 10 minutes.
2. While the kale stands, cut the dates into thin slivers and the apple into thin matchsticks. Add the dates, apples, almonds, and Pecorino cheese to the kale. Season with salt and pepper to taste, and toss well.

Serves 6 | Total Time: 30 Minutes | 151 Calories Per Serving
INGREDIENTS

- 2 cups heavy cream
- 1 cup whole milk
- 4 egg yolks Let the eggs sit at room temp for 30-60 minutes before cracking
- 1 tsp pure vanilla extract
- 1/8 tsp. kosher salt
- 6 peaches skin removed, and sliced
- 1/2 cup sugar

METHOD

1. The fastest way to remove the skin from peaches is to make a little “x” in the skin and then place it in a pan of boiling water for about a minute. Remove and transfer to a bowl of ice water. The skin should peel back easily. Cut the peach into slices or large chunks. Set aside about 1/3 cup of peaches diced into small chunks.

2. Using an immersion blender or food processor, combine the peaches and puree until smooth. Transfer to the fridge.

3. In a medium saucepan, over medium heat, combine the heavy cream, milk, kosher salt, vanilla extract, and sugar. Do not let it boil. Remove from heat.

4. Place the egg yolks in a medium bowl, and whisk well with a fork. Using a 1/3 measuring cup, add some of the hot milk/cream mixture to the egg yolks, and whisk while you combine. Add another 1/3 cup - mix. Then a final 1/3 cup - mix. Whisk the egg mixture into the rest of the milk, and return the pan to the stove. Cook on medium-low heat for 5 minutes, stirring often. Remove from heat, and pour the mixture into a heatproof bowl fitted with a sieve/fine mesh strainer. Add peach puree and transfer to the fridge for at least 12 hours (preferably) or until completely cooled.

5. Add the ice cream base to your ice cream maker of choice, churning until it has reached your preferred level of “doneness”. Remove the paddle/dasher, and gently stir in the 1/4 cup of diced peaches. Transfer to an air-tighter container, pressing a piece of plastic wrap over the top of the ice cream, ensuring it makes contact with the ice cream.

Serves 8 | Prep Time: 20 Minutes, Cook time: 15 mins, Chill time: 12 hrs | 151 Calories Per Serving
Pineapple Pear Salsa

INGREDIENTS

- 1 tbsp. Olive Oil
- 1-2 cups fresh or canned pineapple chunks (drained)
- 1 large pear, cut into 1/4 pieces
- 1 large red onion, chopped
- 1 jalapeño
- 1/2 cup chopped cilantro
- 1 tbsp. lime juice
- 1/8 tsp. ground ginger
- 1/8 tsp. ground cumin
- Pepper to taste

METHOD

1. Heat oil in a large skillet over medium high heat.
2. Add pineapple, pears, pepper, onion, and jalapeño to skillet.
3. Cook uncovered until vegetables are tender crisp.
4. Add cilantro, lime juice, cumin, and pepper, and mix well.
5. Serve warm or cold.

Serves 8 | Total Time: 15 Minutes | 42 Calories Per Serving
PROTEIN PEANUT BUTTER BANANA MUFFINS

INGREDIENTS
- 2 bananas large and ripe
- 1/4 cup creamy peanut butter
- 1/3 cup porridge oats processed to create fine flour
- 1/3 raw honey or brown rice syrup
- 1 tbsp. vanilla extract
- 1 tsp. baking powder
- 1/2 tsp. salt
- Muffin cups and tin

METHOD
1. Preheat oven to 180°C.
2. Place all ingredients in a blender or use a hand blender. Blend mixture for approximately 30-45 seconds or until completely smooth.
3. Using a spatula clean the edges of the blender. Line a standard muffin tin with muffin cups and scoop batter into muffin cups - you can use an ice-cream scoop. Bake 12-14 minutes or until muffins have set (remember, they won’t rise as much as normal muffins!)
Purple Love Bowl: Açai + Overnight Oats Pudding

INGREDIENTS TO BLEND
- 1/2 cup organic oats, soaked overnight in water
- 1 cup açai powder
- 1/2 cup water or coconut water (enough to cover oats completely)
- 1/2 cup strawberries (fresh or frozen)
- 1/2 banana (fresh or frozen)
- 1 cup kale

Toppings
- 3 fresh strawberries, sliced
- 1/2 banana, sliced
- 1/3 cup granola
- 1 tbsp. coconut chips or shredded coconut
- 1 tbsp. nut butter of choice
- 1/4 cup cacao nibs

METHOD

NIGHT BEFORE
1. Combine oats and water in mason jar or container with lid. Be sure to add enough water to cover oats completely. Cover and place in fridge overnight (at least 8 hours).

