

BnH

Bear Nutrition & Herbs



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BREAKFAST

BNH's Adapted Mushroom and Asparagus Quiche

INGREDIENTS

- 2 store-bought single-crust pie dough
- 1 -2 tablespoon unsalted butter
- 1 - Tablespoons Olive oil – add as needed when cooking Veggies
- 1 small red onion chopped fine
- 1 small sweet / vidalia onion chopped fine
- 4 cloves fresh garlic
- ½ - 1 cup chopped sweet red and orange peppers
- 2 -3 cups of asparagus chopped in small pieces
- 16 oz (or about 3-4 cups mushrooms chopped roughly: shiitake, maitake, button, portobello or your preferred choice)



Herbs/Spices

- 2 tablespoons of Tarragon
- ¼ - ½ teaspoon cumin
- Fresh ground black pepper to taste (15 - 30 turns of the pepper mill)

Protein

- 8 large eggs
- 6 oz half and half or cream (use a non dairy milk make sure it is unsweetened)
- 1 cup grated parmesan or Non Dairy cheese (use ½ cup for each quiche) or using Nutritional Yeast will provide great “cheese” flavor - you will need to play with the amount- start with 2 Tbsp at minimum and increase as needed.
- Smoked salmon (Optional)
- 1 (6 oz can of Salmon) or (1 Packet of smoked Salmon ¾ - 1 cup)

NOTE these ingredients make enough filling for 2 pie crusts.

Salmon & Vegetable Quiche (Smoked or Canned Salmon and Mushrooms, Asparagus, Tarragon)

DIRECTIONS

1. Preheat the oven to 375 degrees.
2. Meanwhile, in a large skillet: melt butter and olive oil over medium-high. Sauté vegetables adding them in this order, onions, pepper – cook for 5- 10 minutes. Add mushrooms and garlic and cook down. Add asparagus, red and orange peppers. Add salmon with cumin, and cook until light golden, 10 – 15 minutes. - In a large bowl, whisk together eggs and cream and add tarragon.

3. Pour sauteed vegetables and salmon into the egg mixture stir
4. Pour entire mixture into 2 pie crusts evening dividing
5. Add ½ cup of parmesan cheese to each on top and let the cheese settle or gently spread it around.
6. Bake until the center of the quiche is just set, about 40 to 45 minutes.
7. Serve warm or at room temperature.

Gluten Free Panko and Bread Crumbs and Vegan Cheese



Ian's Gluten Free Panko Original



Panko Italian Style



Glutino's Gluten Free Breadcrumbs



Watusee Gluten Free Chickpea



Daiya Cheddar Style Shreds



Daiya Mozzarella Style Shreds



Go Veggie Vegan Parmesan cheese

Brittany Mullins' Dairy Free Quiche

INGREDIENTS

- 1 (9-inch) pie crust (gluten-free, if needed)
- ½ teaspoon olive or avocado oil
- 1 onion, chopped
- 2 cloves of garlic, minced
- 1 cup chopped red, yellow or orange bell pepper
- 2 teaspoons dried Italian seasoning
- 8–10 oz frozen chopped spinach, thawed and drained*
- 1 teaspoon sea salt, to taste
- ¼ teaspoon freshly ground black pepper, to taste
- 3 large eggs
- 1/3 cup egg whites (or 3 additional eggs)
- 2/3 cup unsweetened oat milk (or other non-dairy milk)
- 2 Tablespoons nutritional yeast
- fresh chopped thyme, for garnish



INSTRUCTIONS

Preheat the oven to 400°F.

All oil to a medium skillet over medium-high. Add onion, garlic, bell pepper and cook until onion is translucent, about 6-7 minutes. If you're using fresh spinach, after about 5 minutes add in your chopped spinach until cooked down. Sprinkle salt and pepper on veggies while they cook. Set aside to cool.

While the veggies cook, make sure the spinach is as dry as possible by squeezing out all of the water. I like wrapping the spinach in a couple paper towels while squeezing to help absorb some of the liquid.

In a small bowl, whisk together eggs, egg whites, oat milk, Italian seasoning and nutritional yeast. Scatter veggie mixture and chopped spinach on the bottom of prepared crust.

Pour egg mixture over top and push under any ingredients not covered by the egg mixture to prevent burning. Bake uncovered until set and golden brown around edges, about 45 minutes. Let quiche rest at room temperature for 10 minutes, then cut into slices, top with fresh thyme and serve.

Store leftovers in the fridge for up to 5 days. Reheat in the oven or

<https://www.eatingbirdfood.com/dairy-free-spinach-quiche/#tasty-recipes-48630>

On the go egg muffins

Ingredients:

- 1 tablespoon extra virgin olive oil
- One red or orange bell pepper diced
- One large portobello mushroom, diced
- One small onion, diced
- Two handfuls fresh spinach or in a dark greeny few vegetables that you like bok choy kale collards
- 1/2 cup diced smoked salmon that has been heated in the skillet or in oven
- Eight whole eggs
- your favorite seasonings for eggs
- 1/2 cup grated fresh Parmesan cheese



Directions:

1. Preheat oven to 350°F
2. Heat your smoked salmon in the oven for 3 to 4 minutes on each side until this salmon no longer looks raw but is opaque. Do not over cook. Remove from the oven when ready.
3. Meanwhile, heat 1 tablespoon at the virgin olive oil over medium heat and sauté the bell pepper, mushrooms, and onion for five minutes. Season to taste and add more extra Virgin olive oil as needed.
4. Spoon the sautéed produce into individual muffin slots on a standard muffin pan.
5. Add the cooked diced smoked salmon to individual muffin cups
6. In a separate bowl whisk together the eggs and season to taste with preferred seasoning
7. Poor the egg mixture into each muffin slot and mix in with the vegetables and salmon
8. Evenly sprinkle the top of each muffin with the Parmesan cheese
9. Bake for 14 to 16 minutes until the eggs are completely set
10. Enjoy

Recipe by Amy Aristotelous and Richard Oliva

Swiss Chard and Onion Frittata

Ingredients

- 4 teaspoons olive oil, divided
 - 1 cup thinly sliced onion
 - 4 cups trimmed and thinly sliced Swiss chard
 - 1/2 teaspoon kosher salt, divided
 - 1/4 teaspoon freshly ground black pepper
 - 2 tablespoons chopped fresh flat-leaf parsley
 - 4 tablespoons small fresh basil leaves, divided
 - 1 teaspoon minced garlic
 - 4 large eggs, lightly beaten
 - 1.5 ounces Gruyère cheese, shredded and divided (about 1/3 cup)
-
- 2 tablespoons grated vegetarian Parmesan cheese
-



How to Make It

Step 1

Heat a 10-inch ovenproof nonstick skillet over medium-low heat. Add 2 teaspoons olive oil to the pan; swirl to coat. Add thinly sliced onion; cook for 12 minutes or until onion is tender, stirring occasionally. Add chard; cook for 10 minutes or until chard is tender, stirring occasionally. Sprinkle with 1/4 teaspoon salt and black pepper.

Step 2

Combine parsley, 2 tablespoons basil, garlic, eggs, and remaining 1/4 teaspoon salt, stirring with a whisk. Add chard mixture to egg mixture. Stir in 1 ounce Gruyère cheese.

<https://www.myrecipes.com/recipe/swiss-chard-onion-frittata>

Greg in Sandiego's Roasted Pecan Pumpkin Soup

INGREDIENTS

- 1 fresh yellow onion, quartered
- 1/2 cup pecan halves
- 1 fresh garlic clove
- 6 cups chicken stock
- 2 1/4 cups canned pumpkin puree (not pie filling) or 2 1/4 cups fresh pumpkin
- 1 1/2 teaspoons salt
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon white pepper
- Butter to taste
- 1/2 cup cream
- 1 pinch fresh ground nutmeg
- Parsley - garnish- eat the garnish



DIRECTIONS

1. In the work bowl of your food processor, fitted with a metal blade, process onion, pecans and garlic until ingredients are finely chopped.
2. Transfer mixture to a large saucepan over medium heat.
3. Sauté with butter until onions are opaque and pecans are light brown -- 5 to 8 minutes.
4. Add chicken stock, pumpkin puree, salt, thyme, nutmeg and white pepper.
5. Bring to a simmer.
6. Reduce heat to low and simmer, uncovered, for about 20 minutes.
7. Stir in full fat coconut cream.
8. Pour into pre-heated soup bowls.
9. Garnish with parsley sprigs

<https://www.food.com/recipe/roasted-pecan-pumpkin-soup-273459>

Minimalist Baker's Simple Pumpkin Soup (from Fresh Pumpkin)

Ingredients:

SOUP

- 2 sugar pumpkins (2 pumpkins yield ~2 1/4 cups (450 g) pumpkin puree)
- 1 Tbsp olive oil (or sub water if oil-free)
- 2 medium shallots (diced // 2 shallots yield ~1/4 cup or 40 g)
- 3 cloves garlic (minced // 3 cloves yield ~1 1/2 Tbsp or 9 g)
- 2 cups vegetable broth ([*DIY*](#) or store-bought)
- 1 cup canned light coconut milk (or sub other non-dairy milk with varied results)
- 2 Tbsp maple syrup or agave nectar (or honey if not vegan)
- 1/4 tsp each sea salt, black pepper, cinnamon, nutmeg

GARLIC KALE SESAME TOPPING (*optional*)

- 1 cup roughly chopped kale
- 1 large clove garlic (minced)
- 2 Tbsp raw sesame seeds
- 1 Tbsp olive oil
- 1 pinch salt



Instructions

1. Preheat the oven to 350 degrees F (176 C) and line a baking sheet with parchment paper.
2. Using a sharp knife, cut off the tops of the sugar pumpkins and then halve them. Use a sharp spoon to scrape out all of the seeds and strings (see notes for a link to roasting seeds).
3. Brush the flesh with oil and place face down on the baking sheet. Bake for 45-50 minutes or until a fork easily pierces the skin. Remove from the oven, let cool for 10 minutes, then peel away skin and set pumpkin aside.
4. To a large saucepan over medium heat add olive oil, shallot and garlic. Cook for 2-3 minutes, or until slightly browned and translucent. Turn down heat if cooking too quickly.
5. Add remaining ingredients, including the pumpkin, and bring to a simmer.
6. Transfer soup mixture to a [**blender**](#) or use an [**immersion blender**](#) to puree the soup. If using a blender, place a towel over the top of the lid before mixing to avoid any accidents. Pour mixture back into pot.

7. Continue cooking over medium-low heat for 5-10 minutes and taste and adjust seasonings as needed. Serve as is or with Kale-Sesame topping.
8. **For the Kale-Sesame topping:** In a small skillet over medium heat, dry toast sesame seeds for 2-3 minutes, stirring frequently until slightly golden brown. Be careful as they can burn quickly. Remove from the pan and set aside.
9. To the still hot pan, add olive oil and garlic and sauté until golden brown – about 2 minutes. Add kale and toss, then add a pinch of salt and cover to steam. Cook for another few minutes until kale is wilted and then add sesame seeds back in. Toss to coat and set aside for topping soup.
10. Recipe serves 3-4 (as originally written). Leftovers keep in the fridge for up to a few days and in the freezer for up to a month or more.

<https://minimalistbaker.com/simple-pumpkin-soup/>

Sweet Potato and Tahini Soup

Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 4 cloves garlic, sliced
- 1 tablespoon minced or grated ginger
- 1 1/2 teaspoons ground coriander
- 3/4 teaspoon ground cumin
- 1 1/2 teaspoons salt, divided
- 3 medium sweet potatoes, peeled and sliced into thin rounds or half-rounds (1 1/2 to 2 pounds)
- 2 tablespoons well-stirred tahini
- Fresh lemon juice
- Frizzled Shallots (recipe follows; optional)



Directions

1. Warm the olive oil over medium heat in a soup pot or Dutch oven, then add the onion, garlic, ginger, coriander, cumin, and 1/2 teaspoon of the salt. Cook until the onion is soft and beginning to caramelize, 6 to 8 minutes.
2. Add the sweet potatoes, raise the heat slightly, and stir until they're glistening all over, another 3 to 4 minutes. Cover with 5 cups of water. Bring to a simmer and add the remaining 1 teaspoon salt. Cook for about 15 minutes, until the sweet potatoes are tender.
3. Add the soup to a blender with the tahini, in batches if necessary, and puree. (You can also use an immersion blender, but be thorough to achieve a properly smooth consistency.) Return to the pot to rewarm, add lemon juice and additional salt to taste, and serve hot, with frizzled shallots, if you like.

Frizzled Shallots

- Vegetable, grapeseed, or canola oil, for frying
- 5 small or 3 large shallots, sliced into paper-thin wisps on a mandoline
- Salt

Heat about 1/4 inch of oil in a small skillet over medium heat. Dip a ring of shallot into it to ensure it's properly hot—it will sizzle immediately when it's ready—then add the rest of them. Cook until they get crisp and turn a reddish-brown color, 10 to 20 minutes. Watch carefully once they start to color, as they can burn easily. Use a slotted spoon to transfer them to a paper towel-lined plate to drain. Sprinkle with salt. Save the oil—strain it through a coffee filter and then use it in salad dressings where you want a savory kick!

<https://www.splendidtable.org/story/2020/03/24/sweet-potato-and-tahini-soup>

Easy Chia Seed Breakfast Pudding (A)

Ingredients:

- ½ cup unsweetened full fat coconut milk
- 1 ½ tablespoons chia seeds
- ½ teaspoon vanilla extract
- ¼ cup Fresh Blueberries or Mixed Berries (optional)
- Optional sweeten with Stevia as needed

Directions:

1. Combine coconut milk, chia seeds and vanilla extract in a small bowl
2. Cover and refrigerate for at least 2 hours or up to overnight
3. Top with your favorite berries (optional)



Purchase Options Here:

[Bob's Red Mill Chia Seeds](#)

[Navitas Chia Seeds](#)

[Bare Organics Chia Seeds](#)



[Native Forest Organic Full Fat Coconut Milk](#)

Easy Chia seeds breakfast pudding (B)

This is a great healthy fat alternative if you are unable to tolerate avocado

Ingredients:

- 1/2 cup unsweetened coconut milk
- One and 1/2 Chia seeds
- 1/2 tsp. vanilla extract
- Fresh or frozen berries thawed optional

Directions:

1. Combine coconut milk, Chia seeds, and vanilla extract in a small bowl.
2. Cover and refrigerate for at least two hours, for up to overnight.
3. Top with your favorite berries optional
4. Recipe by Amy Aristotelous and Richard Oliva

Almost Keto oatmeal

Ingredients:

- 1/4 cup hemp hearts
- 1 tablespoon golden flaxseed meal
- One half tablespoon Chia seeds
- 1 tablespoon chopped pistachios
- 1 tablespoon pumpkin seeds
- 1/2 cup coconut milk

Directions:

1. Combine all dry ingredients and placed in a saucepan
2. At coconut milk and whisk together
3. Simmer on low medium until thickened
4. Add your favorite toppings - strawberries blueberries cinnamon vanilla coconut cream, almond butter

Recipe by Amy Aristotelous and Richard Oliva



Simple Gluten Free Traditional Oats with Berries

Ingredients

- 1 cup **Gluten Free Rolled Oats** or Gluten Free Organic Rolled Oats
- 2 cups Water
- 1/4 tsp **Sea Salt**
- 1/4 - 1/2 cup Blackberries, blueberries, raspberries

Instructions

1. *Stovetop:* Bring the water and salt to a boil. Add the rolled oats, reduce heat, and cook 10-20 minutes (depending on the consistency you desire). Stir occasionally. Cover and remove from heat and let stand a few minutes.
2. Makes 2 servings.



Shredded Brussels sprouts with warm walnut dressing

Ingredients:

- 1 pound Brussels sprouts shredded
- 2 tablespoons grapeseed oil (use olive if you don't have this)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon minced shallots
- One garlic clove minced
- One teaspoon ground black mustard seeds, yellow mustard seeds are fine if you cannot find brown or black
- 2 tablespoons apple cider vinegar
- 1/4 teaspoon sea salt
- Pinch of freshly ground black pepper
- 1/4 cup chopped walnuts
- 1 tablespoon minced fresh chives, for garnish optional



Directions:

1. For one cup of water into the bottom of a medium saucepan and bring it to a boil over high heat.
2. Place a steaming rack or basket over the boiling water. Add the brussels sprouts, cover, and steam until tender, 3 to 5 minutes.
3. Transfer to a large bowl and allow them to cool
4. In a small skillet, heat both of the oils over low heat.
5. Add the shallots, garlic, mustard seed, vinegar, salt, and black pepper.
6. When the dressing is slightly warm, drizzle it over the Brussels sprouts.
7. Mix to coat evenly. Top with the walnuts and chives, if desired

Vegetable Hash with Fried Eggs

Ingredients:

- 2 Tbsp extra-virgin olive oil
- 1 medium yellow onion, diced
- 1 medium white or green cabbage, diced
- 1 organic red bell pepper, seeded and diced
- 1 organic green bell pepper, seeded and diced
- 8 asparagus spears, trimmed and cut into ¼ inch pieces
- 2 scallions, thinly sliced
- ½ teaspoon dried thyme or 1 Tbsp Fresh
- ½ teaspoon dried oregano or 1 Tbsp Fresh
- ½ teaspoon dried sage or 1 Tbsp Fresh
- ¼ teaspoon sea salt
- Pinch of freshly ground black pepper
- 8 large omega 3 eggs (organic)
- ½ ripe avocado, pitted, peeled and sliced for garnish
- Chopped fresh basil or parsley, for garnish

Directions:

1. Preheat the oven to 400 degrees F
2. Heat oil in a large oven-safe saute pan or cast iron skillet over medium heat for 30 seconds.
3. Add the onion and saute, stirring occasionally, until lightly caramelized and golden, 5 to 7 minutes
4. Add the cabbage and saute until soft and golden, 7 -8 minutes
5. Add the bell peppers and saute until they begin to caramelize, about 5 minutes
6. Add the asparagus and scallions and cook for an additional 1 - 2 minutes, or just until the asparagus turns bright green.
7. Season the vegetables with the dried herbs, salt, and black pepper
8. Make 4 small wells in the surface of the hash, each about the size of a lemon, and carefully break two eggs into each well.
9. Place the pan in the oven and bake until the eggs are set, 5 or 7 minutes. You can also poach or fry the eggs and then just serve them on individual plates of hash.
10. Garnish egg with a sliced avocado and fresh herbs and serve

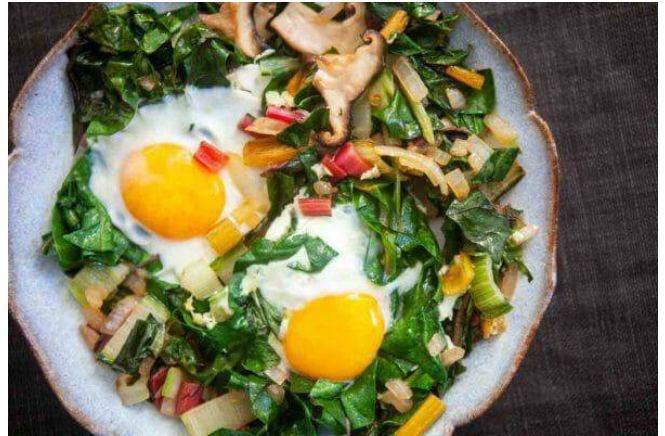
Reference: Mark Hyman



Eggs Nested in Sautéed Chard and Mushrooms

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 1/2 cup chopped onion
- 1/2 pound of fresh chard
- 2-3 large shiitake mushrooms, sliced into 1/4-inch thick slices
- Salt and freshly ground black pepper
- 1 to 2 eggs



METHOD

1 Prep the chard: Cut out the thick, tough center ribs of the chard leaves. Chop the ribs into 1/2 inch pieces and place in a bowl.