DAY OF
1. In a blender, combine oats, açai powder, water, strawberries, banana, and kale. Blend until smooth.
2. Pour into bowl and top with strawberries, banana, granola, coconut, nut butter, and cacao nibs. Enjoy immediately.

Serves 2 | Overnight Time: 8 Hours, Prep Time: 10 Minutes | 406 Calories Per Serving
REFRESHING WATERMELON POPSICLES

INGREDIENTS
- 4 cups watermelon cubed
- 2 tbsp. lime juice
- 8 leaves mint

METHOD
1. Place your watermelon, lime juice, and mint in a blender or food processor. Blend!
2. Pour into your popsicle molds of choice (these are the ones we have) and freeze until solid.

Makes 10 Popsicles  Prep Time: 5 Minutes, Freeze Time: 4 Hours  19 Calories Per Popsicle
Roasted Apricots with Ricotta and Honey

INGREDIENTS
- 12 fresh apricots, halved and pitted
- 2 cloves garlic, thinly sliced
- Several sprigs fresh oregano
- 1 tbsp. live oil
- Pinch of salt and pepper to season
- 3/4 cup fresh ricotta
- 2 tbsp. of honey

METHOD
2. Sprinkle apricots with sliced garlic and oregano. Drizzle with olive oil and season with salt and pepper.
3. Roast until apricots are hot and juicy, about 15 minutes. Be careful not to overcook as fruit will begin to fall apart.
4. Spoon ricotta over apricots and drizzle with honey just before serving.

Serves 6 | Total Time: 25 Minutes | 202 Calories Per Serving
INGREDIENTS
- 1 sweet potato, peeled and chopped
- 2 white potatoes, unpeeled and chopped
- 8 baby carrots or 1 medium carrot, peeled and chopped
- 1/3 cup unsweetened dairy-free milk
- 1 tsp. fresh rosemary, chopped finely
- 1 tsp. dried chives
- 3/4 to 1 tsp salt, to taste
- 1/2 tsp. black pepper

METHOD
1. Place the sweet potatoes, white potatoes, and carrots in a pot, and cover with water.
2. Place the pot over medium-high heat, and bring the water to a boil. Reduce the heat to medium-low, and let bubble until the vegetables are fork tender. This usually takes 15 to 20 minutes.
3. Remove the pot from the heat and drain the vegetables.
4. Place the vegetables into a medium bowl, and add the milk beverage, rosemary, chives, salt (to taste), and pepper. Mash the ingredients together with a potato masher or lightly blend with a hand mixer to combine.
Shredded Brussels Sprouts and Kale Salad

INGREDIENTS

DRESSING
- 1/2 cup extra-virgin olive oil
- 3 tbsp. lemon juice
- 1 tbsp. whole-grain mustard
- 1 tsp. maple syrup
- Kosher salt, to taste
- Freshly ground pepper, to taste

SALAD
- 3/4 pound Brussels sprouts, trimmed and sliced thin
- 1 head kale, ribs removed and sliced thin
- 3/4 cup roasted and salted almonds, coarsely chopped
- 1/2 cup dried cherries

METHOD

DRESSING
1. Place the olive oil, lemon juice, mustard, and maple syrup in a jar, cover, and shake vigorously.
2. Season to taste with salt and pepper, and shake again.

SALAD
1. In a mixing bowl, toss the Brussels sprouts, kale, almonds, and cherries together.
2. Pour on the dressing and toss evenly to coat. Serve immediately.
3. If making ahead, store the undressed salad in a sealed container for up to 24 hours, and dress before enjoying.

Serves 80 | Total Time: 20 Minutes | 272 Calories Per Serving
**INGREDIENTS**

- 1 tbsp. butter
- 1 tbsp. olive oil
- 2 lbs. jumbo shrimp, peeled and deveined, tails on
- 4 cloves garlic, minced
- 2 large zucchini, diced
- 2 large ears of corn, kernels removed
- 3/4 cup red grape tomatoes, sliced in half lengthwise
- Salt and freshly ground black pepper
- 12-18 fresh basil leaves, cut in chiffonade
- Parmesan shavings
- Juice of 1 lemon
- Rice or pasta, for serving (optional)

**METHOD**

1. Melt the butter with the olive oil in a large skillet over medium-high heat. Add the shrimp and garlic, then sauté until the shrimp are opaque, about 3 minutes. Remove the shrimp to a plate.

2. Increase the heat to high, then throw it in the zucchini. Stir it around for about a minute, then push the zucchini to the edges of the pan. Throw in the corn and cook it for a minute, then push it to the edges of the pan. Throw in the grape tomatoes, stir them around for a minute, then sprinkle on some salt and pepper to taste.

3. Then throw the shrimp back in. Stir everything around for about 2 minutes, or until it’s all combined and hot. Then pour it onto a big platter.

4. Sprinkle on the fresh basil and some Parmesan shavings, then squeeze the lemon all over the top.

5. Serve with rice or pasta, or enjoy it on its own.

_Serves 4 _

_Total Time: 30 Minutes _

_334 Calories Per Serving_
Skillet Lasagna

INGREDIENTS

- 1/2 lb. lean ground turkey
- 3/4 cup chopped onion
- 1 (8oz.) can tomato sauce
- 2 (14 oz) cans crushed tomatoes
- 2 cups water
- 1 tsp. garlic powder
- 2 tsp. Italian seasoning
- 1 (8oz) package wide whole-wheat noodles
- 2 cups fat-free cottage cheese
- 1 cup grated part skim mozzarella cheese

METHOD

1. Brown ground turkey and onion in a skillet. Add tomato sauce, tomatoes, water, garlic powder, and Italian seasoning. Bring to a boil.
2. Add uncooked noodles, cover and simmer for 8-10 minutes. Stir mixture, spread cottage cheese on top and sprinkle with cheese.
3. Cover and simmer for 10 minutes or until noodles are tender.

Makes 6 Servings  |  Total Time: 40 Minutes  |  292 Calories Per Serving
Southwestern Stuffed Bell Peppers

INGREDIENTS

- 1 pound (grass-fed) lean ground beef (optional: can substitute chicken, turkey, tofu, or more beans for healthier option)
- 1 medium onion, diced
- 2 ribs celery, diced
- 2 cloves garlic, minced
- 1 large tomato, chopped
- 2 tbsp. tomato paste
- 2 tsp. cumin
- 1 tsp. chili powder
- 1 tsp. kosher salt
- 1 15-ounce can black beans
- 1 7-ounce can roasted green chiles
- 1 cup corn
- 1 1/2 cups rice, cooked
- 1/4 cup cilantro leaves, chopped, plus more for garnish
- 6 large bell peppers
- 1 cup pepper jack cheese

METHOD

1. Preheat the oven to 350 degrees Fahrenheit.
2. Prepare rice according to directions on packaging. Leave covered to keep warm.
3. Brown the ground beef in a large frying pan over medium-high heat for 5 minutes, or until cooked almost through. Add the chopped onion, celery, and garlic, and cook until vegetables are softened, about 5 minutes.
4. Stir in the diced tomato, tomato paste, cumin, chili powder, and kosher salt, and cook for another 4-5 minutes.
5. Stir in the black beans, green chiles, corn, cooked rice, and chopped cilantro.
6. Cut off the tops of the bell peppers and spoon out the ribs and seeds, then rinse. Lightly sprinkle the inside of the peppers with kosher salt and place in a microwave safe dish with 1/4 cup water. Cover with plastic wrap and microwave for 5 minutes or until they start to soften.
7. Transfer to a 3-quart baking dish and fill the peppers with the hot meat and rice mixture. Sprinkle the tops with cheese and bake for 20 minutes or until peppers are tender and cheese is browned. Garnish with additional chopped cilantro. Serve hot.