Add the chopped onions and mushrooms to the bowl.

Cut the remaining chard leaves crosswise into 1-inch ribbons, set aside.

2 Sauté chard ribs, onions, mushrooms: Heat the olive oil in a large, stick-free sauté pan (with cover) on medium high heat. Add the onions, chard ribs, and mushrooms. Sauté for about 4 to 5 minutes, until the onions are translucent and the mushrooms are a little brown on the edges and have started to give up their moisture.

3 Add the sliced chard leaves, season with salt and pepper: Add the green sliced chard leaves to the sauté pan. Use tongs to turn the leaves over in the pan so that the leaves get coated with some of the olive oil and the onions and mushrooms are well mixed in with the leaves. Sprinkle with salt and pepper.

4 Add the eggs: Spread the mixture evenly over the bottom of the pan. Crack one or two fresh eggs in the center of the pan, over the chard mushroom mixture. Cook uncovered until the bottom whites are well set. Then lower the heat to medium and cover the pan. Cook for another minute or two.

When the whites are cooked, remove the pan from the heat and use a spatula to gently transfer the eggs and chard to a plate to serve.

Serve immediately. Cut into the egg yolks so that the runny yolks run over the chard and mushrooms and form something of a sauce.

from Simply Recipes ~ https://www.simplyrecipes.com/recipes/eggs_nested_in_sauteed_chard_and_mushrooms/

Frankie Cox's Brassica Bowl

INGREDIENTS

- 4 large eggs
- 1 bunch broccolini, trimmed
- 5 tablespoons olive oil, divided
- Kosher salt
- 1 small shallot, finely chopped
- 2 tablespoons apple cider vinegar
- 1 tablespoon whole grain mustard
- ½ bunch curly kale, ribs and stems removed, leaves torn into 2-inch pieces (about 8 cups)
- 8 ounces brussels sprouts, trimmed, thinly sliced lengthwise
- Freshly ground black pepper
- ½ cup unsalted, roasted sunflower seeds, divided
- ½ cup hummus
- 1 avocado, quartered lengthwise
- 2 tablespoons finely chopped chives
- 1 tablespoon toasted sesame seeds
- Crushed red pepper flakes (for serving)



RECIPE PREPARATION

- Cook eggs in a large saucepan of boiling water for 7 minutes (whites will be set and yolks still slightly soft). Drain; transfer to a bowl of ice water and let sit until cool. Drain; peel eggs and cut in half lengthwise. Set aside. **(SEE NOTES ON BEST PRACTICES BELOW FOR BOILING EGGS)**
- Preheat the oven to 500°. Toss broccolini with 1 Tbsp. oil on a rimmed baking sheet and season with salt. Roast, turning occasionally, until crisp-tender and charred in spots, 8–10 minutes. Let cool, then coarsely chop.
- Whisk shallot, vinegar, mustard, and remaining 4 Tbsp. oil in a large bowl until emulsified; season with salt. Add kale and brussels sprouts and toss to coat; season with salt and pepper. Massage kale until slightly softened, about 5 minutes. Add roasted broccolini and 2 Tbsp. sunflower seeds; toss again.
- Swipe some hummus along the inside of each bowl with a spoon. Divide salad among bowls and add an avocado wedge and 2 reserved egg halves to each. Top with chives, sesame seeds, and remaining sunflower seeds; sprinkle with red pepper flakes.

Courtesy of Bon Appetit <https://www.bonappetit.com/recipe/brassicas-bowl>

Njeri's Notes for **BEST PRACTICES FOR COOKING A BOILED EGG** that peels without sticking. Bring the water to a boil first. Then place the egg in boiling water and let cook for 7 minutes for the whites to set but yolk to be soft. 9 minutes for the yolk to start to set and 11 minutes for fully set yolk. The softer the egg the easier it is to digest the protein.

Easy Chia Seed Breakfast Pudding (A)

Ingredients:

- ½ cup unsweetened full fat coconut milk
- 1 ½ tablespoons chia seeds
- ½ teaspoon vanilla extract
- ¼ cup Fresh Blueberries or Mixed Berries (optional)
- Optional sweeten with Stevia as needed

Directions:

4. Combine coconut milk, chia seeds and vanilla extract in a small bowl
5. Cover and refrigerate for at least 2 hours or up to overnight
6. Top with your favorite berries (optional)



Purchase Options Here:

[Bob's Red Mill Chia Seeds](#)

[Navitas Chia Seeds](#)

[Bare Organics Chia Seeds](#)



[Native Forest Organic Full Fat Coconut Milk](#)

Easy Chia seeds breakfast pudding (B)

This is a great healthy fat alternative if you are unable to tolerate avocado

Ingredients:

- 1/2 cup unsweetened coconut milk
- One and 1/2 Chia seeds
- 1/2 tsp. vanilla extract
- Fresh or frozen berries thawed optional

Directions:

5. Combine coconut milk, Chia seeds, and vanilla extract in a small bowl.
6. Cover and refrigerate for at least two hours, for up to overnight.
7. Top with your favorite berries optional
8. Recipe by Amy Aristotelous and Richard Oliva

Almost Keto oatmeal

Ingredients:

- 1/4 cup hemp hearts
- 1 tablespoon golden flaxseed meal
- One half tablespoon Chia seeds
- 1 tablespoon chopped pistachios
- 1 tablespoon pumpkin seeds
- 1/2 cup coconut milk

Directions:

5. Combine all dry ingredients and placed in a saucepan
6. At coconut milk and whisk together
7. Simmer on low medium until thickened
8. Add your favorite toppings - strawberries blueberries cinnamon vanilla coconut cream, almond butter

Recipe by Amy Aristotelous and Richard Oliva



Simple Gluten Free Traditional Oats with Berries

Ingredients

- 1 cup **Gluten Free Rolled Oats** or Gluten Free Organic Rolled Oats
- 2 cups Water
- 1/4 tsp **Sea Salt**
- 1/4 - 1/2 cup Blackberries, blueberries, raspberries

Instructions

3. *Stovetop:* Bring the water and salt to a boil. Add the rolled oats, reduce heat, and cook 10-20 minutes (depending on the consistency you desire). Stir occasionally. Cover and remove from heat and let stand a few minutes.
4. Makes 2 servings.



Overnight Oats

Basic Recipe:

1 part oats + 1 part milk + 1/8 part seeds To start, combine old fashioned oats and chia seeds. You can use a bowl, a mason jar or just some glass cups

Ingredients

Base

- ½ cup rolled old fashioned oats
- ½ cup milk of choice (almond milk, coconut milk, hemp milk, 2% organic cows milk)
- ¼ cup nonfat or 2% fat Greek yogurt or Coconut Yogurt
- 1 tablespoon chia seeds
- 1 Tablespoon of Mashed or Pureed fruit or 2-3 Tablespoons fresh fruit or 1 - 2 teaspoons of dried fruit raisins, or a Stevia - follow Stevia label)
- 1/4 teaspoon vanilla extract

OPTIONAL ADDITIONS TO MAKE THEMED OATS

Almond Butter & Jelly

- 1 tablespoon strawberry jam
- 1 tablespoon Almond butter
- ¼ cup diced strawberries
- 2 tablespoons almonds crushed

Apple Pie

- 1/4 cup diced apples
- 1 tablespoon pecans chopped
- 2 teaspoons maple syrup
- ¼ teaspoon ground cinnamon

Banana Nutella (Limit or avoid the Nutella. Add the Nutella only once weekly as a treat)

- ½ banana sliced
- 1 tablespoon Nutella
- 1 tablespoon hazelnuts crushed
- 1 tablespoon at least 65% dark chocolate chips/chunks/slivers

Almond Joy

- ¼ cup shredded coconut
- 1 tablespoon almonds chopped



- 1 tablespoon chocolate chips
- 2 teaspoons maple syrup

Instruction

1. Place all ingredients into a large glass container and mix until combined.
2. Cover the glass container with a lid or plastic wrap. Place in the refrigerator for at least 2 hours or overnight. Toppings can be added the night before or immediately before serving.
3. Uncover and enjoy from the glass container the next day. Thin with a little more milk or water, if desired.

Helpful Notes

Storage: Overnight oats can be stored in the fridge for up to 5 days. This makes it an ideal breakfast meal prep to make on Sunday night for the week.

Substitutes: For best results, follow the recipe as is. However here are some common substitutes that would work well in this recipe.

- **Make it vegan:** Use plant-based milk, plant-based yogurt, and maple syrup for sweetener
- **Make it gluten-free:** Use certified gluten-free oats
- **Make it sugar-free:** Omit the sweetener all together or used mashed or pureed fruit in the base recipe

Nutrition: Please note that the nutrition label provided is an estimate based on an online nutrition calculator. It will vary based on the specific ingredients you use. This information should not be considered a substitute for a professional nutritionist's advice. The nutrition value is for one serving without any toppings.

Recipe adjusted from Feel Good Foodie

<https://feelgoodfoodie.net/recipe/overnight-oats/>

Amaranth Hot Cereal with Cherries and Walnut

Ingredients

- **1 cup** whole grain amaranth
- **2 cups** dairy free milk or reduced-fat (2%) milk
- **1/2 cup** dried cherries
- **1/2 cup** toasted chopped walnuts
- **1 tablespoon** maple syrup
- **1/4 teaspoon** ground cinnamon
- **1/8 teaspoon** grated nutmeg

Directions:

1. Place amaranth, milk and 1 cup water in a medium saucepan. Bring to a boil.
2. Reduce heat to medium-low and simmer, stirring frequently, until most liquid is absorbed and amaranth is cooked through and tender, about 25 minutes.
3. Stir in cherries, walnuts, maple syrup, cinnamon and nutmeg until combined. Serve hot.

<https://www.wholefoodsmarket.com/recipes/amaranth-hot-cereal-cherries-and-walnuts>



Blueberries 'n' cream Amaranth porridge

- 1/2 cup amaranth, uncooked
- 1 cup water (or coconut milk)
- 1 cup blueberries, frozen or fresh
- 1 tablespoon maple syrup
- 1/2 vanilla bean
- 1–2 tablespoons Full Fat coconut milk
- pinch of salt

1. Soak Amaranth overnight (if possible.)
2. Drain and rinse amaranth. Combine with one cup of water and pinch of salt. Bring amaranth to a boil, and reduce to a simmer (all the way to low.) Cover and let simmer for 15 minutes. Remove from heat and let sit for 10 more minutes to thicken amaranth.
3. In a separate pot add blueberries, maple syrup, and 1 tablespoon of heavy cream. Scrap out vanilla bean and toss both the seeds and the pod into the blueberries. Heat over low until blueberries are heated through (making sure not to boil the heavy cream.)



4. Serve by pouring blueberry liquid in the bottom, followed by amaranth, then top with blueberries. <https://naturallyella.com/blueberries-n-cream-amaranth-porridge/>

Breakfast Quinoa

Ingredients

- 2/3 cup quinoa, rinsed
- 1 cup coconut milk (I prefer full fat)
- 2 tsp vanilla extract
- 1–2 tsp sugar, depending on preference (or omit)
- pinch of ground nutmeg
- 1/4 tsp ground cinnamon
- toppings of your choice (nuts, dried/fresh fruit, coconut milk, chocolate chips - dark 70% only)

Instructions

1. Combine all ingredients in a saucepan over medium heat.
2. Cook for 15-20 minutes, or until quinoa has absorbed all excess liquid and can be fluffed.
3. Top with extra coconut milk, nuts, fruits, or whatever you'd like!

<https://thekitchenpaper.com/breakfast-quinoa/print/10510/>



Kitchen Vignettes Teff Porridge with Apples, Dates, and Pecans

Ingredients

- 1/2 cup teff
- 1 1/2 cup water
- 1 tbsp butter (optional)
- 6 medjool dates, pitted and chopped
- 1 apple, cubed small
- One small handful of pecans, chopped
- 1/2 teaspoon cinnamon
- 1/4 cup full fat coconut milk or almond milk or hemp milk or oat milk

Directions

1. Place a small heavy saucepan on medium-low heat, and add the teff.
2. Toast it, stirring frequently to make sure it doesn't burn. After about 5 to 10 minutes, the grains will make little crackling sounds as they start to pop.
3. Add the water, butter, cinnamon, half of the dates and stir well.
4. Bring to a gentle boil, cover, and cook for about 15 to 20 minutes. If the porridge becomes too thick, you can add a little water.
5. Once the porridge is thickened to your liking and the grains are soft (about 15 to 20 minutes), remove from heat. Stir in the cream or milk, ladle into bowls and top with chopped apple, pecans, and remaining chopped dates.
6. Sweeten with honey or maple syrup if you wish, though the dates already lend a sweetness.



7. Dust with a little cinnamon and serve. Yield: 2 servings

<https://www.pbs.org/food/kitchen-vignettes/teff-porridge/>

Peanut Butter Flaxseed Pancakes

Ingredients

- 1 batch [flax egg](#) (1 Tbsp (7 g) flaxseed meal + 2 ½ Tbsp (37 ml) water as original recipe is written // or sub chicken egg)
- 1 Tbsp Earth Balance (melted // or other non-dairy butter)
- 1/2 cup unsweetened vanilla almond milk
- 1 Tbsp agave nectar or maple syrup (or honey for non-vegan)
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1 Tbsp [natural salted peanut butter](#) (crunchy or creamy // plus extra for topping)
- 1 pinch salt
- 1/2 tsp pure vanilla extract
- 1/2 cup [oat flour](#)
- 1/4 cup whole-wheat pastry flour



Instructions

1. Preheat electric griddle to medium heat (or about 350 degrees F / 176 C), or a large skillet on the stovetop. You want the surface to be hot but not screaming hot – oil shouldn't smoke when it makes contact with the surface.
2. To a large mixing bowl add flaxseed and water and let set for a minute or two. Then add melted Earth Balance, agave nectar, peanut butter, baking soda, baking powder, salt, vanilla extract and whisk to combine. Add almond milk and whisk again until well combined.
3. Next add oat and whole wheat pastry flour and stir until just combined. Let the batter rest for 5 minutes.
4. Lightly grease your griddle and pour scant 1/4 cup measurements of the batter onto the griddle. There should be 6 pancakes (as the original recipe is written). Flip when bubbles appear in the middle and the edges turn slightly dry, being careful not to burn.
5. Cook for 1-2 minutes more on the other side and then top with Earth Balance or more peanut butter and a light drizzle of maple syrup, or whatever else you please.
6. Will reheat well the next day in the microwave.

<https://minimalistbaker.com/peanut-butter-flaxseed-pancakes/#wprm-recipe-container-36283>

Life-Changing Banana Walnut Pancakes (GF)

Ingredients

PANCAKES

- 2 cups gluten-free oat flour (I ground mine from whole oats)*
- 1 1/2 cups [gluten-free all-purpose flour](#) (I used my [DIY blend](#))
- 1/2 cup [almond flour](#) (not almond meal, OR sub more gluten-free blend)*
- 1 1/2 Tbsp baking powder
- 1 tsp sea salt
- 1 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger (*optional*)
- 1/4 tsp ground nutmeg (*optional*)
- 2 medium ripe bananas (the riper the better)
- 3 Tbsp [melted coconut oil](#)* (plus more for cooking)
- 1 1/2 Tbsp vanilla extract
- 2 1/2 Tbsp maple syrup (I like Grade A)
- 2 1/4 cups non-dairy milk (I used plain unsweetened almond milk)
- 3/4 cups chopped raw walnuts
- 1/4 cups gluten-free rolled oats

FOR SERVING *optional*

- Vegan butter or nut butter
- Granola (I used this [Nut 'n' Honey recipe](#) sweetened with maple syrup)
- Large flake or desiccated coconut
- Sliced bananas
- Maple syrup



NOTE: During the Detox Forgo using syrups, honey, sugar, agave. Using a few Dried fruits like organic raisins, goji berries and or fresh fruits, bananas, berries etc and cinnamon provide a nice sweetness. Also stewing down fresh or frozen fruits like apples and berries may also be used. Once off the detox feel free to add back in thoughtful amounts of sweetener, aiming for 6 teaspoons or less of added sugar/sweetener per day. Also, consider using stevia as needed.

Daily Burns' No-Bake Raspberry Chia Breakfast Bar Recipe

Ingredients

For the raspberry chia jam:

- 1 cup raspberries
- 1 teaspoon honey
- 1 teaspoon lemon juice
- 1 tablespoon chia seeds

For the bars and crumble topping:

- 1 cup rolled oats
- 1 cup walnuts
- 1 1/4 cup pitted Medjool dates
- 1 vanilla bean (or 1 teaspoon of vanilla extract)
- 1/2 teaspoon sea salt

Preparation

1. Place the chia jam ingredients in a food processor and process until smooth. Set the jam aside to thicken in a separate bowl for about 15 minutes while you prepare the bars.
2. Rinse the food processor. Pulse the oats in the food processor until they become the texture of coarse flour. Add the walnuts, whole vanilla bean and salt. Turn the processor on and with the motor running, add the dates through the feeder one at a time until the mixture is uniform in texture.
3. Evenly press 3/4 of the mixture in an 8-inch by 8-inch square pan, reserving the other 1/4 as the crumble topping.
4. Spread the chia jam over the mixture in the pan. Sprinkle with the remaining crumble topping. Cover and refrigerate for at least one hour before cutting into bars. Store bars in the refrigerator.



<http://dailyburn.com/life/recipes/raspberry-chia-breakfast-bar-recipe/>

LUNCH

Bok choy stir fry with black cod

Ingredients:

- 4 tablespoons grapeseed oil or olive oil
- 4 ounces boneless skin on black cod or any other oily fish fillets
- Sea salt
- Three garlic cloves, minced
- One(1 inch) piece ginger peeled and minced
- 8 ounces shiitake mushrooms, stems removed, caps cut into 1/4 inch thick slices
- Four scallions, cut on the bias into 1 inch pieces
- 1 tablespoon gluten-free, low-sodium Tamari
- One red bell pepper, seeded and thinly sliced
- 1 pound baby bok choy, trimmed, have link wise it's large

Directions;

1. Heat a well seasoned stovetop grill pan or large skillet over medium high heat.
2. Rub 1 tablespoon of the oil over the fish and sprinkle the flesh Side with 1/4 teaspoons salt, place the fillets, skin side up in the hot pan.
3. Cook until the flesh releases easily from the pan for about five minutes.
4. Carefully turn each piece over and cook just until opaque throughout, about three minutes. Transfer to a plate.
5. While the fish cooks, heat 1 tablespoon of the oil in a large skillet over medium high heat until shimmering.
6. At half of the garlic and ginger and cook, stirring, for five seconds.
7. Add the mushrooms, scallions, one and a half tablespoons of water, and a pinch of salt. Cook, stirring occasionally until the mushrooms are lightly browned and tender, for about five minutes.
8. Stir in the tamari, then transfer the mixture to a bowl.
9. Heat the remaining 2 tablespoons oil in the same skillet add the remaining garlic and ginger and cook, stirring for five seconds add the bell pepper, bok choy, 1 1/2 tablespoons of water and 1/4 tsp. salt.
10. Cook, stirring just until the vegetables are crisp tender about three minutes return the mushroom mixture to the skillet and fill gently to mix.
11. Divide among four serving plates and top with the grilled fish. Serve.

Recipe by Mark Hyman



BNH Note: Feel free to use Braggs Liquid Aminos in place of Tamari if needed

Kirsten's Miso Glazed Black Cod:

(serves 2)

- 2 8 oz filets of black cod or other fish like halibut
- 1/2 cup white miso paste
- 1/4 cup sake
- 1/4 cup Mirin (sweet rice wine)
- 4 tbsp brown sugar

Directions:

1. Mix all ingredients except fish in a bowl.
2. Pour over fish and marinate in a shallow pan or ziplock bags for 4 hours. Remove fish, let excess marinade drain off and saute in a hot pan with olive oil just until cooked through.