Serves 6  |  Total Time: 50 Minutes  |  509 Calories Per Serving
Squash, Corn, Roasted Poblano, & Squash Blossom Tacos

www.wildgreensandsardines.com

INGREDIENTS

• 4 poblano chiles, roasted
• 3 tbsp. olive oil, divided
• 1 large white onion, sliced 1/4-inch thick
• Sea salt
• 2 to 3 garlic cloves, minced
• 1/2 tsp. dried oregano
• 1 pound squash, cubed 1/2-inch thick
• 12 squash blossoms, stamens and stems removed, sliced into strips
• 1 cup fresh corn
• 1/2 to 3/4 cup creme fraiche or Mexican crema (more or less to taste)
• 12 corn tortillas
• Feta (or other crumbly hard cheese) for garnish
• Microgreens (optional) for garnish
• Lime wedges and hot sauce (made a habanero hot sauce) for serving

METHOD

1. To char the poblano peppers, place the whole peppers over the gas range of your stovetop, turning the peppers every few minutes until charred on all sides (if you don’t have a gas range, you can roast them under the broiler). Place the peppers in a paper bag for 5 to 10 minutes to help loosen the skins. The skins should slide right off. Slice the peppers open, remove the seeds, slice into thin strips.

2. Heat 2 tablespoons of olive oil in a large skillet over medium-high heat. Add the onion, season with salt, and saute until browned about 10 minutes. Add the garlic and oregano, and saute another minute or two. Remove from the pan and set aside.

3. Add another tablespoon of oil to the pan over medium-high heat. When hot, add the squash and sauté, turning the pieces frequently until nicely browned. Add the poblano strips, squash blossom strips, corn, and reserved onions. Add the creme fraiche and stir to combine. Continue to cook another couple of minutes, stirring constantly. Taste and season with salt. Add more creme fraiche if you like.

4. Heat the tortillas (I like to do this over a flame on the gas stovetop). Scoop the vegetable mixture into the warm tortillas. Top with crumbled feta and microgreens (if you like), and serve with lime wedges and hot sauce.

Serves 12 Tacos | Total Time: 30-40 Minutes | 131 Calories Per Taco
INGREDIENTS

- 3/4 cup uncooked quinoa
- 4 4-ounce salmon fillets
- 2 tbsp. reduced sodium soy sauce
- 2 tbsp. water
- 2 garlic cloves, minced
- 2 cups snow peas
- 4 cups broccoli, chopped into bite-sized pieces
- 4 tsp. olive oil
- 2 tsp. soy sauce

METHOD

1. Cook quinoa according to package directions.
2. While quinoa is cooking, heat oven to 425 degrees Fahrenheit. Line a large baking sheet with parchment and set aside.
3. Whisk together the sweet chili sauce, soy sauce, water, and garlic. Pour into an 8x8 inch baking dish. Place the salmon, skin side up, in the sauce. Allow to sit while oven heats.
4. Place broccoli and snow peas in a large bowl. Toss with olive oil and soy sauce, until lightly coated.
5. Place salmon in the oven and cook for 15-20 minutes, or until cooked through.
6. Place veggies in the oven and roast for 10-15 minutes, until cooked through and tender.
7. Put quinoa, salmon, and veggies into bowls to serve. Spoon extra sauce from the pan over the salmon and quinoa, to taste.

Serves 4 | Total Time: 30 Minutes | 346 Calories Per Serving
Thai Red Curry with Vegetables

INGREDIENTS
- 1 1/4 cups brown rice, rinsed
- 1 tbsp. coconut oil or olive oil
- 1 small white onion, chopped
- Pinch of salt
- 1 tbsp. fresh ginger, finely grated
- 2 cloves garlic, minced
- 1 red bell pepper, sliced into thin 2-inch long strips
- 1 yellow bell pepper, sliced into thin 2-inch long strips
- 2 carrots, peeled and sliced into 1/4-inch thick rounds
- 2 tbsp. Thai red curry paste
- 1 can (14 ounces) coconut milk
- 1/2 cup water
- 1 1/2 cups kale, thinly sliced, ribs removed
- 1 1/2 tsp. raw sugar or brown sugar
- 1 tbsp. tamari or low-sodium soy sauce
- 1 tsp. rice vinegar
- 1 tsp. fresh lime juice
- To garnish (optional): freshly chopped basil or cilantro, red pepper flakes, sriracha or chili garlic sauce

METHOD
1. Cook rice according to directions on packaging. Keep covered to stay warm. Fluff with fork and salt to taste just before serving.
2. To make the curry, warm a large skillet with deep sides over medium heat. Once the pan is hot, add the oil. Add the onion and a sprinkle of salt and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes. Add the ginger and garlic, and cook until fragrant, about 30 seconds, while stirring continuously.
3. Add the bell peppers and carrots. Cook until the bell peppers are fork-tender, 3-5 minutes, stirring occasionally. Then add the curry paste and cook, stirring often, for 2 minutes.
4. Add the coconut milk, water, kale and sugar, and stir to combine. Bring the mixture to a simmer over medium heat. Reduce heat as necessary to maintain a gentle simmer and cook until the peppers, carrots, and kale have softened to your liking, about 5-10 minutes, stirring occasionally.
5. Remove the pot from the heat and season with tamari/soy sauce, rice vinegar, and lime juice. Add salt, to taste. If the curry needs a little more punch, add 1/2 tsp more tamari or soy sauce. For more acidity, add 1/2 tsp more rice vinegar or lime juice.
6. Divide rice and curry into bowls and garnish with desired toppings.

Serves 4 | Total Time: 40 Minutes | 562 Calories Per Serving
INGREDIENTS

- 3/4 box (12 ounces) whole-wheat penne pasta
- 1/4 cup olive oil
- 4 large cloves garlic, thinly sliced
- 1/2 cup sun-dried tomatoes, (not oil-packed) sliced into strips
- 1/2 pound skinless, boneless (free-range) chicken breast halves, thinly sliced (optional)
- 2 cups roughly chopped arugula leaves
- 1 medium head radicchio, thinly sliced
- 1 large head endive, bottom 1/2-inch removed, then sliced into thin strips
- 3/4 cup low-sodium chicken or vegetable broth
- 1/2 tsp. salt
- 1/2 tsp. freshly ground black pepper
- 1 1/2 cups fresh basil leaves, thinly sliced, plus more for garnish
- 1/4 cup shaved parmesan

METHOD

1. Cook the pasta according to the package directions. Drain, reserving 1/2 cup pasta water. While the pasta is cooking, heat the oil over medium heat in a large skillet.
2. Add the garlic and tomatoes, and cook until the garlic is soft but not browned, about 2 minutes.
3. (Optional) Add the chicken and cook, stirring a few times, until just cooked through, about 5 minutes.
4. Add the arugula, radicchio, endive, broth, salt and pepper, and cook until the greens are wilted, 1 to 2 minutes.
5. Add pasta water, as necessary for a wetter sauce.
6. Combine the pasta and vegetable mixture in the pasta pot and toss to combine.
7. Add the basil just before serving. Garnish with shaved parmesan and a sprinkling of basil.

Serves 4  |  Total Time: 30 Minutes  |  580 Calories Per Serving
INGREDIENTS

- 2 cups kale
- 1 cup strawberries, chopped
- 1 cup blueberries
- 1 cup blackberries
- ¼ cup sliced almonds
- ¼ cup feta cheese

DRESSING

- ⅓ cup plain Greek yogurt
- ½ cup strawberries, chopped
- 1 tbsp. milk of choice
- 3 tbsp. sugar
- 4 tsp. cider vinegar
- 2 tsp. poppy seeds

METHOD

1. In a large bowl add kale, strawberries, blueberries, sliced almonds and feta cheese. Toss.

DRESSING

1. Add the Greek yogurt, strawberries, milk, sugar, and cider vinegar to a food processor or blender and pulse until smooth. Whisk in the poppyseeds.

2. Drizzle the desired amount over the salad and toss.
INGREDIENTS

- 1 large head of cauliflower, trimmed
- 3/4 lb Yukon gold potatoes
- Kosher salt
- Freshly ground black pepper
- 2 Tbsp. vegetable oil
- 3 medium onion, chopped
- 4 garlic cloves, minced
- 1-inch piece of fresh ginger, peeled, and finely grated
- 1 Tbsp. ground coriander
- 1 Tbsp. ground cumin
- 1/2 tsp. ground cardamom
- 1 pinch of dried red pepper flakes
- 2 star anise (optional)
- 1 (28-ounce) can chopped tomatoes
- 1 (14-15 ounce) can chickpeas, drained and rinsed
- 2 cups vegetable broth (or substitute with water)
- 1 tbsp. garam masala OR curry powder
- 3/4 cup light coconut milk
- 1 large bunch of fresh cilantro, chopped

METHOD

1. Cut cauliflower into medium-sized florets. Cut potatoes into about 3/4-inch chunks. Place cauliflower and potatoes into large soup pot and fill with cold water. Season water with salt. Bring to a boil. Remove from heat immediately, and drain into a colander. Place colander over pot to stay warm while you prepare remaining ingredients.