Sweet Miso Sauce (for drizzling):

- 1/4 c white miso paste
- 1/4 c sake
- 1/4 c mirin
- 2 tbsp brown sugar

Directions:

1. Simmer over high heat until reduced and thickened. Drizzle over fish for service.
2. Sauteed Baby Bok Choy:
3. 1 lb baby bok choy
4. 2 tbsp olive oil
5. 1 tsp sesame oil
6. Salt and pepper to taste

Directions:

1. Heat oils over medium high heat, add washed, drained and trimmed bok choy. Saute until bright green and slightly softened. Season to taste with salt and pepper.

<http://homecookkirsten.blogspot.com/2006/12/miso-glazed-black-cod-over-sauteed-baby.html>

BNH Note: Feel free to use Braggs Liquid Aminos in place of Tamari if needed

Mayo free tuna salad

Ingredients:

- One egg
- One canned tuna packed in water string out as much water as possible
- 1 tablespoon extra virgin olive oil
- Juice from one half lemon
- 1 tablespoon mustard
- Handful of parsley, chopped
- 2 tablespoons red onion, diced
- One celery stalk with leaves chopped
- Four cherry tomatoes, cut in half
- One half avocado, diced
- 1 cup Romaine lettuce chopped



Directions:

1. Boil the egg first
2. As the egg is boiling, mixed a can of tuna with all other ingredients except the lettuce
3. After the egg is done boiling, around 10 to 12 minutes, dice and mix into the salad.
4. Serve on a bed of lettuce or stuffed into an avocado, orange joy by itself.
5. Recipe by Amy Aristotelous and Richard Oliva

Asian spiced salmon cakes:

Ingredients:

- Two large seedless cucumbers, have lengthwise and thinly sliced
- Two medium shallots, one thinly sliced one minced
- 3 tablespoons apple cider vinegar
- 1 1 tablespoon +one teaspoon gluten-free, low-sodium tamari
- One half teaspoon toasted sesame oil
- Sea salt
- 1 head of Napa cabbage, cut into One inch pieces
- One and 1/4 boneless skinless wild salmon fillets cut into 1 inch pieces
- 3 ounces snow peas trimmed and thinly sliced
- 3 tablespoons mayonnaise or veganaise
- 1 tablespoon five spice powder
- 1 tablespoon grape seed oil



Directions:

1. In a medium bowl, toss the cucumber and sliced shallot with 2 tablespoons of vinegar, 1 teaspoon of the tamari, the sesame oil, and a pinch of salt
2. Let's stand while you prepare the salmon cakes
3. Pulse the Napa cabbage in a food processor until very finely chopped
4. Transferred to a colander and toss with 1/4 fourth teaspoon salt let's stand
5. Combine the minced shallot and remaining 1 tablespoon vinegar and a large bowl.
6. Pulse three quarters of the salmon in the food processor until finely ground
7. Transfer to the bowl with the shallot. Poles the remaining salmon until just coarsely chopped. Transfer to the bowl along with the snow peas, mayonnaise, remaining 1 tablespoon tamari, five spice powder, and 1/4 teaspoon salt.
8. Squeeze as much liquid as possible out of the cabbage with your hands.
9. Add the cabbage to the salmon mixture.
10. Mix well with your hands in shape into four equal size patties.
11. Heat the grape seed oil in a large nonstick skillet over medium high heat until shimmering
12. Add the patties and cook until browned and just cooked through, 2 to 3 minutes per side.
13. Served with the cucumber salad on the side

Reference: Mark Hyman

Citrus shrimp lettuce wrap tacos

Ingredients:

- 1 tablespoon avocado oil or olive oil
- One and 1/2 ground cumin
- One teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- One and 1/2 dried oregano
- 1 teaspoon paprika
- 1 1/2 tsp. salt
- One 1/2 teaspoons pepper
- One half pound medium shrimp
- Ate butter lettuce leaves or a hearts of Romaine leaves may be substituted
- 1/2 cup salsa or pico de Gallo
- Handful cilantro roughly chopped
- Two whole limes halved
- Thinly sliced red onion (1/2 to a whole)



Directions

1. heat oil in medium size pan over medium heat
2. Add all seasonings to the rostrum and toss together thoroughly, then placed in pain.
3. Cook shrimp on one side for two minutes then flip and cook for three additional minutes or until shrimp is opaque and cooked through. Remove from heat and set aside
4. Arrange the lettuce leaves on the plate or platter and divide the shrimp evenly into each leaf
5. Top with salsa or pico de gallo and cilantro
6. Top with generous amounts of freshly squeezed lime juice
7. Top with thinly sliced red onions

Recipe by Amy Aristotelous and Richard Oliva

South western chicken Lettuce Wraps**Ingredients:**

- 4 (6 ounce) boneless, skinless chicken breasts
- 3/4 teaspoon sea salt
- 1/4 cup mayonnaise or vegan A's
- 1/2 red onion finely chopped
- 3 tablespoons chopped fresh cilantro, plus additional cilantro breaks for serving
- Grated zest and juice of three limes make sure limes are organic for the zest
- Two jalapenos seeded and minced
- 2 teaspoons ground cumin
- One Romaine lettuce heart, separated into leave
- One avocado, pitted, appealed, and thinly sliced
- Lime wedges, for serving
- Hot sauce, for serving and optional

**Directions:**

1. Put the chicken in a large saucepan. Fillet almost to the top with cold water and add 1/2 teaspoon of the salt. Bring to a boil over medium high heat. Reduce the heat to a simmer and cook until the chicken is no longer pink in the center, 10 to 12 minutes.
2. Transfer the chicken to a cutting board. Went cool enough to handle, shred the chicken meet with your hands
3. In a large bowl, combine the shredded chicken mayonnaise onion chopped cilantro, lime zest and juices jalapenos crewmen and remaining 1/4 teaspoon salt. Mix well
4. Serve the chicken salad alongside lettuce leaves, avocado slices, cilantro sprigs, lime wedges and hot sauce of desire wrap the chicken salad in the lettuce leaves top with garnishes as desired.

Recipe by Mark Hyman

Southwestern turkey chili:

Ingredients:

- 1 tablespoon extra virgin olive oil
- 2 pounds ground turkey preferably dark meat
- One yellow onion finely chopped
- Two bell peppers any color seeded and finely chopped
- Two jalapenos seeded and minced
- Six garlic cloves minced
- 3 tablespoons chili powder
- 1 1/2 tbsp. smoked paprika
- One and 1/2 half tablespoons ground cumin
- One and 1/2 garlic powder
- Sea salt and freshly ground black pepper
- One(28 ounce) can tomato purée
- One(28 ounce) canned diced tomatoes
- One avocado, pitted pure dentist for garnish
- Two tablespoons chopped fresh salmon for garnish
- One scallion, sliced for garnish



Directions:

1. In a large saucepan heat the oil over medium high heat until shimmering.
2. Add the turkey and cook, breaking up with the spoon, until no longer pink, for about 5 to 7 minutes.
3. Stir in the onion, bell peppers, jalapenos, garlic, chili powder, paprika, cumin, garlic powder, 1 teaspoon salt, and a pinch of black pepper.
4. Add the tomato purée and the diced tomatoes with their juices, reduce the heat to medium, and cook, stirring occasionally, for 20 to 25 minutes.
5. Serve, topped with avocado, cilantro, and scallions.

Recipe by Mark Hyman

Megan Gilmore's Mediterranean Cauliflower "Rice" Salad

Ingredients

- 1/4 cup fresh lemon juice
- 2 Tablespoons olive oil
- 1/2 teaspoon salt
- 1 pound cauliflower rice
- 1 red bell pepper, diced
- 4 green onions, chopped
- 1/2 red onion, diced
- 1 cup cherry tomatoes, chopped
- 1 cup diced cucumber
- 1/2 cup freshly minced dill
- 1/2 cup freshly minced flat-leaf parsley

Black pepper, to taste topping ideas

starch: Cooked white beans

nuts/seeds/dried fruit: Almonds or walnuts animal protein: Crumbled feta cheese

Shredded Chicken



Directions

1. In a large bowl, stir together the lemon juice, olive oil, and salt. Add in the cauliflower rice, bell pepper, green onions, red onion, cherry tomatoes, cucumber, dill, parsley, and a few grinds of black pepper. Toss well.
2. Transfer the salad to an airtight container and store it in the fridge to marinate for at least 1 hour before serving. Serve chilled, and adjust the seasoning to taste, if necessary.
3. This salad should keep well in the fridge for up to 5 days when stored in an airtight container. Use one of the topping suggestions to the left for a filling and properly combined vegan meal.

Notes: If you don't digest raw vegetables easily, feel free to sauté the cauliflower rice, bell pepper, red onions, and tomato until tender before mixing them together with the rest of the ingredients. The resulting chilled salad will be slightly more moist, but just as tasty.

Olivia Riba's Mediterranean Cauliflower Salad

INGREDIENTS

FOR THE SALAD

- 1 small/medium head cauliflower — cut off the florets
- 1 cup red onion — chopped
- 1 cup cucumber — chopped
- 2 cups cherry tomatoes — cut in half
- 1/2 cup freshly minced dill
- 1/4 cup black olives
- 1/4 cup fresh parsley — chopped

FOR THE DRESSING

- 2 1/2 tablespoons olive oil
- 1 tablespoon freshly squeezed lemon juice
- Salt and black pepper
- 1 garlic clove — minced

INSTRUCTIONS

1. Pulse the cauliflower florets in a food processor for about 25-30 seconds until it's a rice-like consistency.
2. Place the cauliflower in a microwave-safe bowl and microwave for 3-4 minutes. The time will depend on the power of the microwave.
3. Once cauliflower is cool enough to handle, transfer to a salad bowl.
4. Add all the rest of the salad ingredients in the salad bowl.
5. In a mason jar, pour the olive oil and freshly squeezed lemon juice. Add salt, pepper, garlic and whisk everything together. Continue to whisk while streaming in the olive oil. Taste to check the seasoning.
6. Pour the dressing over the salad and toss well.
7. Top with parsley. Enjoy!



https://www.primaverakitchen.com/wprm_print/26957

BEETROOT AND FETA CHEESE SALAD

Ingredients

For Salad

- 4 medium beetroots
- 60 grams feta cheese
- 2 tablespoon roughly chopped parsley
- lemon vinaigrette

For Lemon Vinaigrette

- 3 tablespoons lemon juice
- 3 tablespoons olive oil
- 2 garlic cloves - minced
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt (or to taste)



Instructions

For Salad

1. Boil the beetroot on medium heat for 45 mins or until it can be easily pierced through with a knife.
2. The skin will easily peel off. After removing the skin of the beetroots, chop the beetroot into cubes and do the same with the feta cheese.
3. Roughly chop the parsley.
4. Combine beetroot, feta cheese, parsley with the lemon vinaigrette and serve.

For Lemon Vinaigrette

1. Mix all ingredients together in a bowl and whisk slightly.

<https://www.scrambledchefs.com/beetroot-and-feta-cheese-salad/>

Beet and red cabbage mixture**Ingredients:**

- 1/4 cup Beets raw
- A fourth cup chopped red cabbage
- 1 tablespoon flaxseed or hemp oil
- 1 tablespoon olive oil
- 1 teaspoon ground cinnamon
- A fourth teaspoon unsweetened cocoa or 1 teaspoon grated fresh ginger instead of the cocoa cinnamon combination

**Directions**

1. Combine all ingredients place in the food processor and pulse to your desired consistency

Strawberry spinach salad**Ingredients:**

- 4 cups of raw spinach for raw bok choy or shredded kale
- One half avocado, mashed
- 1 tablespoon at two virgin olive oil
- 1/2 cup chopped walnuts (or pecans)
- 1/4 cup crumbled feta or goat cheese
- 2 teaspoons apple cider vinegar
- Juice from one lemon
- Cup of fresh organic strawberries

**Directions:**

1. Place the spinach in a large bowl.
2. Combine the mashed avocado with extra virgin olive oil and mix until you have a creamy smooth texture
3. Massage and spinach with the avocado oil mixture until evenly coated
4. Top spinach with walnuts, cheese, apple cider vinegar, and freshly squeezed lemon juice
5. Top the entire salad with fresh cut organic strawberries

Recipe by Amy Aristotelous and Richard Oliva

STRAWBERRY AVOCADO SPINACH SALAD WITH POPPYSEED DRESSING

SALAD INGREDIENTS:

- 6 cups fresh baby spinach
- 1 pint strawberries, hulled and sliced
- 1 avocado, peeled, pitted and diced (*or you can double this to 2 avocados!*)
- 4 ounces crumbled blue cheese (*or goat cheese or feta*)
- 1/4 cup sliced almonds, toasted
- half a small red onion, thinly sliced

POPPYSEED DRESSING INGREDIENTS:

- 1/3 cup avocado oil (*or olive oil*)
- 3 Tablespoons apple cider vinegar
- 2 tablespoons honey
- 1 tablespoon poppy seeds
- pinch of ground dry mustard (*optional*)
- fine sea salt and freshly-cracked black pepper



INSTRUCTIONS

1. TO MAKE THE SALAD:
 - a. Toss all ingredients together with your desired amount of dressing until combined. Serve immediately.
2. TO MAKE THE POPPYSEED DRESSING:
 - a. Whisk all ingredients together until combined. Add a pinch of salt and pepper, or more to taste.

<https://www.gimmesomeoven.com/avocado-strawberry-spinach-salad-with-poppyseed-dressing/#tasty-recipes-62377>

Sautéed red cabbage

Ingredient

- 2 tablespoons coconut oil
- 4 cups chopped red cabbage
- 1 1/2 tbsp. sliced fresh ginger
- 1 tablespoon balsamic vinegar

Directions

1. heat coconut oil and gas give a
2. medium heat
3. Add cabbage, ginger, and vinegar sauté for two to four minutes or until
4. you get the desired you tolerate

Reference: Terry Wahls



BNH Note: sautee with caramelized onions and garlic to add more flavor

Heirloom tomato, cucumber, and radish salad

Ingredients:

- 1 pound mixed heirloom tomatoes, cut into slices, wedges, and or hats
- One small cucumber thinly sliced
- Two large radishes thinly sliced
- 2 tablespoons slivered almonds
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon sea salt
- Pinch of freshly ground black pepper
- Six large fresh basil or mint leaves thinly sliced

Directions:

1. Arrange the tomatoes, cucumber, and radishes on a serving plate or on for individual plates
2. Sprinkle the almonds over the vegetables
3. Drizzle olive oil over the salad, then sprinkle with the salt, black pepper and basil or mint. Serve

Recipe by Mark Hyman



Quick Citrusy Cabbage Slaw (Mayo-Free)

- 1/2 tsp lime zest
- 4 cups shredded / thinly sliced red cabbage (or sub other type of cabbage // we measured slightly heaped cups)
- 3/4 cup finely chopped / shredded carrot
- 1/2 cup finely chopped red or white onion
- 1 ½ Tbsp lime juice
- 1/2 tsp ground cumin
- 1/4 tsp garlic powder
- 1 tsp olive oil (if oil-free, omit)
- 1 tsp maple syrup
- 1/2 tsp sea salt

FOR SERVING *optional*

- Freshly chopped cilantro

Instructions

1. Start by washing, drying, and zesting your lime with a **microplane grater**. One lime should yield about 1/2-1 tsp zest. Set aside.
2. To a large mixing bowl add finely shredded or sliced cabbage, chopped or shredded carrots, diced onion, lime juice, lime zest, ground cumin, garlic powder, olive oil (if oil-free, omit), maple syrup, and salt.
3. Use clean hands to massage for ~2 minutes (this is the best way to ensure the cabbage starts to soften and the flavors meld).
4. Taste and adjust flavors as needed, adding more lime juice for acidity, lime zest for bright citrus flavor, maple syrup for sweetness, salt to taste, garlic powder for garlic flavor, or cumin for smokiness. Optionally, garnish with freshly chopped cilantro.
5. Serve immediately, or cover and store in the refrigerator up to 3-4 days (not freezer friendly). This is the perfect addition to salads, sandwiches, and **bowl meals**, or to enjoy as a simple snack or salad on its own!

<https://minimalistbaker.com/quick-citrusy-cabbage-slaw-mayo-free/>



Fermented vegetables

Feel free to use any vegetables you enjoy ideally cabbage works very well with this recipe

Ingredients:

- One small organic cabbage
- Organic carrots, garlic onions
- Ginger to taste
- Hot peppers chopped or whole to taste an optional
- 1 tablespoon iodized sea salt
- One probiotic capsule



Directions:

1. Clean a wide mouth canning jar and live carefully in hot soapy water. Rinse carefully
2. Wash the cabbage in the vegetables
3. Great the cabbage and carrots grate the ginger
4. Place the cabbage in the jar sprinkling ginger hot peppers other root vegetables to taste and salt as you go
5. Place a jar with the diameter smaller than the opening of the canning jar on the cabbage to submerge it below the brine
6. The jar in another container to catch any brine that overflows during the fermentation process and store in a cool dark place
7. Check the jar periodically to remove any and submerge pieces of vegetables for molds that has appeared
8. If the level of Brine is below the top of the vegetables, add additional salted water until the vegetables are completely submerged.
 - a. 2 teaspoons salt and one cup filtered water.
 - b. Remember, tap water has chlorine and will kill the friendly bacteria.

Recipe: Terry Wahls

Spicy cauliflower sauté

Ingredients:

- 4 tablespoons grape seed oil or olive oil
- One head cauliflower, cord, florets cut into bite-size pieces
- One red bell pepper, seeded and sliced into 1/2 inch strips
- Two jalapenos, seeded and thinly sliced
- Three garlic cloves, minced
- 1 tablespoon gluten-free, low-sodium tamari
- Lime wedges, for serving



Directions:

1. In a large sauté pan, for 2 tablespoons of the oil and 2/3 thirds cup of water over medium high heat.
2. Add half of the cauliflower and allow it to cook stirring occasionally.
3. After the water begins to evaporate and the cauliflower starts to fry in the oil, continue to stir until the cauliflower is brown and crisp, 6 to 8 minutes.
4. Using a slotted spoon, transfer the cauliflower to a plate.
5. During the last two minutes of cooking, add the bell pepper, jalapenos and garlic.
6. Then, return the first batch of cauliflower to the pan, add the tamari, and toss to combine
7. Serve with lime wedges.