2. Heat oil in a large, heavy pot. Add onions, garlic, and ginger. Saute, stirring every few minutes, for about 8 to 10 minutes, or until onions are soft and translucent. Adjust heat if necessary.

3. Add ground coriander, cumin, cardamom, red pepper flakes, star anise, and salt and pepper to onions. Stir frequently, for 2 to 3 minutes. Add tomatoes with their juices and drained chickpeas, and stir. Add cauliflower and potatoes. Add vegetable broth (or water, if using)—the broth/water should almost reach the top of the vegetable mixture—and bring to a low simmer. Simmer for 10 minutes, stirring occasionally, until cauliflower and potatoes are fork tender.

4. Stir in garam masala and coconut milk, and simmer for an additional 10 minutes. Season to taste with salt and pepper.

5. Finish by sprinkling and stirring in 1/2 to 3/4 cup chopped cilantro. Serve with rice, naan, quinoa, or couscous.
INGREDIENTS

**PANCAKES**
- 1.5 cups spelt flour
- 3 tbsp. Lantic-Rogers Organic Coconut Sugar
- 3 tsp. baking powder
- ¼ tsp. baking soda
- ½ tsp. salt
- 1 tsp. ground cinnamon, or Jamaican Allspice
- 1 cup milk of choice
- ¼ cup water
- ½ packed cup cooked orange sweet potato/yam
- 2 tbsp. + 1 tsp. vegan butter
- 3 tsp. ground flax seed
- 1 tsp. apple cider vinegar or lemon juice
- 1 tsp. vanilla extract
- Oil for cooking the pancakes (optional)

**CARAMEL SAUCE**
- ½ cup Lantic-Rogers Coconut Sugar
- 2 tbsp. water
- ½ tsp. salt
- 2 tbsp. cashew butter, or almond butter
- ½ packed cup orange sweet potato/yam, cooked
- ⅛ - ¼ cup milk of choice
- ¼ tsp. ground cinnamon or Jamaican Allspice

**METHOD**

1. Add the flour, coconut sugar, baking powder, baking soda, salt and cinnamon to a bowl and stir together well.
2. Add the milk, water, sweet potato, butter, flax, vinegar and vanilla extract to a blender and blend until completely smooth.
3. Mix the blended liquid with the dry ingredients gently, and do not over mix. Just stir it together until you cannot see any dry flour. Do not beat it or use the blender. As soon as everything is incorporated, stop and set aside. Leave to rest for 5 - 10 minutes.
4. Heat your griddle or a heavy bottomed fry pan over a medium heat (I set my griddle to 375°F).
5. Make the caramel sauce while the batter rests. In a small saucepan add the coconut sugar and water and heat over a medium heat until it is liquid and you cannot see any grains of sugar. Remove from the heat.
6. Rinse your blender out and add the sweet potato, cashew butter, salt, ¼ cup milk and the cinnamon. Pour in the melted sugar mixture and blend everything up until smooth. Add extra milk to thin to desired consistency. Return to the pan and warm gently for a few minutes before serving with the pancakes.
7. Check the griddle/pan is hot, then scoop ¼ cup (around 60ml) amounts of batter on to it. Leave well alone until the edges are looking firm and the top is either starting to bubble a little or beginning to solidify (they don’t always bubble). It takes about 5 minutes. Flip then cook for another 4 minutes.
8. Serve immediately drizzled with the warm caramel sauce.

**Serves 3 | Total Time: 20 Minutes | 320 Calories Per Pancake**
**Vegetable Broth**

**Ingredients**
- 1 tbsp. olive oil
- 5 cloves garlic, minced
- 2 large onions, chopped
- 3 ribs celery, chopped
- 3 carrots, chopped
- 8 cups water
- 2-3 cups frozen vegetable scraps
- 2 bay leaves
- A few sprigs of parsley and thyme
- Salt and pepper to taste

**Method**
1. Heat olive oil in a large stockpot over medium heat.
2. Add the garlic, onions, celery, and carrots. Cook until softened, about 5 minutes, stirring often.
3. Add water, frozen vegetable scraps, bay leaves, parsley, and thyme.
4. Reduce heat to low and simmer, partially covered, for 45 minutes.
5. Pour broth through a fine mesh strainer into a large heat-proof bowl or pot; put solids aside (you can compost these later).
6. Once the broth has cooled, transfer it to airtight plastic containers and store it in the freezer.