Check out this other Cauliflower Recipes:

[Pan-Roasted Cauliflower With Garlic, Parsley and Rosemary](https://cooking.nytimes.com/recipes/1018539-pan-roasted-cauliflower-with-garlic-parsley-and-rosemary)

<https://cooking.nytimes.com/recipes/1018539-pan-roasted-cauliflower-with-garlic-parsley-and-rosemary>

Black bean soup

Ingredients:

- 1 pound dried black beans, soaked overnight in and drain, or 315 or 16 ounce cans of cooked black beans rinsed and drained
- 3 tablespoons Olive oil
- 3 cups chopped yellow onions
- 12 to 18 garlic cloves, peeled and crush
- 10 (4 inch) sprigs fresh thyme
- 5 (4 inch) sprigs fresh savory
- One bay leaf
- 2 tablespoons commercial chili powder
- 2 tablespoons ground cumin seeds
- 3/4 teaspoon hickory smoked salt
- One half teaspoon ground cayenne pepper
- 116 ounce canned crushed tomatoes
- 3 to 4 cups vegetable stock or canned vegetable broth
- 1/2 cup red wine vinegar
- 8 ounces low fat or nonfat coconut sour cream (optional)



Directions:

1. In a large saucepan, heat the oil over medium high heat. Add the onions and cook, stirring about 10 minutes, or until soft. Do not let the onions brown.
2. Add garlic, thyme, savory, bay leaf, chili powder, cumin, smoked salt, and cayenne. Stirring, cook about three minutes, or until thick and fragrant.
3. Add the drained beans, tomatoes, and stock or broth. Bring to a simmer, reduce heat to low, and cook until beans are tender, or about two hours for dried beans. Add more liquid, if necessary. If using canned beans, cook for 30 minutes, pool and refrigerate for at least eight hours to allow flavors to blend; then reheat and continue as follows.
4. Just before serving, remove the thyme and savory stocks, purée half the soup in a blender, or food processor, or food mill, then return puréed mixture to the pan stir in the vinegar. Ladle into bowls and serve immediately with dollops of coconut sour cream optional

Recipe by Maggie Oster and Sal Gilbertie

[Another Classic Black Bean Recipe](https://www.bettycrocker.com/recipes/classic-black-bean-soup/1c40a95c-baf7-487c-9749-3a4ed2ede3ad)

<https://www.bettycrocker.com/recipes/classic-black-bean-soup/1c40a95c-baf7-487c-9749-3a4ed2ede3ad>

Lentil sage soup

Ingredients:

- 2 tablespoons canola oil
- One and a half cups chopped yellow onions
- One garlic clove minced
- One cup red lentils
- One cup finely chopped carrots
- 1/2 cup peeled, seeded, and chopped tomatoes
- 1/4 cup minced fresh sage leaves
- One bay leaf
- 4 cups vegetable stock or canned vegetable broth
- 2 tablespoons fresh lemon or lime juice
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- Crispy fried shallot optional



Directions:

1. In a large saucepan heat oil over medium heat. Add the onions and cook, stirring occasionally, for 3 to 5 minutes, or until soft.
2. Add garlic and cook for 30 seconds.
3. Add lentils, carrots, tomatoes, sage, Bayleaf, and stock or broth. Bring to a simmer, stirring occasionally. Cover and reduce heat to low. Cook for 25 to 30 minutes or until lentils and carrots are tender. Discard the bay leaf.
4. Remove half of the soup and purée in a blender. Return to the rest of the soup and heat through. Stir in the lemon or lime juice, salt, and pepper.
5. Serve immediately, garnished with shallots.

Recipe by Maggie Oster and Sal Gilbertie

Vegetable Patties

Recipe makes 12 Patties

Ingredients:

- 1 cup peeled and grated Yukon Gold Potato
- 1 cup peeled and grated sweet potato
- 1 cup grated carrot
- ½ cup finely chopped onion
- 1 cup finely chopped fresh kale, Swiss chard, arugula or spinach
- ½ cup whole wheat flour
- 1 tablespoon minced fresh sage leaves
- 1 tablespoon minced fresh thyme leaves
- 1 teaspoon minced fresh savory leaves
- 2 garlic cloves minced
- 1 small fresh red or green chile pepper, seeded and minced (OPTIONAL)
- 1 large egg, lightly beaten or ¼ cup egg substitute
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- Olive oil



Directions:

1. In a large bowl combine all ingredients
2. Form ¼ cup of the mixture into a 3 inch diameter patty
3. Place on a large baking sheet. Repeat with the remaining mixture
4. Refrigerate for 1 hour
5. In a large skillet, heat a small amount of oil over medium heat
 - a. Cook vegetable patties about 5 minutes per side or until golden
 - b. If all the patties do not fit in the skillet, cook them in batches
6. Serve immediately

Recipe courtesy of Maggie Oster and Sal Gilbertie from The Herbal Palate Cookbook

Liver Pate

Ingredients:

- Leftover Liver, Onions, Mushrooms
- ¼ cup olive oil, coconut oil or ghee
- ¼ cup balsamic vinegar or Bragg Apple Cider vinegar

Directions:

1. Take leftover liver, onions, and mushrooms
2. Add it to a food processor with oil and vinegar.
3. Process on high until smooth
4. If it seems too thick, add more water or vinegar to make a runny pudding consistency
5. Store in the refrigerator



DINNER

**(feel free to interchange
Breakfast and Lunch
meals as well:
especially for soups
and egg dishes)**

Sweet Potato Casserole Boats

INGREDIENTS

- 4 medium-large sweet potatoes or yams (skin on, organic when possible // we prefer garnet yams)
- 1 Tbsp oil (avocado or other neutral oil with high smoke point)

TOPPING

- 2 Tbsp dairy-free butter, divided or Ghee (we prefer Miyokos // or sub organic dairy butter as needed)
- ~3/4 tsp ground cinnamon, divided
- 2-3 Tbsp coconut sugar, divided (or sub brown sugar, but it will no longer be refined sugar-free) - Optional for the first week; Avoid in week 2, 3, 4
- 1 cup raw pecans, roughly chopped or broken by hand, divided
- 2-3 Tbsp maple syrup, divided
- 1 cup mini marshmallows (*optional*)

Instructions

1. Preheat the oven to 375 degrees F (190 C).
2. Slice sweet potatoes in half but leave the skin on. Rub both sides with oil and arrange cut-side down on a baking sheet lined with parchment paper (*optional*) for easier clean up.
3. Use a fork to poke holes in the back sides of the potatoes to let steam escape. Then bake for 25-35 minutes or until all potatoes have some give when you press the tops (time will vary depending on size of potatoes) — you want them very tender so they mash easily.
4. Once tender, remove from the oven and let cool slightly (5 minutes). Then use a spatula to carefully flip over. Use a fork to lightly mash the insides of the sweet potatoes until they're just slightly pressed down and the surface is flat (see photo/video).
5. Swipe the top of each potato with a little dairy-free (or dairy) butter. Then shake a light dusting of cinnamon on each potato.
6. Return to the oven for 8-10 minutes or until toppings appear slightly browned and toasty (watch pecans carefully so they don't burn). They should smell amazing!
7. Remove from the oven and serve immediately. These are amazing on their own, but would also pair well with almond (or other nut) butter, additional butter or maple syrup, or coconut whipped cream.
8. Best when fresh. Store cooled leftovers covered in the fridge up to 2-3 days. Not freezer friendly once topped. Reheat in a 350 degree F (176 C) oven until hot.
9. **NOTE:** You could also prep these up to the point of adding the toppings, then refrigerate the halved, partially cooked potatoes until ready to bake. Just bake longer — about 10-15 minutes — as they will be cold. Watch pecans to ensure they don't burn.



<https://minimalistbaker.com/sweet-potato-casserole-boats-1-pan/>

Sweet Potato Black Bean Burger

Ingredients

US Customary – Metric

- 2 cups mashed sweet potato (~2 large sweet potatoes // organic when possible)
- Olive oil (for cooking sweet potato)
- 1 – 1 1/2 cups cooked brown rice* (or sub cooked quinoa* with varied results)
- 1 cup cooked salted black beans (rinsed and well drained // if unsalted, add more salt to the burgers)
- 1/2 cup finely diced green onion
- 1/2 cup walnut or pecan meal (or very finely chopped)
- 2 1/2 tsp ground cumin
- 1 tsp smoked paprika
- 1/4 tsp each salt and pepper (to taste)
- 1/4 tsp chipotle powder (*optional*)
- 1 Tbsp brown sugar (*optional* // for added sweetness)

FOR SERVING (*optional*)

- Sliced avocado
- Sprouts, lettuce or parsley
- Sliced onion
- Whiskey BBQ Ketchup

Instructions

1. Preheat the oven to 400 degrees F (204 C) and cut sweet potatoes in half. Rub with olive oil and place face down on a foil-lined baking sheet. Bake sweet potatoes until soft and tender to the touch – about 30 minutes – set aside. Reduce oven heat to 375 degrees F (190 C).
2. While potatoes are baking, cook rice or quinoa (see notes for instructions).
3. Add black beans to a mixing bowl and mash half of them for texture. Then add sweet potato and lightly mash, then 1 cup rice (amount as original recipe is written // if altering batch size, start with lesser end of range), green onion, nut meal and spices. Mix to combine. Taste and adjust seasonings as needed. Add more rice or nut meal if the mixture feels too wet. It should be very moist but moldable.
4. Lightly grease a baking sheet and line a 1/4 cup measuring cup with plastic wrap.
5. Fill the lined measuring cup with sweet potato mixture. Scrape down to pack, then lift out and transfer to the baking sheet and gently press down to mash. The thinner you press them, the faster they'll cook, but no need to go too far. Just a
6. gentle press will do.



7. Bake burgers for a total 30-45 minutes, carefully flipping 20 minutes in to ensure even cooking. The longer you bake them the firmer and drier they will get – up to preference. I went for around the 35 minute mark.
8. Serve on slider buns (double stack for more bulk) or atop a salad with sliced avocado, red onion, greens, and ketchup or salsa.
9. Store leftovers covered in the fridge for up to a few days. Freeze for longer term storage.
10. Freezing instructions: par-bake for ~20 minutes (instead of 30-45 minutes), let cool, and then carefully layer between pieces of parchment paper and enclose in a freezer bag or container with a secure lid. Reheat them from frozen at 375 degrees F (190 C) for about 20-30 minutes or until desired firmness.

<https://minimalistbaker.com/sweet-potato-black-bean-burger/>

Olivia Riba's Mushroom Cauliflower "Rice" Skillet Recipe

INGREDIENTS

- 2 tbsp extra-virgin olive oil
- 1 stick celery — sliced
- ½ cup onion — chopped
- 1 big garlic clove — minced
- 3 cups mushrooms — sliced
- 14 oz. 400g cauliflower rice (see instructions below on how to make the cauliflower rice)
- 1/3 cup organic vegetable broth or bone broth
- Soy sauce to taste — If you are on Whole30 or following gluten-free/paleo diet you should use Coconut Aminos or tamari, it's a soy sauce alternative.
- 2 cups spinach
- Salt and black pepper to taste
- 1 tbsp fresh parsley — chopped

INSTRUCTIONS

1. Pulse the cauliflower florets in a food processor for about 25-30 seconds until it's a rice-like consistency. Set aside.
2. In a large skillet add olive oil over medium heat.
3. Add onions and celery and cook until tender for about 5 minutes.
4. Add garlic and cook for 30 seconds.
5. Add mushroom and sauté until it's cooked through.
6. Add the cauliflower rice, the vegetable broth, and soy sauce. Allow the cauliflower rice to absorb the vegetable broth. Cook until it is soft, but not mushy.
7. Add spinach and cook for 2 minutes. Season with salt and pepper to taste.
8. Garnish with chopped fresh parsley before serving. Enjoy!



https://www.primaverakitchen.com/wprm_print/26592

Robin Broadfoot's Honey Soy Glazed Salmon



Ingredients (for 2 servings)

12 oz skinless salmon

1 tablespoon olive oil

HONEY SOY MARINADE

- 4 cloves garlic, minced
- 2 teaspoons ginger, minced
- ½ teaspoon red pepper
- 1 tablespoon olive oil
- ⅓ cup less sodium soy sauce
- ⅓ cup honey

Preparation

1. Place salmon in a sealable bag or medium bowl.
2. In a small bowl or measuring cup, mix marinade ingredients.
3. Pour half of the marinade on the salmon. Save the other half for later.
4. Let the salmon marinate in the refrigerator for at least 30 minutes.
5. In a medium pan, heat oil. Add salmon to the pan, but discard the used marinade. Cook salmon on one side for about 2-3 minutes, then flip over and cook for an additional 1-2 minutes.
6. Remove salmon from the pan. Pour in remaining marinade and reduce.
7. Serve the salmon with sauce and a side of veggies. We used broccoli.
8. Enjoy!

<https://tasty.co/recipe/honey-soy-glazed-salmon>

Kristine's Sweet Potato and Black Bean Chili with Quinoa**Ingredients**

- 1 ½ tablespoons olive oil divided
- 1 medium red onion chopped
- 4 cloves garlic minced
- 1.5 pounds sweet potatoes about 2 medium (4 cups chopped), peeled and chopped into ½-inch pieces
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon smoked paprika
- ½ teaspoon salt
- 1/4 teaspoon black pepper
- 6 ounce can tomato paste
- 28 ounce can diced tomatoes
- 2 ½ cups vegetable broth plus more as needed
- ¾ cup quinoa rinsed and drained
- 2 (15) ounce cans black beans rinsed and drained

**Instructions**

1. Heat 1 tablespoon olive oil in a large pot or Dutch oven over medium-low heat. Add the onion and cook, stirring occasionally, until softened, 2-3 minutes. Add the garlic and stir for 30 seconds.
2. Increase the heat to medium and add the remaining ½ tablespoon olive oil and the chopped sweet potatoes to the pot. Cook for 5 minutes, stirring occasionally.
3. Stir in the chili powder, cumin, oregano, smoked paprika, salt, pepper and tomato paste. Cook, stirring, for 2-3 minutes to deepen the flavors of the spices and tomato paste.
4. Stir in the diced tomatoes, broth, quinoa and black beans.
5. Reduce heat to a low simmer and cook for about 25 minutes, until the quinoa and sweet potatoes are soft.
6. Serve with toppings as desired: Greek yogurt or sour cream, avocado, shredded cheese, cilantro, chopped red onion, green onion. A squeeze of fresh lime juice also brightens up the flavors.

Notes

- Be sure to chop the sweet potatoes into 1/2-inch cubes. The smaller cubes will cook faster than larger pieces.
- This chili is not very spicy. If you want more heat, add 2 or more teaspoons of adobo sauce from a can of chipotle peppers in adobo, until your chili is as spicy as you want it.
- Read the post above for instructions to make this chili in the slow cooker or Instant Pot.

Recipe courtesy of Kristin's Kitchen: <https://kristineskitchenblog.com/sweet-potato-black-bean-chili-quinoa/>

Balsamic Mushrooms and Onions

With just 3 ingredients and only 10 minutes, whip up these easy Balsamic Mushrooms and Onions! A great topping easy side dish to add to low sodium or no added salt meals for extra flavor

Ingredients

- 2 tablespoons olive oil
- 1 pound white button mushrooms halved
- 1 onion sliced
- 2 tablespoons balsamic vinegar

Directions

1. In a medium skillet, heat oil over medium-high heat until shimmering.
2. Add onions and season with fresh pepper and no added salt seasoning (optional) – cook for 10 minutes
3. Add mushrooms and saute
4. Reduce heat to medium. Cover and cook until liquid is released from mushrooms, about 7 – 10 minutes.
5. Remove cover and continue to cook until liquid has evaporated and mushrooms and onions are softened and browned, about 5 – 10 minutes.
6. Add balsamic vinegar and stir until mushrooms and onions are coated evenly and the vinegar is heated through.



<https://www.culinaryhill.com/balsamic-mushrooms-and-onions/>

Njeri's Garlicky Greens with Leeks

Ingredients:

- 2 bunches of Kale (organic preferred)
- 2 bunches of collard Greens (organic preferred)
- 1 large sweet / Vidalia onion chopped fine
- 1/2 - 1 head of fresh garlic chopped fine
- 1 medium to large leek (washed thoroughly and thinly sliced horizontally from green tops to white bottoms)
- 1/4 cup Olive oil
- 2 -3 Tablespoons salted butter
- Fresh ground black pepper
- Optional (1/2 - 1 teaspoon sea salt) to taste



Directions:

1. Prep:
 - a. Wash greens thoroughly, stack the leaves and roll them together in a bunch, then slice the entire rolled bunch down the middle and then chop the leaves crosswise to get 1 inch sized leaves
 - b. Wash your leek and chop it coarsely in thin rings
 - c. Mince your onion and garlic
2. In a large pot heat your olive oil and saute your onions for 5-10 minutes until soft and caramelized
3. Add your chopped leeks and garlic and saute for another 5-10 minutes until soft
4. Season with fresh ground pepper
5. Add your Collard greens and stir thoroughly to get the oil, onions and garlic coated on the leaves
6. Add your Kale and stir thoroughly to get the oil, onions and garlic coated on the leaves.
7. Add 2-3 cups of water depending but do not cover the greens in water.
8. Add 2 – 3 Tablespoons of salted butter
9. Cover the pot and Let simmer on low to medium heat for 1 hour - 1.5 hours or until the leaves are tender. You may need to add a little more water and cook longer or shorter based on your texture preference.
10. NOTE if you opt to not add SALT, be sure to cook a second vidalia onion until caramelized to add additional flavor and or use rice wine vinegar to sprinkle over your greens just before eating.

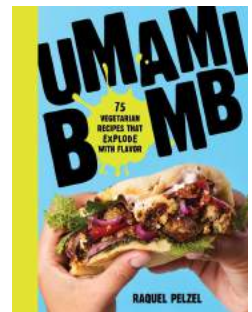
Raquel Pelzel's Mushroom Lardons with Black Eyed Peas and Greens

“When you caramelize food, the browning effect can enhance umami by as much as seven or eight times! Here, mushrooms get extra sweet and sticky in the pan, and then they’re tossed in some smoked paprika and soy for an extra umami boost. Black-eyed peas and garlicky sautéed greens make this a super-charged, protein- and nutrient-packed plant-based powerhouse.” Raquel Pelzel



Ingredients

- 6 tablespoons extra-virgin olive oil
 - 2 medium portobello mushrooms, stemmed and caps sliced into ¼-inch cubes
 - 1/4 teaspoon kosher salt
 - 2 tablespoons soy sauce
 - 1/2 teaspoon smoked paprika
 - 5 garlic cloves, peeled and minced
 - 1/2 teaspoon freshly ground black pepper
 - 1/2 teaspoon crushed red pepper flakes
 - 2 cups cooked black-eyed peas
 - 6 cups roughly chopped kale, collard greens, or Swiss chard
- [Umami Bomb](#) by Raquel Pelzel
leaves, tough stems removed



Directions

1. Heat 3 tablespoons of the oil in a large skillet over medium-high heat.
2. Add the mushrooms and cook, stirring often, until they start to brown, 3 to 4 minutes.
3. Reduce the heat to medium and continue to cook until the mushrooms are very deeply and evenly browned, about 10 minutes longer, reducing the heat to medium-low if they begin to darken too quickly. You want them to shrivel and brown.
4. Add the salt, soy sauce, and smoked paprika and stir until the pan is dry.
5. Transfer the mushrooms to a bowl and set aside.
6. Place the remaining 3 tablespoons of oil in the pan with the garlic, black pepper, and crushed red pepper flakes and cook, stirring, until the garlic is fragrant, 30 seconds to 1 minute.
7. Add the black-eyed peas, and once they start sizzling, add the greens.
8. Stir and shift the greens around using a slotted spoon or tongs, and once they start to wilt, after 2 minutes, return the mushrooms to the pan.
9. Cook, stirring frequently, until the greens are tender, 2 to 3 minutes more.
10. Turn off the heat and serve.

NOTE: The mushrooms with black-eyed peas and greens will keep, in an airtight container in the refrigerator, for up to 5 days.

Jicama Fries

Ingredients

- 1 large jicama
- ¼ cup of oil
- 1 teaspoon freshly ground black pepper
- 1 teaspoon of salt
- ¼ cup of keto friendly marinara sauce (To accompany)

Directions

1. To start, gather all of your ingredients in one place.
2. Then you will wash the jicamas very well and peel them with a potato peeler to only remove the skin. Then rinse under running water and cut into jicama sticks. It is ideal to use a long and sharp knife and to cut them on a chopping board so that the process is easier.
3. Next you will need to parboil your jicama sticks in a pot of water seasoned with salt for about 10-15 minutes.
4. In the meantime, preheat your oven to 180 °C / 350 °F and spray your baking sheet with oil.
5. Then you will remove your chopped jicama from the pot of boiling water, place it in a bowl, drizzle with oil and season to your liking. Salt and pepper was used here.
6. Place the jicama sticks on the tray, preventing them from sticking together. Bake until golden brown. If your oven has heat up and down, you can ignore this step, otherwise, remove the tray from the oven and turn the fries so that they brown evenly after 15 minutes of cooking.
7. Lastly, cover a plate with napkins or absorbent paper and place the jicamas on it to remove excess oil.
8. Serve these delicious jicama baked fries with low carb marinara sauce.
- 9.



[Jicama Fries Recipe # 2](#)

Crispy Trout with Lemon Caper Sauce

INGREDIENTS

- 4 tbsp butter melted
- 1 tbsp fresh lemon juice
- 1 tbsp capers, drained and rinsed
- 4 (5- to 6-oz) trout fillets, skin on
- 2 tsp olive oil or avocado oil, plus extra for brushing fish
- Salt and freshly ground black pepper

PREPARATION

1. Whisk butter, lemon juice, and capers together in a mixing bowl until smooth.
2. Rinse trout under cold water and pat dry well with paper towels. Brush with oil and season with salt and pepper. Heat oil in a large skillet over medium-high heat until rippling but not smoking.
3. Add trout, skin side down (in batches if necessary), and cook for 3 minutes; turn and cook 1 minute longer.
4. Remove from pan, top with lemon sauce, and serve hot.



Basic Salmon Cakes

INGREDIENTS

- 2 (6 oz) cans salmon skinless and boneless
- 2 large eggs
- 2 tablespoons mayonnaise
- 2 teaspoons Dijon mustard
- 2 teaspoons minced garlic
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried thyme
- 1/2 cup chopped parsley
- 1/4 cup olive oil for frying

INSTRUCTIONS

1. Preheat your oven to the “keep warm” setting.
2. Drain the salmon cans thoroughly. Place the salmon in a large bowl. Flake it well with a fork into tiny pieces.
3. Add the eggs, mayonnaise, Dijon mustard, garlic, kosher salt, black pepper, and thyme. Mix well.
4. Mix in the chopped parsley.
5. Heat the olive oil over medium heat in a large nonstick skillet, about 3 minutes.
6. Using an ice cream scoop, transfer four mounds of the mixture to the skillet. Pack the mixture into the scoop, then release into the skillet and gently flatten.
7. Cook until well-browned and crispy, about 3 minutes on each side. Place in the oven to keep warm while you cook the second batch.

Retrieved from: <https://healthyrecipesblogs.com/salmon-cakes-recipe/>



Charbel Barker's Jicama and Cucumber Slaw with Sweet and Spicy Dressing

Ingredients

- 1 Jicama peeled and cut into thin strips.
- 2 Shredded Carrots
- 1/2 bunch of cilantro
- 1 cucumber peeled, de-seeded, and cut into thin strips.
- 4 tbsp red onion. finely chopped
- 1 Jalapeño without seeds and diced (omit if you don't like spicy food)
- Sweet and Sour Dressing
- 4 Tablespoons of Olive Oil
- Juice from 1 lime
- 2 tablespoons of honey
- Salt to taste
- 1 tablespoon of red pepper flakes omit if you don't like spicy food



Instructions

1. In a small bowl, mix all of the ingredients for the dressing and set aside.
2. In a large bowl, combine all of the ingredients, and then mix in the dressing.
3. Eat immediately or refrigerate.

<https://www.mylatinatable.com/jicama-and-cucumber-slaw-with-sweet-and-spicy-dressing/>

Katya's Kale Caesar Salad

INGREDIENTS

CROUTONS

- 2 slices Gluten Free crusty bread, 1/2-inch thick
- 1 Tbsp. extra-virgin olive oil
- kosher salt and fresh black pepper, to taste

CAESAR DRESSING

- 1/3 cup plain Greek yogurt (I used 2%)
- 1 1/2 tsp. anchovy paste or 2 canned anchovies
- 1 garlic clove, peeled
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. extra-virgin olive oil
- 2 Tbsp. shredded Parmesan cheese
- 1/2 tsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- 1 Tbsp. milk
- kosher salt and fresh black pepper, to taste

SALAD

- 4 cups curly kale leaves (lightly packed), ribs removed and chopped into bite size pieces
- 4 cups chopped romaine lettuce
- 3/4 cup shaved Parmesan cheese



INSTRUCTIONS

CROUTONS

1. Preheat the oven to 400 degrees F. Place bread slices on a parchment lined baking sheet and set aside. In a small bowl, whisk together the olive oil, salt, and black pepper.
2. Brush bread slices (both sides) with olive oil mixture.
3. Bake until golden brown, about 14-18 minutes, flipping halfway through. Bread will further crisp up as it cools. Remove from the oven and cool completely before breaking into bite size croutons.

CAESAR DRESSING

1. Add dressing ingredients to a food processor and purée until smooth. You may have to scrape down the sides a couple times.

SALAD

1. Add kale and romaine to a large bowl. Pour half of the dressing and using your hands massage the dressing evenly into the lettuce. It helps to break down the toughness of the leaves.
2. Let the salad sit for 4-5 minutes to soften. Then add the remaining dressing and using salad tongs, toss to combine. Toss in Parmesan cheese and croutons. Taste for salt and pepper. Serve immediately.

5 Minute Vegan Caesar Salad Dressing

(1 Tbsp = 19 kcal)

Ingredients

- 1/4 cup plain hummus (store-bought or [DIY](#))
- 1 tsp spicy mustard
- 1/2 tsp lemon zest
- 2-3 Tbsp lemon juice, to taste
- 2 tsp capers (finely minced/smashed, plus 3 tsp brining juice as original recipe is written- adjust amount if altering batch size)
- 3 Tbsp fresh minced garlic (4-5 cloves yield ~3 Tbsp minced)
- 1 healthy pinch each sea salt + pepper (more to taste)
- 1-2 Tbsp olive oil (*optional* // for added creaminess)
- 1-2 tsp maple syrup (*optional*)

Instructions

1. To a small mixing bowl, add hummus, spicy mustard, lemon zest + juice, minced capers + brining juice, and minced garlic, and whisk thoroughly to combine. Olive oil is optional, but will add a bit more creaminess.
2. Add a little hot water to thin until pourable and whisk until creamy and smooth (see photo). Taste and adjust flavor as needed, adding more salt and pepper, lemon juice, or minced garlic if desired! Maple syrup will help offset how salty and briny this dressing is, if you find you need it (I did not).
3. This dressing is delicious on kale, romaine, and arugula. It would also be great on roasted vegetables, especially Brussels sprouts and potatoes. Top with a little [vegan parmesan cheese](#) for the ultimate Caesar salad experience.

<https://minimalistbaker.com/5-minute-vegan-caesar-dressing/>



Butternut Squash Slices (Substitute for French Fries / Potatoes)

Ingredients:

- 1 Butternut Squash
- Butter
- Salt and Pepper to taste

Directions:

1. Preheat oven 450 degrees
2. Slice the neck of a butternut squash (you do not need to peel it)
3. For crispier slices, slice the squash thinly about ¼ inch.
4. And place on a cookie sheet or pizza pan, dot with butter and bake until one side is brown
5. Turn and brown the other side.

(Gottschalt, 2012)



Caramelized Onions or Shallots

Quantities depend on how much caramelized onions you wish to make. In this example, 5 large raw onions yields about 2 cups caramelized onions.

Ingredients

- Several (about 5) medium or large onions, yellow, white, or red or Sweet or a mixture of all 4
- Olive oil about 1 Tablespoon
- Salted Butter (optional)
- Sugar (optional)

Directions

1. Cut onions in half and Thinly slice Onions
2. In a skillet, heat your olive oil. Feel free to add more oil if the onions appear to be sticking.
3. Add onions and Saute for at least 2 minutes - 6 minutes depending on how brown and sweet you like your onions.
4. Remove from heat and enjoy

http://www.simplyrecipes.com/recipes/how_to_caramelize_onions/#ixzz4yQSoi4om



Vegetarian Stuffed Zucchini

INGREDIENTS

- 2 small to medium zucchini squash
- 2 tablespoons extra virgin olive oil
- ½ cup diced Vidalia or other sweet onion
- 2 medium garlic cloves minced
- 1 cup sweet red pepper ½ inch diced
- 1 cup diced Crimini mushrooms ½ inch diced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 2 tablespoons fresh chopped parsley
- ½ teaspoon salt
- ¼ -½ teaspoon freshly ground black pepper (about 7-15 turns of the pepper mill)
- 1 cup panko bread crumbs or GLUTEN FREE PANKO
- ¼ cup grated Parmesan cheese or NON DAIRY GO VEGGIE CHEESE
- 1/8 cup grated Romano cheese or NON DAIRY DAIYA CHEESE
- Additional grated parmesan or NON DAIRY GO VEGGIE CHEESE to sprinkle over cooked squash



INSTRUCTIONS

1. Preheat oven to 375 degrees
2. Trim stem end from squash. Cut about 1/3 off the top of each squash horizontally. Then cut a small horizontal sliver from the bottom so that the squash will sit flat and not roll. Dice the tops to ½ inch dice and set aside.
3. Using a small paring knife, cut around the inside of the squash then using a melon-baller, scoop out the inside until the squash resembles a canoe. Try not to cut through to the bottom.
4. In a large skillet or frying pan heat the oil over medium heat. Add onion and cook for two minutes. Add garlic, red pepper, mushrooms and cut up zucchini tops. Mix to combine and sauté for one minute.
5. Remove from heat and mix in oregano, basil, parsley, salt, pepper, crumbs and both cheeses. Mix to combine.
6. Divide the filling between each zucchini boat and press into squash filling and pressing as you fill to hold shape.
7. Bake for 35 – 40 minutes uncovered. Try not to over cook, otherwise the zucchini will start to sag and the filling will not stay in.
8. As soon as they come out of the oven, sprinkle the tops with additional Parmesan cheese and serve.

Gluten Free Panko & Bread Crumbs and Vegan Cheese



Ian's Gluten Free Panko Original



Panko Italian Style



Glutino's Gluten Free Breadcrumbs



Wutasee Gluten Free Chickpea



Daiya Cheddar Style Shreds



Daiya Mozzarella Style Shreds



Go Veggie VeganParmesan cheese

Adapted from: <https://www.afamilyfeast.com/vegetarian-stuffed-zucchini/>

Crispy Quinoa Sweet Potato Fritters (1 fritter 154 kcal)

Ingredients

QUINOA

- 2 cups cooked + cooled quinoa ([How to Cook Quinoa](#))

VEGGIES

- 2 cups shredded sweet potato (no need to peel)
- 2 Tbsp avocado or coconut oil, plus more for cooking
- 1/2 cup diced red or white onion (or sub shallot)
- 4 cloves garlic, minced
- 1 healthy pinch each sea salt and black pepper
- 2 cups chopped greens (we prefer spinach)

FRITTERS

- 3 medium eggs, whisked* (organic, pasture-raised when possible)
- 1/2 tsp sea salt, plus more to taste
- 1 tsp [curry powder](#) (*optional*)
- 1/2 cup [gluten-free flour blend](#) (if not gluten-free, sub all purpose flour // for grain-free, try arrowroot or potato starch)



FOR SERVING *optional*

- Sauce (such as [coconut yogurt](#), [hummus](#), or [garlic dill sauce](#))
- Fresh herbs (mint, cilantro, parsley)

Instructions

1. If you do not already have cooked [quinoa](#), prepare it at this time. 2/3 cup uncooked quinoa will yield ~2 cups cooked.
2. Shred sweet potato using either the coarse side of a box grater or the grater attachment of a [food processor](#).
3. Heat a large pot or rimmed skillet over medium heat. Once hot, add oil, onion, sweet potato, garlic, salt, and pepper. Sauté for 4-5 minutes, stirring frequently, or until the onion and sweet potato are tender and fragrant. Add chopped greens and stir to slightly wilt. Set aside.
4. Add eggs to a medium mixing bowl and whisk until well combined. (**NOTE:** Depending on the size of your eggs, you may need less as some readers report)
5. To a large mixing bowl add sautéed vegetables, cooked and cooled quinoa, salt, and curry powder (optional) and stir. Then add eggs and stir. Lastly, add gluten-free flour and stir until combined. You should have a slightly tacky but moldable mixture. Add more gluten-free flour as needed if too wet to handle.
6. Form into thin (roughly 1/4-inch-thick) patties the size of the palm of your hand. In the meantime, heat a large rimmed skillet (we prefer [cast iron](#)).

7. Once hot, add a little oil to coat the pan and enough fritters to comfortably fit without crowding. Pan fry until golden brown — ~ 4 minutes on each side.
8. *Optional:* For even crispier fritters, continue baking in a 400 degree F (204 C) oven for 10-15 minutes.
9. Serve hot with garnishes of choice, such as lemon juice, dairy-free yogurt, hummus, garlic dill sauce, or fresh herbs (all optional). Store leftovers covered in the refrigerator up to 3-4 days, or in the freezer up to 1 month. Reheat on the stovetop over medium heat, in a 350 degree F (176 C) oven, or in the microwave until hot. If frozen, thaw before reheating.

<https://minimalistbaker.com/crispy-quinoa-sweet-potato-fritters/>

Pan Potato Aloo Sabzi

Ingredients

SABZI

- 1 Tbsp avocado oil or coconut oil
- 1/2 cup red onion (finely diced)
- 1 ½ Tbsp freshly grated ginger
- 1 tsp mustard seeds
- 1/2 tsp red pepper flakes
- 1 healthy pinch sea salt, plus more to taste
- 1/2 cup chopped bell pepper (we prefer red)
- 4 medium yellow or red potatoes (peeled and diced)

FOR SERVING *optional*

- 1/4 cup finely chopped cilantro

Instructions

1. Heat a large skillet (preferably **cast iron**) over medium heat. Once hot, add oil, onion, ginger, mustard seeds, red pepper flake, and a healthy pinch of sea salt. Sauté for 2-3 minutes, stirring frequently, until onions are slightly translucent.
2. Add the bell pepper and another pinch of salt. Sauté for 2-3 minutes. Then add the diced potatoes and another generous pinch of sea salt and stir to coat.
3. Cover (to help steam the potatoes) and sauté for 20-25 minutes, reducing heat as needed and adding a splash of water (or oil) if the contents start sticking to the bottom of the pan. Stir occasionally.
4. Serve as is, or garnish with fresh chopped cilantro. The perfect addition to **dosas**, **cheelas**, curries, egg dishes, and more! Store leftovers covered in the refrigerator up to 4-5 days. Reheat in the microwave or on in a skillet over medium heat until hot. Not freezer friendly.

<https://minimalistbaker.com/1-pan-potato-aloo-sabzi/>



Spicy Red Curry Cauliflower "Wings"

Ingredients

BATTER

- 3/4 cup brown rice flour or chickpea flour*
- 1 healthy pinch sea salt
- 1/2 tsp [curry powder](#)
- 2 tsp tandoori masala spice (see notes for DIY blend + where to buy // reduce for less heat!)
- 1/2 cup unsweetened plain almond or rice milk
- 6-8 Tbsp water

CAULIFLOWER

- 1 head cauliflower (large stalks removed, cut/torn into bite-size pieces)

SAUCE

- 1/4 cup red curry paste (ensure vegan friendly - Thai True + Thai Kitchen are best)
- 2 tsp [melted coconut oil](#)
- 2-3 tsp maple syrup (to taste)
- 2-3 Tbsp water (to thin)

FOR SERVING

- [Green Chutney](#)

Instructions

1. Preheat the oven to 450 F (232 C) and line a baking sheet with parchment paper (important or the wings will stick).
2. Next, prepare batter. Mix dry ingredients together, and then add almond milk and less water to start (6 Tbsp as the original recipe is written // adjust if altering batch size). Stir with a whisk or fork until well combined. You want the batter thick but pourable so it can adhere to the cauliflower - too runny and it won't stick. Add only enough water until you reach the right consistency. Add more brown rice flour if it becomes too thin.
3. Once the oven is preheated, add the cauliflower to the batter to coat. Shake off excess and place on a baking sheet. Give each piece 1 inch of room to prevent sogginess. Depending on the size of your cauliflower this may require cooking on two baking sheets or in two batches (or more if increasing batch size).
4. Bake for 25 minutes. In the meantime prepare the sauce by whisking together curry paste, coconut oil, and maple syrup. Add just a bit of water to thin so it resembles a glaze consistency.
5. Once the cauliflower has finished baking, remove from the oven and dip/toss in the glaze 1-2 pieces at a time. Shake off excess, then place back on a baking sheet and bake for another 20-25 minutes, or until browned on the edges and the glaze has caramelized.
6. While baking, prepare chutney (optional), by adding all ingredients to a blender and blending until creamy and smooth. Taste and adjust seasonings as needed, adding more garlic for zing, salt for saltiness, maple syrup for sweetness, or water to thin.



7. Let cauliflower cool slightly and then serve immediately. Best when fresh. The wings can be frozen (either at the glazed stage or the glazed and baked stage) and then reheated in a 350-degree F (176 C) oven until warmed through.

Note from the Author:

- *This recipe is inspired by Indian flavors from the tandoori masala blend and curry powder and Thai cuisine from the red curry paste.
- *I buy my Tandoori Masala blend at Whole Foods. However, you can also make your own DIY Tandoori Masala Blend: 3 Tbsp ground cumin, 2 Tbsp garlic powder, 2 Tbsp smoked paprika, 3 tsp ground ginger, 2 tsp ground coriander, 2 tsp ground cardamom. Multiply as needed.
- *I tested this recipe with both chickpea and brown rice flour and both worked! But I will say the overall texture was better with brown rice flour. If not gluten free you can use unbleached all-purpose flour. Method adapted from the talented pair at [Hot For Food](#).

<https://minimalistbaker.com/spicy-red-curry-cauliflower-wings/#wprm-recipe-container-35193>

Easy Zucchini Fritters

Ingredients

- 2 cups cooked and cooled quinoa
- 2 cups shredded zucchini (~2 small zucchinis as recipe is written)
- 2 Tbsp avocado or coconut oil, plus more for cooking
- 1/2 cup finely diced onion
- 4 cloves garlic, minced
- 1 healthy pinch each sea salt and black pepper
- 2 cups chopped greens (we prefer spinach)
- 1/3 cup chickpea flour
- 1/4 cup water
- 1/4 tsp sea salt, plus more to taste
- 1/4 cup fresh dill
- 1/2 cup [gluten-free flour blend](#) (plus more as needed)



FOR SERVING *optional*

- Sauce (such as [coconut yogurt](#), [hummus](#), or [garlic dill sauce](#))
- Fresh dill
- Lemon wedges

Instructions

1. If you do not already have cooked quinoa, prepare it at this time — 2/3 cup uncooked quinoa will yield ~2 cups cooked.
2. Shred zucchini using either the coarse side of a box grater or the grater attachment of a [food processor](#). Measure out amount (as original recipe is written, 2 cups). Then transfer to a clean towel and squeeze out excess moisture. Set aside.
3. Heat a large pot or rimmed skillet over medium heat. Once hot, add oil (or water), onion, and garlic. Season with a pinch of salt and pepper. Sauté for 3-4 minutes, stirring frequently, or until the onion is tender and fragrant. Add zucchini and sauté for another 2 minutes. Lastly, add chopped greens and stir to slightly wilt. Set aside.
4. Prepare chickpea “eggs” by combining chickpea flour and water in a small bowl. Stir to combine. It should be a runny paste. Adjust texture as needed. Set aside.
5. To a large mixing bowl add sautéed vegetables, cooked and cooled quinoa, salt, and fresh dill and stir. Then add chickpea mixture and stir. Lastly, add gluten-free flour and stir until combined. You should have a slightly tacky but moldable mixture. Add more gluten-free flour as needed if too wet to handle.
6. Form into thin (roughly 1/4-inch-thick) patties the size of the palm of your hand. In the meantime, heat a large rimmed skillet over medium heat (we prefer [cast iron](#)).
7. Once hot, add a little oil to coat the pan and enough fritters to comfortably fit without crowding. Pan fry until golden brown, ~4 minutes on each side.