**Vegetables to use:** Onions, carrots, and celery are the key ingredients in vegetable broth, but many other vegetables can add depth and flavor. Wash and save roots, stalks, leaves, ends, and peelings from vegetables such as leeks, scallions, garlic, fennel, chard, lettuce, potatoes, parsnips, green beans, squash, bell peppers, eggplant, mushrooms, and asparagus. Corn cobs, winter squash skins, beet greens, and herbs like parsley, thyme, and coriander are also good additions.

**Vegetables to avoid:** Scraps from the following vegetables are better off going into the compost bin, as their flavors can be too overpowering: cabbage, Brussels sprouts, broccoli, cauliflower, turnips, rutabagas, artichokes.

**Spoiled vegetables:** Although broth is a great way to use veggies that are wilted or slightly past their prime, be sure not to use produce that is rotten or moldy.

Makes 8 Cups | Total Time: 1 Hour | 72 Calories Per Serving
INGREDIENTS

- 1 tbsp. olive or canola oil
- 1 cup onion, chopped
- 2 tsp. garlic powder
- 2 tsp. ground cumin
- 2 tsp chili powder
- 3 cups chicken, cooked and shredded
- 1 10 oz. can red enchilada sauce
- 4 large zucchini, halved lengthwise
- 1 cup Monterrey Jack Cheese, shredded
- 1 cup cheddar cheese shredded
- Optional: sour cream and cilantro

METHOD

1. Preheat oven to 375 degrees. Spray a baking dish with non-stick cooking spray.
2. Heat oil in a large skillet. Add onion and cook until soft (about 5 minutes) Add garlic, cumin, and chili powder. Stir to combine
3. Add chicken and half of enchilada sauce and mix well.
4. Using a vegetable peeler, make thin slices of zucchini. Lay three pieces, slightly overlapping, and place a spoonful of the chicken mixture on top.
5. Roll up and transfer to a prepared baking dish. Top with remaining enchilada sauce and cheeses/. Bake until melted, about 20 minutes
6. Serve with sour cream and cilantro.
# 5-Minute Hummus

**INGREDIENTS**
- 1 15-ounce can low-sodium chickpeas (garbanzo beans), rinsed
- 1 clove garlic
- ¼ cup olive oil, plus more for serving
- 2 tbsp. fresh lemon juice
- 2 tbsp. tahini (sesame seed paste optional)
- 1 tsp. ground cumin
- kosher salt
- ¼ tsp. paprika

**METHOD**
1. In a food processor, puree the chickpeas and garlic with the olive oil, lemon juice, tahini (if using), cumin, and ¾ teaspoon salt until smooth and creamy. Add 1 to 2 tablespoons water as necessary to achieve the desired consistency.
2. Transfer to a bowl. Drizzle with olive oil and sprinkle with the paprika before serving.

Serves 10 | Total Time: 5 Minutes | 218 Calories Per Serving
KITCHEN CONVERSIONS

BASIC KITCHEN CONVERSIONS & EQUIVALENTS

DRY MEASUREMENTS CONVERSION CHART
3 TEASPOONS = 1 TABLESPOON = 1/16 CUP
6 TEASPOONS = 2 TABLESPOONS = 1/8 CUP
12 TEASPOONS = 4 TABLESPOONS = 1/4 CUP
24 TEASPOONS = 8 TABLESPOONS = 1/2 CUP
36 TEASPOONS = 12 TABLESPOONS = 2 CUP
48 TEASPOONS = 16 TABLESPOONS = 3 CUP

LIQUID MEASUREMENTS CONVERSION CHART
8 FLUID OUNCES = 1 CUP = 1/2 PINT
= 1/4 QUART
16 FLUID OUNCES = 2 CUPS = 1 PINT
= 1/2 QUART
32 FLUID OUNCES = 4 CUPS = 2 PINTS
= 1 QUART = 1/4 GALLON
128 FLUID OUNCES = 16 CUPS = 8 PINTS
= 4 QUARTS = 1 GALLON

BUTTER
1 CUP BUTTER = 2 STICKS = 8 OUNCES
= 230 GRAMS = 8 TABLESPOONS

METRIC TO US COOKING CONVERSIONS

OVEN TEMPERATURES
120 C = 250 F
160 C = 320 F
180 C = 350 F
205 C = 400 F
220 C = 425 F

BAKING IN GRAMS
1 CUP FLOUR = 140 GRAMS
1 CUP SUGAR = 150 GRAMS
1 CUP POWDERED SUGAR = 160 GRAMS
1 CUP HEAVY CREAM = 235 GRAMS

VOLUME
1 MILLILITER = 1/5 TEASPOON
5 ML = 1 TEASPOON
15 ML = 1 TABLESPOON
240 ML = 1 CUP OR 8 FLUID OUNCES
1 LITER = 34 FL. OUNCES

WEIGHT
1 GRAM = .035 OUNCES
100 GRAMS = 3.5 OUNCES
500 GRAMS = 1.1 POUNDS
1 KILOGRAM = 35 OUNCES

US TO METRIC COOKING CONVERSIONS
1/5 TSP = 1 ML
1 TSP = 5 ML
1 TBSP = 15 ML
1 FL OUNCE = 30 ML
1 CUP = 237 ML
1 PINT (2 CUPS) = 473 ML
1 QUART (4 CUPS) = .95 LITER
1 GALLON (16 CUPS) = 3.8 LITERS
1 OZ = 28 GRAMS
1 POUND = 454 GRAMS

WHAT DOES 1 CUP EQUAL?
1 CUP = 8 FLUID OUNCES
1 CUP = 16 TABLESPOONS
1 CUP = 48 TEASPOONS
1 CUP = 1/3 PINT
1 CUP = 1/4 QUART
1 CUP = 1/16 GALLON
1 CUP = 240 ML

BAKING PAN CONVERSIONS
9-INCH ROUND CAKE PAN = 12 CUPS
10-INCH TUBE PAN = 16 CUPS
10-INCH BUNDT PAN = 12 CUPS
9-INCH SPRINGFORM PAN = 10 CUPS
9 X 5 INCH LOAF PAN = 8 CUPS
9-INCH SQUARE PAN = 8 CUPS

BAKING PAN CONVERSIONS
1 CUP ALL-PURPOSE FLOUR = 4.5 OZ
1 CUP ROLLED OATS = 3 OZ
1 LARGE EGG = 1.7 OZ
1 CUP BUTTER = 8 OZ
1 CUP MILK = 8 OZ
1 CUP HEAVY CREAM = 8.4 OZ
1 CUP GRANULATED SUGAR = 7.1 OZ
1 CUP PACKED BROWN SUGAR = 7.75 OZ
1 CUP VEGETABLE OIL = 7.7 OZ
1 CUP UNSIFTED POWDERED SUGAR = 4.4 OZ

The Cookie Rookie
## Healthy Substitutes

### Instead of...

1. Rice
2. Pasta Noodles
3. Bread Crumbs
4. Tortilla Wraps
5. Sugar
6. Peanut Butter
7. Chocolate Chips
8. Sugar
9. Butter
10. Butter
11. Dairy Milk
12. Ice Cream
13. Butter
14. Heavy Cream
15. Potato Chips
16. Iceberg Lettuce
17. White Flour
18. Mashed Potatoes
19. Rice
20. Sour Cream
21. Mayonnaise
22. Mayonnaise
23. Maple Syrup
24. Flour

### Try...

1. Quinoa
2. Zucchini Noodles
3. Ground Flaxseeds
4. Lettuce Leaves
5. Unsweetened Applesauce
6. Almond or Cashew Butter
7. Cacao Nibs
8. Vanilla Extract
9. Unsweetened Applesauce
10. Avocado Puree
11. Unsweetened Almond Milk
12. Frozen, Pureed Bananas
13. Olive Oil
14. Coconut Milk
15. Kale Chips
16. Dark Leafy Greens
17. Whole-Wheat Flour
18. Mashed Cauliflower
19. Grated Steamed Cauliflower
20. Greek Yogurt
21. Mashed Avocados
22. Greek Yogurt
23. Pureed Fruit
24. Pureed Black Beans