8. *Optional:* For even crispier fritters, continue baking in a 400-degree F (204 C) oven for 10-15 minutes.
9. Serve hot with garnishes of choice, such as lemon juice, [dairy-free yogurt](#), [hummus](#), [garlic dill sauce](#), or fresh dill (all optional).
10. Store leftovers covered in the refrigerator up to 3-4 days, or in the freezer up to 1 month. Reheat on the stovetop over medium heat, in a 350 degree F (176 C) oven, or in the microwave until hot. If frozen, thaw before reheating.

<https://minimalistbaker.com/easy-zucchini-fritters/#wprm-recipe-container-60212>

Mashed turnips

Ingredients:

- 1 pound turnips
- 1/2 cup nutritional yeast
- 1/4 cup chopped chives
- For Cloves of garlic minced
- 2 tablespoons coconut oil
- 1 teaspoon organic kelp powder (optional)
- 1/4 teaspoon iodized Cecil
- 1/4 teaspoon ground black pepper



Directions:

1. Wash and cut up turnips into bite-size pieces
2. Placing the steamer basket and steam until tender for about 5 to 10 minutes
3. When the turnips are tender place in a bowl with the remaining ingredients and mash with the potato masher or you can put it in a food processor M blend until the desired textures achieved
4. Add more coarsely ground pepper as desired

Reference: Terry Wahls

Spaghetti squash as vegetable pasta

Ingredients:

- One large spaghetti squash

Directions

1. Bake in an oven at 375° for one hour or in a [crockpot](#) on low for 10 hours
2. The squash is done when A carving fort could easily pierce the skin
3. Split the squash in and scoop out and discard the seeds scrape out the squash which will look like noodles
4. Serve under your favorite Pasta sauce

Reference: Terry Wahls



Turkey Bolognese with Roasted Spaghetti Squash

Ingredients

- 3 pound spaghetti squash
- ¼ cup olive oil divided
- 1 pound ground turkey
- 1/2 cup carrots 1/8-inch dice
- 1/2 cup yellow onion finely chopped
- 1 teaspoon minced garlic
- 1 cup sliced brown mushrooms
- 3 tablespoons tomato paste
- 28 ounces canned crushed tomatoes
- 1/4 teaspoon dried oregano
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/2 cup grated parmesan cheese or nutritional yeast at least 2 Tbsp
- 1/4 cup chopped Italian parsley leaves



Instructions

1. Place the oven rack in the center position, preheat the oven to 400°F (204°C). Line a large baking sheet with foil.
2. Cut spaghetti squash into 1-inch wide rings, scoop out the seeds, and transfer to a baking sheet. Lightly brush rings with olive oil and sprinkle with salt on both sides.
3. Roast until tender, about 35 to 40 minutes. Cool slightly and then use a fork to remove and separate the strands.
4. Heat 2 tablespoons olive oil over medium-high heat in a large heavy saucepan.
5. Add ground turkey, break the meat up into smaller chunks. Brown the meat, stirring occasionally, about 5 to 7 minutes. Transfer cooked meat to a medium-sized bowl.
6. Turn heat down to medium-low and add 1 tablespoon of olive oil to the pan.
7. Add carrots and onions, stir and cook until the vegetables begin to soften, 4 to 5 minutes. Add garlic and cook for 1 minute. Add sliced mushrooms and cook for 2 minutes. Add the tomato paste and cook for 1 minute.
8. Add the browned meat, crushed tomatoes, oregano, salt, and pepper then stir well to combine.
9. Simmer the sauce over medium-low heat. Cover the pan, leaving a small opening for steam to escape.
10. Cook sauce until the meat is tender and the flavors have melded, at least 30 minutes to 1 hour, stirring every 10 minutes. Add some water if the sauce starts to look dry.
11. Top roasted spaghetti squash with turkey bolognese sauce and garnish with grated Parmesan cheese and parsley.

<https://therecipecritic.com/turkey-bolognese-spaghetti-squash/#wprm-recipe-container-51529>

INSTANT POT SPAGHETTI SQUASH WITH GARLIC AND PARMESAN

PREP TIME:

INGREDIENTS

- 1 large spaghetti squash
- 3 tablespoons olive oil
- 8 cloves Garlic sliced thinly
- 1 teaspoon red pepper flakes
- ½ cup slivered almonds or other nuts of choice
- 4 cups fresh spinach chopped
- 1 teaspoon salt
- 1 cup shredded parmesan cheese or nutritional yeast
- 1.5 cups water for the Instant Pot



INSTRUCTIONS

1. Using the tip of a sharp, short knife, pierce the spaghetti squash in 7-8 places.
2. Put 1.5 cups of water into the [crockpot](#). Place a steamer rack into the pot. Place the pierced spaghetti squash on the rack.
3. Close the lid and set the [crockpot](#) to cook on HIGH PRESSURE for 7 minutes. At the end of the cooking time, allow the pot to rest undisturbed for 10 minutes.
4. Remove the squash and cut it open lengthwise, so that you can have long spaghetti-like strands. Put away half for another use.
5. Drag a fork along the squash to get long strands of spaghetti squash. Measure out 4 cups and set the rest aside for another use (like eating all the time at any excuse.) Save the squash shell since you will be serving your elegant creation in it.
6. Empty out the [crockpot](#) and wipe dry.
7. Press Sauté. When the pot is hot, add oil. To the hot oil, add garlic, red pepper, and slivered almonds or pine nuts. Toast for 1 minute without letting the garlic burn. Add in the spinach and salt and stir.
8. Add in spaghetti squash.
9. Sprinkle with parmesan cheese just before serving.

Tips And Tricks For Making Garlic Parmesan Spaghetti Squash

- Don't skimp on flavorings. This recipe is all about the flavored oil and the cheese, so don't skimp on either.
- Double up. I ask you to use half the squash in this recipe, but of course, you can always use all of it and double all the other ingredients.
- Tips and Tricks. See the notes above on how to make Spaghetti squash in your Instant Pot. It's got a lot of tips and tricks that will make this easier for you.

Variations On This Delicious Spaghetti Squash Recipe

- Use pine nuts instead of almonds
- Add ½ cup of cranberries to the hot oil along with the garlic and red peppers
- Add roasted cherry tomatoes to the finished dish
- Use feta cheese instead of shredded parmesan.
- Add ¼ cup of chopped fresh basil along with the spaghetti squash.
- Add tomatoes or cranberries. You can also add cherry tomatoes or cranberries to this recipe for a little pop of color and taste. <https://twosleevers.com/garlic-parmesan-spaghetti-squash/>

Easy Low-Carb Meatball-Stuffed Spaghetti Squash

INGREDIENTS

- 2 medium spaghetti squash (about 5 pounds total)
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 4 cloves garlic, smashed
- 1 cup marinara sauce
- 1/4 cup finely grated Parmesan cheese (about 1 ounce)
- 1/4 cup torn fresh basil leaves, plus more for garnish
- 1/4 teaspoon red pepper flakes
- 12 ounces turkey meatballs [about 12 (1 1/2-inch) meatballs], (made prior)
- 3/4 cup whole-milk low-moisture shredded mozzarella cheese



INSTRUCTIONS

1. Arrange a rack in the middle of the oven and heat to 400°F. Line a rimmed baking sheet with aluminum foil; set aside.
2. Cut each squash in half lengthwise and scoop out the seeds. Brush the cut sides of each squash with the oil and season with the salt and pepper. Place cut-side down in a single layer on the baking sheet, placing one garlic clove under each piece of squash. Roast until the squash are soft when poked with a fork and the skin is browned and blistered, about 40 minutes.
3. Remove the baking sheet from the oven. Flip the squash over with tongs and remove and discard the garlic. Use a fork to shred the inside of each squash half, leaving about 1/2 inch of unshredded squash left in the shell. Transfer the shredded squash to a large bowl. Add the sauce, Parmesan, basil, and red pepper flakes and stir to combine.
4. Evenly divide the shredded filling between the squash halves. Divide the meatballs over the filling, then top with the mozzarella cheese.
5. Bake until the meatballs are heated through and the cheese is melted, 15 to 20 minutes. Garnish with more fresh basil before serving.

RECIPE NOTES

Make ahead: The squash can be cooked and shredded a day in advance and stored in a covered container in the refrigerator. Add an extra 10 minutes to the baking time.

Storage: Leftovers will keep for up to 4 days stored in a covered container in the refrigerator.

<https://www.thekitchn.com/easy-low-carb-meatball-stuffed-spaghetti-squash-262011>

Megan Hill's Turkey Meatball Recipe**Ingredients**

- 2 pounds ground turkey 93% lean
- 1 cup gluten free bread crumbs or gluten free panko or gluten free rolled oats
- 2/3 cup onion minced
- 1/2 cup fresh parsley minced
- 2 large eggs
- 3 cloves garlic minced
- 2 teaspoons Worcestershire sauce
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- Salt and freshly ground black pepper
- 1/4 cup olive oil

Instructions**To make the meatballs:**

1. In a large bowl, combine ground turkey, bread crumbs, onion, parsley, eggs, garlic, Worcestershire sauce, basil, oregano, 1 teaspoon salt, and 1/2 teaspoon pepper.
2. Using a strong spatula or your hands (I like to wear latex gloves), mix well. Shape the mixture into 1-inch balls (you should have around 48 total).

To bake the meatballs:

1. Preheat the oven to 400 degrees. Line a rimmed baking sheet with foil for easy cleanup. Coat a wire rack with nonstick spray and set on a prepared baking sheet.
2. Arrange meatballs on rack, brush with oil, and bake until browned with crispy edges, about 15 to 20 minutes (an internal thermometer should read 155 degrees for 15 seconds).

To fry the meatballs:

1. Heat oil in a large skillet over medium-high heat. Fry the meatballs in batches until browned on all sides and the meatballs are cooked, about 5 to 7 minutes per batch (an internal thermometer should read 155 degrees for 15 seconds). Add more oil between batches if the skillet looks dry.

To freeze the meatballs:

1. Arrange in a single layer on a baking sheet, not touching. Freeze until solid, about 1 hour, then transfer to a freezer-safe container and store up to 1 month.

<https://www.culinaryhill.com/turkey-meatballs/>



Basic Meat and Greens Skillet Recipe

Ingredients:

- Meat, chicken, turkey, fish, liver
- Vegetable Greens (chard, mustard greens, spinach, Bok Choy, Kale)
- 1 - 2 Tbsp Balsamic Vinegar or apple cider vinegar, or lime juice or lemon juice
- 1 tablespoon coconut oil
- Your favorite seasoning to taste: garlic, ginger, fresh or dried herbs - basil, rosemary, thyme, etc), dried spices (cumin, curry powder, chili powder, turmeric, paprika, cinnamon)
- 1 tsp organic kelp powder (optional)
- 1-2 pounds meat of fish or poultry, ham, steak, turkey, chicken, lamb, heart, liver
- 4 - 6 cups greens and other vegetables: broccoli, collard greens, kale, mustard greens, spinach, turnip greens
- 1 - 2 cups cabbage, carrots, eggplant, mushrooms
- ½ - 1 whole onion finely chopped

Directions:

1. Add your oil to a large skillet with cover over medium heat
2. Add your onion and saute covered for 3-5 minutes or until almost caramelised or caramelized
3. Add seasonings, vinegar, kelp powder and salt
4. Add meat, fish or poultry and simmer until cooked through to your liking
5. Add greens and steam for 2 minutes or until you get your desired texture.

Reference - Terry Wahls



Vegetable Hash with Fried Eggs

Ingredients:

- 2 Tbsp extra-virgin olive oil
- 1 medium yellow onion, diced
- 1 medium white or green cabbage, diced
- 1 organic red bell pepper, seeded and diced
- 1 organic green bell pepper, seeded and diced
- 8 asparagus spears, trimmed and cut into ¼ inch pieces
- 2 scallions, thinly sliced
- ½ teaspoon dried thyme or 1 Tbsp Fresh
- ½ teaspoon dried oregano or 1 Tbsp Fresh
- ½ teaspoon dried sage or 1 Tbsp Fresh
- ¼ teaspoon sea salt
- Pinch of freshly ground black pepper
- 8 large omega 3 eggs (organic)
- ½ ripe avocado, pitted, peeled and sliced for garnish
- Chopped fresh basil or parsley, for garnish



Directions:

1. Preheat the oven to 400 degrees F
2. Heat oil in a large oven-safe saute pan or cast iron skillet over medium heat for 30 seconds.
3. Add the onion and saute, stirring occasionally, until lightly caramelized and golden, 5 to 7 minutes
4. Add the cabbage and saute until soft and golden, 7 -8 minutes
5. Add the bell peppers and saute until they begin to caramelize, about 5 minutes
6. Add the asparagus and scallions and cook for an additional 1 - 2 minutes, or just until the asparagus turns bright green.
7. Season the vegetables with the dried herbs, salt, and black pepper
8. Make 4 small wells in the surface of the hash, each about the size of a lemon, and carefully break two eggs into each well.
9. Place the pan in the oven and bake until the eggs are set, 5 or 7 minutes. You can also poach or fry the eggs and then just serve them on individual plates of hash.
10. Garnish egg with a sliced avocado and fresh herbs and serve

Reference: Mark Hyman

Zoodles and ground turkey marinara sauce

Ingredients:

- Make your favorite ground vegetable or Turkey marinara sauce
- Four medium zucchini, sliced using a julienne killer or vegetables spiralizer; consider using pre sliced produce that has already been paralyzed Wegmans sells good quality produce that has been pre-prepped and ready for cooking.
- 4 tablespoons freshly chopped Basil
- Grated fresh Parmesan cheese to taste or nutritional yeast

Directions:

1. Cook your favorite crown turkey marinara sauce
2. While your sauce is cooking use the Spira Lizer to create your noodles or zucchini noodles. You can use a julienne peeler as well to kill the zucchini very thin.
3. Once your turkey marinara sauce is finished transfer it to a heats safe and using the same pan which you prepare the meat sauce does noodles over medium heat for 3 to 5 minutes until they reach the desired tenderness.
4. Add the meat sauce back into the pan and combine with this noodles or you complete this zoodles and topping meat sauce
5. Top completed dish with fresh Basil and grated Parmesan cheese



Whole roasted cauliflower

Ingredients:

- One whole cauliflower
- 4 tablespoons butter
- 2 tablespoons extra virgin olive oil
- 1 teaspoon garlic powder or 3 fresh garlic cloves
- 3 tablespoons whole grain mustard
- Zest and juice of one lemon
- 1/2 teaspoons salt
- One half teaspoon black pepper
- 1/4 cup grated Parmesan cheese
- Chopped parsley sister
- Tahini dressing for dipping optional



Directions:

1. Preheat oven to 425°F
2. Trim the outer leaves of the cauliflower and trim the stock so that he can stand upright on a baking dish
3. Place the cauliflower on the parchment paper lined baking tray or dish
4. Melt the butter and mix with the extra Virgin olive oil
5. At the garlic powder, mustard, lemon zest and juice, salt, and pepper.
6. Brush the butter mixture all over the cauliflower.
7. Bake in the oven for one hour until tender, basting occasionally. Tested by inserting its keyword into the center of the cauliflower should pass through easily.
8. Remove from the oven, sprinkle with Parmesan cheese, and place back into the oven for five minutes.
9. Sprinkle the chopped parsley over the cauliflower and served with tahini to dip optional

Simply steamed artichoke

Ingredients:

- One medium artichoke
- 1 teaspoon extra virgin olive oil
- Juice from one lemon
- Avocado oil mayo for dipping

Directions:

1. Bring a pot of water to a boil and using a steam rack, steamy artichoke until it's easy to pull out a leaf for about 30 minutes
2. Clayton drizzle with extra virgin olive oil and fresh lemon juice
3. Use avocado oil mayo for dipping optional



Check out this Recipe too: [Slow Cooker Lemon Thyme Steamed Artichoke](#)

<https://food52.com/recipes/78159-slow-cooker-lemon-thyme-steamed-artichokes>

Vegetable quinoa salad

Ingredients:

- 2 cups of water or vegetable broth
- 1 cup cooked green beans, cut in 1 inch lengths
- 1/2 cup chopped scallions
- 1/2 cup chopped, toasted hazelnuts
- 1/4 cup pitted, sliced ripe olives
- 1/4 pound carrots, shredded
- One red bell pepper, cord, seeded, and diced
- 1/4 pound summer squash, diced
- Once half cup chopped fresh basil leaves
- 1/2 cup chopped fresh parsley leaves
- 1/4 cup chopped fresh Burnet leaves (or finely chopped cucumber)
- 1/4 cup hazelnut oil
- 1/4 cup white wine or rice vinegar



Directions

1. In a saucepan, bring water or broth to a boil over medium high heat.
2. Stirring quinoa, cover, and reduce heat. Simmer for 10 to 15 minutes or until tender
3. Remove from heat and cool for 30 minutes
4. Combine all ingredients in a bowl and toss
5. Cover and refrigerate for at least two hours to allow the flavors to blend
6. Makes eight servings

Recipe by Maggie Oster and Sal Gilbertie

Striped Bass with braised leeks

Ingredients:

- 2 2 tablespoons olive oil
- Three medium leeks or a quantity sufficient to yield 4 cups when the clean white portions are cut into 3/4 inch sections (I like to use the green parts of the leeks as well so feel free to use 2 leeks and use the holy if you'd like).
- 2 tablespoons chopped fresh rosemary leaves
- 1/2 cup dry white vermouth
- 1/2 cup vegetable stock or canned vegetable broth
- 2 pounds striped bass fillets skin on and boneless or any fish that you enjoy
- 2 tablespoons lemon juice 2 tablespoons butter melted

Directions:

1. Heat the olive oil in a large heavy bottomed skillet.
2. At the leeks and rosemary and cook for five minutes until the leeks begin to soften.
3. At the vermouth in stock or broth.
4. Reduce the heat to low and cover. Cook for 7 to 8 minutes until the leeks are tender
5. Preheat the oven to 350°F. Transfer the leeks and liquid to a lidded ovenproof dish just large enough for the subways to fit side-by-side.
6. Salt and Pepper the fish and lay the fillets over the leeks, skin side up.
7. Sprinkle the fillets with lemon juice, then brush on the melted butter.
8. Cover and bake for 10 to 12 minutes, or until the fish flakes easily with a fork serve immediately

Recipe by Maggie Oster and Sal Gilbertie



Grilled or sautéed fish with red onion mango and chili salsa

Ingredients:

- 1 1/2 cups chopped mango
- 1 1/2 cups chopped papaya
- One cup finely chopped red bell pepper
- 1 cup chopped fresh cilantro leaves
- One and 1/2 finely chopped red onion
- 1/2 cup finely chopped fresh chili peppers
- 6 tablespoons lime juice
- 2 1/2 tablespoons red wine vinegar
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 2 teaspoons ground cumin seeds
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- Your favorite Fish fillets: cod, trout, salmon



Directions:

1. In a large bowl combine all ingredients except the fish and mix well.
2. Cover and let stand for two hours, allowing the flavors to blend.
3. Grill or broil your favorite fish for five minutes on each side.
4. Serve on top with the salsa.

Recipe by Maggie Oster and Sal Gilbertie



Shrimp or Squid with Thai herbs

Ingredients:

- 1/4 cup lime juice
- 2 teaspoons sugar
- One half jalapeno pepper, accord, and minced
- 1 tablespoon minced lemongrass stalks
- Two garlic cloves, minced
- 1 tablespoon fish sauce or Nam pla
- One and 1/2 Chinese cabbage, cut into 1 inch slices
- 1/2 cup finely sliced scallions
- 1/2 cup fresh cilantro leaves
- 1/2 cup fresh mint leaves
- 1/4 cup fresh basil leaves, torn into pieces is large
- 1/3 cup roasted, unsalted peanuts, chopped
- 2 tablespoons peanut or canola oil
- 2 pounds squid, cleaned and cut into one half inch rings
- 2 pounds shrimp or other seafood that you enjoy



Directions:

To make the dressing:

1. combine the lime juice, sugar, jalapeno pepper, lemongrass, garlic, and fish sauce and a small bowl. Set aside for at least 30 minutes
2. Combine the cabbage, scallions, cilantro, mint, basil, and peanuts in a large bowl.
3. Heat the oil in a large skillet over high heat. Add the squid and sauté for 45 seconds, until just opaque. Do not over cook, or it will toughen. Remove from the heat and add the squid to the cabbage mixture. The other option is you may sauté some shrimp in onions until cooked and then add to the vegetable mixture and add the sauce on top and mix.
4. Cover and chill, or serve immediately

Recipe Adapted by BNH for Shrimp from Recipe by Maggie Oster and Sal Gilbertie

Vegetable spring rolls with Thai herbs

Spring roll and ingredients:

- 3/4 pound carrots, shredded
- One half pound Chinese cabbage shredded
- 2 cups of bean sprouts
- One cup minced fresh cilantro leaves
- 1/4 cup minced fresh peppermint leaves
- 2 tablespoons minced fresh lemon grass stalks
- 1/4 cup minced fresh chives
- 3 tablespoons minced fresh ginger root
- 5 tablespoons rice wine vinegar
- 2 tablespoons light sesame oil
- 2 tablespoons soy sauce
- 15 drops hot red pepper sauce
- One half teaspoon five spice powder
- 1/4 teaspoon ground cloves
- 12 rice paper wrappers



Dipping sauce Ingredients:

- 1/2 cup lime juice
- 2 teaspoons sugar
- 1 teaspoon minced fresh cilantro
- 1 teaspoon finely chopped roasted unsalted peanuts
- 1 teaspoon minced fresh chives
- 1 teaspoon fish sauce
- 1/2 teaspoon minced fresh red or green chili pepper



Directions:

1. In a large bowl, combine all ingredients for the spring rolls except the rice paper wrappers.
2. Cover with a plate that just fits inside the bowl, then weigh this down with several bricks, or heavy books or canned goods.
3. After two hours, uncover and toss the mixture well. Replace the plate and wait and let it sit for another eight hours.
4. Uncover the bowl and drain off as much liquid as possible.

To make the dipping sauce:

1. combine all ingredients in a small bowl and set aside
2. To prepare the rice paper wrappers, brush both sides with a pastry brush dipped in hot water, then set aside to soften. Alternatively use a skillet or large, flat bowl that is slightly larger in diameter than one wrapper . Fill it to within one half inch of the top with hot water, immersed a wrapper in the water, and Then slide a plate underneath to lift out of the skillet. Pour off any water in the plate and set

aside rappers are usually pliable enough to roll in 3 to 5 minutes. With either message softened one and a time and fill.

3. To fill a softened wrapper, use 1/4 cup of the drained vegetable mixture.
4. Place the mixture to one side of the center. Full this side over the top of the mixture, then fold in both size and role. Placed the seam side down on a serving plate. Cover with a slightly damp towel until all rules are made. Serve immediately with the dipping sauce.

Recipe by Maggie Oster and Sal Gilbertie

Cookware that May Make Cooking a Little Easier:

Slow Cooker that BNH likes: (No lead!)

Vitaclay VM7900 Smart Organic Multicooker Gourmet Rice & Slow Cooker

- VitaClay Multicooker is one of the healthiest ways to cook rice or prepare a meal.
- VitaClay is LEAD FREE, ALUMINUM FREE, TEFLON FREE, and does not contain any non-stick chemicals.
- The unglazed clay pot acts as a seasoning chamber allowing you to cook dishes that are low in fat and cholesterol without added oil or grease.

Consider switching to this pot as the black glazed pots run the risk of **not being LEAD free**.



You can purchase this Here: [Plant Based Pros](https://www.plantbasedpros.com/product/vitaclay-vm7900-smart-organic-multi-cooker/?gclid=Cj0KCQiAmZDxBRDIARIsABnkbYR2p4ngL6WaixynD66ecoPVsGVWulmkZHQKGHzY1CVaX-TTWwSV6xsaAhmAEALw_wcB)

https://www.plantbasedpros.com/product/vitaclay-vm7900-smart-organic-multi-cooker/?gclid=Cj0KCQiAmZDxBRDIARIsABnkbYR2p4ngL6WaixynD66ecoPVsGVWulmkZHQKGHzY1CVaX-TTWwSV6xsaAhmAEALw_wcB

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<https://thenutramilk.com/?aff=62>



SNACKS & SMOOTHIES

Cashew “ricotta cheese” dip

Ingredients:

- 2 cups raw cashews
- 2 tablespoons extra virgin olive oil
- 4 teaspoons fresh lemon juice
- One teaspoon sea salt

Directions:

1. Soak the cashews and a bowl of hot water for at least one hour or at room temperature or up 224 hours in the refrigerator.
2. Drain the cashews and place them in a food processor along with the olive oil, lemon juice, salt, and 1/4 cup of warm water.
3. Process the ingredients until smooth paste forms; you may need to add a bit more water, depending on how long you soak the cashews. Serve.
4. Store any leftover cheese in an airtight container in the refrigerator for up to three days
5. Makes about 2 cups

Recipe by MarK Hyman

Megan Gilmore's Creamy Dill Dip

Ingredients

- 1/2 cup raw tahini
- 1/4 cup fresh lemon juice
- 1 teaspoon apple cider vinegar
- 6 to 8 tablespoons water
- 1 clove garlic, minced
- 1/2 teaspoon salt Black pepper, to taste
- 1/4 cup loosely packed dill, chopped
- 2 tablespoons freshly minced chives
- 1/2 teaspoon maple syrup (optional)



Directions

1. In a medium bowl, stir together the tahini, lemon juice, vinegar, 6 tablespoons of water, garlic, salt, and a few grinds of black pepper, as desired. Stir until very smooth.
2. Add in the freshly chopped dill and chives, and stir well. Taste the mixture and add the 1/2 teaspoon of maple syrup, if you feel the dressing tastes too tart.
3. You can serve this dip right away, but the flavor is better when you chill it in the fridge for at least 1 hour. The mixture will thicken when chilled, so you might want to add 2 more tablespoons of water to thin it out, if needed.
4. Store in an airtight container in the fridge for up to a week.

Notes If you don't care for tahini, raw cashew butter would probably make the best substitute in this recipe. With this substitution, add the lemon juice to taste, as you might not need as much. If you prefer a smoother dressing, feel free to combine all of the ingredients in a blender and blend until silky smooth. (The blended dressing will be green, rather than white with flecks.)

Kale Chips

Ingredients

- 1 large bundle curly green or purple kale
- 1-2 Tbsp melted coconut or avocado oil
- Seasonings of choice (i.e. pinch sea salt, 1 tsp cumin powder, 1 tsp chili powder, 1 tsp [curry powder](#), 1 Tbsp [nutritional yeast](#), etc. // measurements listed per 1 large bundle kale)

Instructions

1. Preheat the oven to 225 degrees F (107 C). Use convection bake if you have it to speed cooking time and help chips crisp up even more.
2. Rinse and thoroughly dry kale, then tear into small pieces and discard any large stems.
3. Add to a large mixing bowl and drizzle with oil and seasonings of choice. Toss thoroughly to combine, using hands to distribute the oil and seasonings evenly.
4. Spread the kale over 2 large baking sheets (use fewer or more if adjusting batch size), ensuring the kale touches as little as possible to help them crisp while baking.
5. Bake for 15 minutes, then turn the pans around and lightly toss/stir kale to ensure even baking. Bake for 5-10 minutes more, or until kale is crispy and very light golden brown. Watch closely as it can burn easily.
6. Remove from the oven and let cool slightly - chips will crisp up even more once out of the oven.
7. Enjoy immediately! Best when fresh. Store leftovers covered at room temperature for 2-3 days.

<https://minimalistbaker.com/how-to-make-kale-chips/>



30-Minute Cheesy Kale Chips

Ingredients

- 10 ounces chopped kale leaves (washed, thoroughly dried // stems removed)
- 2 Tbsp grape seed, olive or avocado oil
- 1/4 cup raw cashews
- 2 Tbsp raw or roasted (unsalted) sunflower seeds
- 5-6 Tbsp [nutritional yeast](#) (divided)
- 1/4 tsp each salt + black pepper
- 1 tsp garlic powder
- 1 healthy pinch cayenne pepper (*optional*)

Instructions

1. Preheat the oven to 300 degrees F (148 C).
2. Add kale to a large mixing bowl and drizzle with oil. Use hands to massage the kale to soften its texture and disperse the oil. Set aside.
3. Add cashews, sunflower seeds, 4 Tbsp nutritional yeast (12 g // amount as original recipe is written // adjust if altering batch size), salt, pepper, garlic pepper, and cayenne pepper (*optional*) to a [food processor](#) or [blender](#) and blend/pulse into a fine meal, scraping down sides as needed.
4. Add spice mixture to the kale and toss with hands to distribute, working it into the grooves so it's thoroughly coated.
5. Divide kale between 2 large baking sheets (or more if increasing batch size) and spread into an even layer, making sure the pieces aren't overlapping to ensure crispiness. You may need to bake them in two batches depending on the size of baking sheets.
6. Sprinkle the kale with remaining 1-2 Tbsp (3-6 g // amount as original recipe is written // adjust if altering batch size) nutritional yeast for extra flavor and bake for 15 minutes. Then remove from the oven and toss/flip kale to ensure even baking.
7. Bake for 5-10 minutes more, or until chips are crispy and golden brown. Watch carefully to ensure they don't burn. Let cool slightly before enjoying.
8. Once *completely* cooled, store leftovers in a large plastic bag or container for 2-3 days. The crispy texture begins fading past 24 hours, so enjoy as close to baking as possible!



<https://minimalistbaker.com/30-minute-cheesy-kale-chips/#wprm-recipe-container-35535>

Elise Museles' Root Veggie Chips with Tahini Dipping Sauce

For the Root Veggie Chips:

Ingredients:

- 1 large sweet potato
- 1 Japanese yam
- 2 large beets
- Olive oil or avocado oil to coat (about 1 tablespoon)
- 1 teaspoon sea salt (or to taste)
- Other options: parsnips, radishes, Yukon Gold potato, carrots, rutabaga, turnips
- For the Tahini Dipping Sauce:
- ½ cup tahini*
- ½ teaspoon cumin
- ½ teaspoon garlic powder
- ½ teaspoon sea salt
- ¼ cup warm water (adjust to desired thickness)
- Sprinkle of paprika and a sprig of fresh parsley (reserve until end)
- *I made the tahini in the **Nutramilk** using 2 cups of sesame seeds and a pinch of sea salt.



Directions:

To make the Root Veggie Chips:

1. Preheat the oven to 375 degrees.
2. Peel and slice the root veggies into thin rounds. This can be done with a handheld slicer or a **mandolin** on the 1/16-inch setting. Add sliced veggies into a large mixing bowl and toss with olive oil or avocado oil so that each round is lightly coated. (This may need to be done in batches.)
3. Place the sliced veggies in a single layer on parchment lined baking sheets. Bake for about 20 minutes, flipping the rounds over after about 12 minutes. Remove from the oven when the chips are golden brown around the edges. Let stand for 5 minutes before eating to allow the chips to crisp up. Sprinkle with additional sea salt and other seasonings, if desired. Repeat the baking process with remaining veggies. Serve in a shallow bowl alongside the tahini dipping sauce.
4. Best eaten immediately. Store remaining chips in an airtight container for up to two days.

NOTE: The chips can burn easily and depending on the thickness, the baking time can vary. Check every few minutes after flipping the vegetables and adjust cooking time accordingly.

To make the Dipping Sauce:

1. In a small mixing bowl, add tahini, garlic, cumin, and sea salt. Whisk until smooth. Slowly add in the warm water and whisk until desired consistency is reached. Adjust seasonings to taste. Top with paprika and fresh parsley. Serve alongside the chips.
2. Store remaining sauce in the refrigerator for up to five days.

<https://elisemuseles.com/recipes/root-veggie-chips-with-tahini-dipping-sauce/>

SMOOTHIES

STARTER SMOOTHIE:

Ingredients:

- 1 part greens (any you like: bok choy, kale, spinach, collards, romaine lettuce, beet greens, cilantro, parsley, cabbage, broccoli, cucumber...etc...etc)
- 2 parts fruit (blueberries, strawberries, grapes, peeled orange segments, pineapple, and mango) or juice or unsweetened Almond milk or coconut milk or soy milk or water (using the plant based milks will mellow the bitter flavor of greens)
- Add water and ice and combine in a high-speed blender until desired consistency
- Feel free to add Nutrient Boosts:
 - beets or beet root powder
 - Moringa
 - Spices: cinnamon, cardamom, ginger, nutmeg
 - Nutritional yeast (some may have headaches with nutritional yeast - remove if you do)

Beginner Smoothie:

1 part greens

1 part fruit

Intermediate Smoothie:

2 parts greens

1 part fruit

Advanced Smoothie:

3 parts greens

Strawberry almond coconut smoothie:

(Note: This is a high calories smoothies of about 380 kcal - so it is great for weight gain but may need to be limited if aiming to lose weight)

Ingredient:

- One or two large ice cubes
- 2 tablespoons unsalted almond butter
- 3/4 cup light unsweetened coconut milk
- 1/2 cup unsweetened almond milk
- One half cup frozen organic strawberries
- 2 teaspoons Chia seeds



Directions:

1. Combine all of the ingredients in a blender and blend on high until smooth, 122 minutes.
2. If this smoothie is too thick, add a little water and blend again until it reaches The desired consistency. Drink immediately

Reference: Mark Hyman

Almond berry smoothie:

(Note: this is a high calorie smoothie of about 341 cal, so it is great for weight gain but may need to be limited if aiming to lose weight.)

Ingredients:

- 1/4 cup frozen raspberries
- 1/4 cup frozen blackBerries
- 2 tablespoons unsweetened hemp protein powder
- 1 tablespoon flaxseed
- 1 tablespoon unsalted almond butter
- Half cup unsweetened almond milk
- 1 teaspoon fresh lemon juice
- One or two ice cubes - optional



Directions:

Combine all of the ingredients in a blender and blend on high speed until smooth, 1 to 2 minutes. If this smoothie is too thick, add a little water and blend again until it reaches the desired consistency. Drink immediately

Cocoa-Almond smoothie

(note: this is a high calorie smoothie of about 430 cal, so it is great for weight gain but may need to be limited aiming to lose weight.)

Ingredients:

- Two or three large ice cubes
- 1 and 1/4 cups unsweetened almond milk
- Two tablespoons unsalted
- 1 tablespoon Chia seeds
- 2 teaspoons unsweetened cocoa powder
- 1 tablespoon coconut oil

Directions:

Combine all of the ingredients in a blender and blend on high speed until smooth, one to 2 minutes. If this smoothie is too thick add a little water and blend again until it reaches the desired consistency. Drink immediately



Blueberry nut smoothie:

Ingredients:

- One half cup frozen blueberries
- 2 Raw Brazil nuts
- 4 raw walnuts
- 4 ounces non-GMO silken tofu
- 1 cup unsweetened hemp or almond milk
- One half teaspoon fresh lemon juice
- 1/4 teaspoon ground cinnamon
- Pinch of sea salt one or two ice cubes

Directions:

1. Combine all of the ingredients in a blender and blend on high until smooth for about 1 to 2 minutes.
2. If this smoothie is too thick add a little water and blend again until it reaches the desired consistency drink immediately

Reference: Mark Hyman

Açaí smoothie

Ingredients:

- 1/4 cup frozen blueberries
- 1/4 cup frozen açai purée
- One (1/4 inch sliced ginger, peeled)
- 3 tablespoons unsweetened hemp protein powder
- 1 tablespoon coconut butter
- 1/2 cup full fat unsweetened coconut milk
- One or two ice cubes optional

Directions:

Combine all of the ingredients in a blender and blend on high speed until smooth, 1- 2 minutes. If the smoothies are too thick add a little water and blend again until it reaches the desired consistency. Drink it immediately

Creamy berry smoothie

Ingredients:

- 1/4 cup frozen organic strawberries
- 1/4 cup frozen raspberries
- 4 ounces non-GMO silken tofu
- 2 tablespoons unsweetened hemp protein powder
- 1 teaspoon fresh lime juice
- One or two ice cubes - optional

Directions:

Combine all the ingredients in a blender and blend on high speed until smooth, 1 to 2 minutes. If this smoothie is too sick, add a little water and blend again until it reaches the desired consistency. Drink immediately.

Minimalist Baker's Favorite Green Smoothie

Ingredients

- 1 medium banana (previously peeled, frozen and quartered)
- 1/2 cup mixed frozen berries
- 1 Tbsp flaxseed meal
- 1 heaping Tbsp [natural, salted peanut butter](#)
- 1/2 - 3/4 cup unsweetened vanilla almond milk
- 2 cups fresh spinach

Instructions

1. Place all ingredients in a [blender](#) and blend until creamy, adding more almond milk or frozen berries (or bananas) to thin/thicken, respectively.
2. Serve immediately or freeze to enjoy later. Although it is best when fresh.

<https://minimalistbaker.com/my-favorite-green-smoothie/#wprm-recipe-container-36239>



Red Cabbage Juice

INGREDIENTS (Serves 2)

- 1/4 red cabbage, chopped
- 1 green apple, chopped
- 1/2 cucumber
- Handful of fresh basil
- Handful of fresh mint

Directions:

1. Juice all ingredients and enjoy straight away!



Red Cabbage Basic Recipe

(from Super Juice Me Documentary.)

Ingredients:

- 1 Apple organic only
- 1/2 Small Cabbage (*Red or Green*)

Directions:

Juice everything and enjoy!

Dianne Venetta's Cabbage-Carrot - Apple Juice INGREDIENTS

- 1/4 head of cabbage, tough stem cut out
- 1 large carrot, peeled
- 1 small organic apple, any variety
- Add 1/4 tsp cinnamon for added heart health

INSTRUCTIONS

1. Using a commercial juicer, place an 8-ounce glass beneath the spout and insert vegetables one-by-one until all juice has dispensed from juicer.
2. Mix and drink immediately.

<https://bloominthyme.com/recipes/heart-healthy/cabbage-carrot-apple-juice-recipe/>

BNH NOTE: These are great for some people who have persistent an upset stomach or ulcers. Test your tolerance.

1-Bowl Vegan Gluten Free Crackers

Ingredients

- 3/4 cup [DIY Gluten-Free Flour Blend](#)*
- 2/3 cup [almond meal](#)* (or sub gluten-free oat flour*)
- 1/4 tsp baking powder
- 2 Tbsp flaxseed meal
- 1 tsp fresh chopped rosemary
- 1/2 tsp sea salt
- 1/8 tsp garlic powder (*optional*)
- 3.5 Tbsp neutral oil (i.e. grape seed or avocado oil)
- 3-5 Tbsp cold water



Instructions

1. Preheat the oven to 325 degrees F (165 C) and line 1 large or 2 small baking sheets with parchment paper (adjust the number of baking sheets if altering batch size).
2. Add dry ingredients to a [food processor](#) or a mixing bowl and process or whisk until thoroughly combined.
3. Then add oil and pulse/use a pastry cutter or fork until crumbly.
4. Add cold water 1 Tbsp at a time, pulsing/stirring until it forms a semi-sticky dough that's moldable with your hands and not crumbly. It shouldn't need more than 5 Tbsp (amount as original recipe is written // adjust if altering batch size).
5. Remove from the processor or mixing bowl and form into a loose ball with your hands. Transfer to a clean surface lined with wax or parchment paper. Lay another sheet of parchment paper or wax paper on top and use a rolling pin to roll the dough out into a rectangle slightly less than 1/8th inch thick (see photo).
6. Use a knife, a pizza cutter, or a small cookie cutter to cut the dough into squares (or circles). Makes about 60 squares (amount as original recipe is written // adjust if altering batch size).
7. Transfer the dough (still on the wax paper or parchment) to a baking sheet and pop in the freezer for about 10 minutes to stiffen. This will help them firm up and become easier to transfer to the baking sheet.
8. Once firm, use a spatula to carefully transfer the crackers to the parchment-lined baking sheet(s) in a single layer, making sure they aren't touching to ensure even baking.
9. Bake for 16-22 minutes or until slightly golden brown (be careful not to burn). Remove from the oven and let cool.
10. Enjoy immediately. Store leftovers covered at room temp for up to 1 week or in the freezer for 1 month.

Notes

*You can try subbing other gluten-free flour blends, but we can't guarantee the results. Also, if not gluten-free, feel free to sub unbleached all-purpose flour, spelt flour, or whole-wheat pastry flour.

*You can sub gluten-free oat flour for the almond meal, but we haven't tried it and can't guarantee the results.

*If using almond meal leftover from making [almond milk](#), we would suggest dispersing the meal on a parchment-lined baking sheet and baking at a low temperature (200 degrees F (93 C)) for 15-20 minutes or until dry and the texture of the almond meal. Additionally, you may need more oil and/or water to prevent the dough from cracking. We recommend modifying to a total of 5 Tbsp oil and 6 Tbsp water (amounts as original recipe is written // adjust if altering batch size).

*Recipe loosely adapted from our [Vegan Cheez Its](#).

<https://minimalistbaker.com/1-bowl-vegan-gluten-free-crackers/#wprm-recipe-container-34874>

Aloo Tikki (Potato Cakes with Green Chutney)

Ingredients

ALOO TIKKI

- 2 pounds yukon gold potatoes (scrubbed clean, peeled + halved)
- 1-2 Tbsp vegan butter (plus more for cooking // or sub a neutral oil of choice)
- 2 tsp **curry powder** (plus more to taste // I love Trader Joe's curry powder)
- 1/8 tsp ground cardamom (plus more to taste)
- ~1/2 tsp each salt + pepper (to taste)
- 2/3 cup green peas (thawed if frozen)
- 1/2 cup panko bread crumbs (*optional* // for coating // gluten-free for GF)

5-MINUTE GREEN CHUTNEY

- 1 bunch fresh cilantro (stems mostly removed // 1 bunch equals ~3 ounces)
- 3 cloves garlic (crushed)
- ~1/4 tsp each salt + pepper (to taste)
- 1 large lime (juiced // or sub lemon)
- 1 Tbsp sweetener (such as cane sugar, maple syrup, or honey if not vegan // plus more to taste)
- 1-2 Tbsp water (to thin)
- 1-2 Tbsp ripe avocado (*optional* // for extra creaminess)

Instructions

1. Add potatoes to a large pot and cover with water. Bring to a boil over high heat and cook for 15-20 minutes or until tender and slide easily when picked up with a knife. Drain and set aside.
2. While the potatoes cool, prepare chutney. Use a small food processor, mortar and pestle, or a spice grinder* to combine all ingredients until well blended and pureed. (A blender may work, depending on size – the smaller the better).
3. Add only enough water to encourage blending. Taste and adjust seasonings, adding more garlic, salt, sweetener, or lime as desired.
4. Add cooled potatoes to a mixing bowl along with vegan butter, salt and spices. Mash to combine, trying not to overmix. Taste and adjust seasonings as needed. I found the cardamom really helped the curry flavor punch through the salt.
5. Add peas and mix once more. Then scoop out about 1/4 cup measurements and form into round discs (should be enough for 8-10 cakes as the original recipe is written).



6. Season the tops of the cakes with a pinch more salt, pepper and curry powder. If using panko bread crumbs – I tested with and without and would recommend for a crispier crust – sprinkle on top and gently press to adhere.
7. Heat a skillet over medium heat. Once hot, add enough vegan butter or oil to coat and add 3-4 patties spice side down, being careful not to crowd the pan. Sprinkle the tops with salt, pepper, curry powder and panko crumbs. Press gently again to adhere.
8. Brown for 4-5 minutes, turning down heat if they brown too quickly. Gently flip (being careful as they can be fragile), and brown for 4-5 more minutes, or until deep golden brown.
9. Remove from the pan and repeat until all patties are cooked, adding more vegan butter or oil as needed.
10. Serve with chutney. These work as finger food but are most ideal when plated and eaten with a fork. Leftovers keep well (separated) covered in the refrigerator for up to 3 days.
11. ugh. Don't be

<https://minimalistbaker.com/aloo-tikki-indian-potato-cakes-green-chutney/>

Crispy Quinoa Sweet Potato Fritters

(1 fritter 154 kcal)

Ingredients

QUINOA

- 2 cups cooked + cooled quinoa ([How to Cook Quinoa](#))

VEGGIES

- 2 cups shredded sweet potato (no need to peel)
- 2 Tbsp avocado or coconut oil, plus more for cooking
- 1/2 cup diced red or white onion (or sub shallot)
- 4 cloves garlic, minced
- 1 healthy pinch each sea salt and black pepper
- 2 cups chopped greens (we prefer spinach)

FRITTERS

- 3 medium eggs, whisked* (organic, pasture-raised when possible)
- 1/2 tsp sea salt, plus more to taste
- 1 tsp [curry powder](#) (*optional*)
- 1/2 cup [gluten-free flour blend](#) (if not gluten-free, sub all purpose flour // for grain-free, try arrowroot or potato starch)

FOR SERVING *optional*

- Sauce (such as [coconut yogurt](#), [hummus](#), or [garlic dill sauce](#))
- Fresh herbs (mint, cilantro, parsley)

Instructions

1. If you do not already have cooked [quinoa](#), prepare it at this time. 2/3 cup uncooked quinoa will yield ~2 cups cooked.
2. Shred sweet potato using either the coarse side of a box grater or the grater attachment of a [food processor](#).
3. Heat a large pot or rimmed skillet over medium heat. Once hot, add oil, onion, sweet potato, garlic, salt, and pepper. Sauté for 4-5 minutes, stirring frequently, or until the onion and sweet potato are tender and fragrant. Add chopped greens and stir to slightly wilt. Set aside.
4. Add eggs to a medium mixing bowl and whisk until well combined. (**NOTE:** Depending on the size of your eggs, you may need less as some readers report)
5. To a large mixing bowl add sautéed vegetables, cooked and cooled quinoa, salt, and curry powder (optional) and stir. Then add eggs and stir. Lastly, add gluten-free flour and stir until combined. You should have a slightly tacky but moldable mixture. Add more gluten-free flour as needed if too wet to handle.
6. Form into thin (roughly 1/4-inch-thick) patties the size of the palm of your hand. In the meantime, heat a large rimmed skillet (we prefer [cast iron](#)).



7. Once hot, add a little oil to coat the pan and enough fritters to comfortably fit without crowding. Pan fry until golden brown — ~ 4 minutes on each side.
8. *Optional:* For even crispier fritters, continue baking in a 400 degree F (204 C) oven for 10-15 minutes.
9. Serve hot with garnishes of choice, such as lemon juice, dairy-free yogurt, hummus, garlic dill sauce, or fresh herbs (all optional). Store leftovers covered in the refrigerator up to 3-4 days, or in the freezer up to 1 month. Reheat on the stovetop over medium heat, in a 350 degree F (176 C) oven, or in the microwave until hot. If frozen, thaw before reheating.

<https://minimalistbaker.com/crispy-quinoa-sweet-potato-fritters/>

Dairy Free Cheesy Spicy homemade popcorn with nutritional yeast

This easy spicy popcorn is a delicious mix between taco seasoning and nacho flavors, a cheesy spice filled healthy snack! [Simply Organic Nutritional Yeast Seasoning](#) or [Bob's Red Mill Nutritional Yeast](#)



Ingredients:

- 1 tablespoon [Simply Organic Nutritional Yeast Seasoning 1.32 oz.](#)
- 1/2 tablespoon [Simply Organic Chili Powder 2.89 oz.](#)
- 1/2 teaspoon Simply Organic Garlic Powder 3.64 oz.
- 1/4 teaspoon Simply Organic Onion Powder 3.00 oz.
- 1/4 teaspoon Simply Organic Cumin Seed Ground 2.31 oz.
- 1/4 teaspoon [Simply Organic Crushed Red Pepper 1.59 oz.](#)
- 1/8 teaspoon [Simply Organic Black Pepper 4 oz.](#)
- 1/4 teaspoon kosher salt
- 1/2 cup popcorn kernels
- 1 tablespoon coconut oil, divided



Directions:

1. Combine spices in a small bowl and mix together.
2. Place 1/2 tablespoon coconut oil in a medium saucepan over high heat. Once hot, add the popcorn kernels and cover with a lid.
4. Shake the pot to coat the kernels in the melted coconut oil.
5. Once kernels start to pop, shake the pot continuously to prevent burning. Keep the pot on the heat until popping slows to about 3 seconds apart.
6. Pour the popcorn into a large bowl and toss with the remaining 1/2 tablespoon coconut oil.
7. Add the spice mixture to the bowl and toss well with a spatula until it coats all the popcorn evenly.
8. Serve immediately.



NOOCH (NUTRITIONAL YEAST) POPCORN

INGREDIENTS

- 1/3 cup nutritional yeast
- 1 teaspoons fine sea salt, or more/less to taste
- 3 tablespoons coconut oil, or enough to thoroughly coat the bottom of the pan
- 1/2 cup popcorn kernels

INSTRUCTIONS

1. Add the nutritional yeast and salt to a large food storage container (with a lid). Set aside.
2. Heat the oil in a medium saucepan over medium-high heat. Place 3-4 individual kernels in the pan. Once the kernels begin to pop, add in the rest of the kernels so that they form a single layer on the bottom of the pan. Cover the saucepan with a lid and give it a shake so that the kernels all get coated with the oil.
3. When the popcorn kernels start popping, give the pan a good shake every 15 seconds or so to help the unpopped kernels fall to the bottom. (This will also help prevent the popcorn from burning.) Once the popping slows down and there are a few seconds between pops, immediately transfer the popcorn to the prepared food storage container. Place the lid on the container, and give it a good shake for 10 seconds to coat the popcorn.
4. Serve warm and enjoy!



Njeri's Quick and Easy Savory Roasted Brussels Sprouts

Ingredients

1 -2 cups of Brussels Sprouts

Olive oil

Salt and pepper to taste

Directions:

1. Preheat the oven to 400 degrees
2. Wash Brussels sprouts and cut the ends off, then cut in half lengthwise
3. Spread the Brussels sprouts out evenly on a baking sheet (stainless steel preferred) and drizzle with a small amount of olive oil, about 1 Tablespoon olive oil
4. Roast in the oven for 15 minutes or until tender and the outer leaves are somewhat crispy and browned.
5. Remove from the oven and drizzle with more olive oil and add Celtic Gray Sea salt and fresh Cracked Black Pepper and toss using tongs
6. Enjoy !
7. This can be done with Asparagus as well !



New York Times Roasted Brussel's Sprouts with Garlic

INGREDIENTS

- 1 pint brussels sprouts (about a pound)
- 4 to 6 tablespoons extra virgin olive oil, to coat bottom of pan
- 5 cloves garlic, peeled
- Salt and pepper to taste
- 1 tablespoon balsamic vinegar



PREPARATION

1. Heat oven to 400 degrees. Trim bottom of brussels sprouts, and slice each in half top to bottom. Heat oil in a cast-iron pan over medium-high heat until it shimmers; put sprouts cut side down in one layer in the pan. Put in garlic, and sprinkle with salt and pepper.
2. Cook, undisturbed, until sprouts begin to brown on bottom, and transfer to the oven. Roast, shaking pan every 5 minutes, until sprouts are quite brown and tender, about 10 to 20 minutes.
3. Taste, and add more salt and pepper if necessary. Stir in balsamic vinegar, and serve hot or warm.

Recipe Retrieved from: <https://cooking.nytimes.com/recipes/1890-roasted-brussels-sprouts-with-garlic>

Balsamic vinegar Roasted Brussels sprouts

Ingredients

- 1/4 cup extra virgin olive oil
- 1 pound brussels sprouts, trimmed and halved
- 5 cloves garlic, peeled, or more to taste
- Salt and freshly ground black pepper
- 1 tablespoon [balsamic vinegar](#)

Instructions

1. Preheat the oven to 450°F. Put the oil in a large oven safe skillet and heat on medium-high. When the oil shimmers but before it smokes, arrange the sprouts in one layer, cut side down. Add the garlic and season with salt and pepper.
2. Cook, undisturbed, until the sprouts begin to brown, about 5 minutes. Move the pan to the oven and cook, shaking the pan occasionally, until the sprouts are very brown and tender, about 30 minutes.
3. Drizzle with the vinegar and adjust seasoning as necessary. Stir and serve.



Recipe Retrieved from: <https://theliveinkitchen.com/balsamic-roasted-brussels-sprouts-garlic/>

About Nutritional Yeast

Nutritional yeast is a species of yeast known as [Saccharomyces cerevisiae](#).

Nutritional yeast: This yeast is grown specifically to be used as a food product. The yeast cells are killed during manufacturing and not alive in the final product. It is used in cooking and has a cheesy, nutty or savory flavor.

There are two types of nutritional yeast — unfortified and fortified.

- **Unfortified:** This type does not contain any added vitamins or minerals. It only contains the vitamins and minerals that are naturally produced by the yeast cells as they grow.
- **Fortified:** This type contains synthetic vitamins added during the manufacturing process to boost nutrient content. If vitamins have been added to the yeast, they will be included in the ingredients list.

Fortified nutritional yeast is the most common type available for purchase.

Nutritional yeast is sold as flakes, granules or powder and can be found in the spice section or bulk bins of health food stores.

Nutritional yeast is a versatile food that works with nearly any type of diet or eating style. It is naturally low in sodium and calories, as well as fat-free, sugar-free, gluten-free and vegan.

<https://www.healthline.com/nutrition/nutritional-yeast>

[Learn a bit more about *Saccharomyces cerevisiae*.](#)



WAHL'S INSPIRED SALADS

FOR
BREAKFAST,
LUNCH
OR
DINNER

Wahl's Salad - A

- 3 cups *bok choy*
- 1 small tomato ($\frac{1}{2}$ cup)
- $\frac{1}{2}$ cup sweet red pepper
- $\frac{1}{2}$ cup daikon radish
- 1 tablespoon sliced almonds
- 1 Tablespoon extra virgin olive oil
- Balsamic vinegar to taste



Wahl's Salad - B

- 3 cups *bok choy*
- 2 cloves garlic
- $\frac{1}{2}$ cup cilantro
- $\frac{1}{2}$ cup green pepper
- $\frac{1}{2}$ cup fresh grapes
- 1 tablespoon sunflower butter
- Lime juice to taste



Wahl's Salad - C

- 2 cups *spinach*
- 2 cups kale
- $\frac{1}{2}$ cup strawberries
- 4 medium spears asparagus
- 2 teaspoons extra virgin olive oil
- Lime juice to taste

Wahl's Salad - D

- 3 cups *romaine lettuce*
- 2 cups spinach
- 1/2 cup red peppers
- 2 teaspoons flax oil
- Balsamic vinegar to taste



Wahl's Salad E

- 2 cups *bok choy*
- 1 Tablespoon sunflower seeds
- 1/2 cup raw celery
- Dried basil to taste
- 1 Tablespoon extra virgin olive oil
- Balsamic vinegar to taste



Wahl's Salad F

- 3 cups spinach
- 1/4 cup sliced onion
- 1 clove garlic
- 1 tablespoon sunflower seed butter
- Lime juice to taste



Wahl's Salad G

- 2 cups bok choy
- 2 cups spinach
- 1 Tablespoon flax oil
- 1/2 cup tomato
- 2 tablespoons soaked sunflower seeds: Go here to learn how to soak sunflower seeds:
<https://nouveauraw.com/raw-techniques/soaking-nuts-seeds-and-grains/sunflower-seeds-soaking-and-drying/>

Wahl's Salad H

- 3 cups bok choy
- 2 cups spinach
- 1/2 cup cilantro
- 1/2 cup tomato
- 1 Tablespoon extra virgin olive oil
- Lime juice to taste



Salmon Salad or Chicken Salad

- 1 (14.7oz) can salmon, drained, or 4 medium skinless cooked chicken breasts (about 13 ounces)
- 1/2 small onion, minced
- 1 clove garlic, minced
- 1/4 cup minced celery
- 1/4 cup chopped parsley
- 2 Tablespoons gluten-free peanut sauce (Avoid in week 1 & 3)
- 1/3 teaspoon organic kelp powder (OPTIONAL)
- 1/4 teaspoon iodized sea salt



Directions -

1. Put the salmon in a bowl and mash the bones. If using chicken, chop the breasts into bite-size pieces. Place salmon or chicken and onion, garlic, celery, parsley, peanut sauce, kelp powder and salt in a food processor and pulse until the mixture reaches your desired texture. You can also chop and mix by hand

GREEN DRINK IDEAS

Baseline - GREEN Daily Beverage for 30 Days

#1 - BNH Green Drink ORAC Energy Greens with Protein

- [Protein and Greens powder](#) with [Liquid mineral](#), powdered vitamin, optional: Moringa Leaf Powder and Beet Root powder
- Mix above ingredients with coconut milk or almond milk
- Directions: Place all ingredients in blender bottle, shake and enjoy
- Optional: add Stevia to sweeten if needed.
- Optional: [Liquid Mineral](#) or [Here](#)



Alternatives to Cranberry Juice & Their grams of sugar

1. 8 oz So Delicious coconut milk unsweetened = 0 g
2. 8 oz Vita coco = 3.0 g
3. 8 oz Pacific Foods Coconut milk unsweetened = 1 g
4. 8 oz So Delicious coconut milk sweetened Vanilla = 8 g
5. 8 oz Zico coconut water = 9 g



1



2



3



4



5

These Protein with Greens Shakes can Be Mixed in Plain Water as well

Lower Sugar / Lower Carbohydrate Juices (8 oz MAX)

to use if Coconut Water or Coconut Milk is not to your liking



Sunsweet Lite Plum Smart Juice 8 oz

PER 8 FL OZ: 60 calories, 0 g fat, 20 mg sodium, 15 g carbs (3 g fiber, 11 g sugar), 0 g protein - Can Purchase [Here](#)

<https://www.sunsweet.com/products/plumsmart-light/>



BoltHouse Farms Carrot Juice or BoltHouse Farms Carrot/Ginger/Turmeric Juice

PER 8 FL OZ: 70 calories, 0 g fat, 150 mg sodium, 15 g carbs (1 g fiber, 13 g sugar), 2 g protein

Can Purchase [Here: Carrot Juice](#) and [Here: Carrot Ginger Turmeric](#)

<https://www.bolthouse.com/product/100-carrot/>

<https://www.bolthouse.com/product/carrot-ginger-turmeric/>

NOTE: You can add additional nutrients to your drink as per your tolerance and liking. See the 2 options to the right: [Beet Root](#) or [Frontier Herbs Beet Powder](#) or [Moringa](#). Both are great additions when you have removed coffee from your diet during the detox.



These Protein with Greens Shakes can Be Mixed in Plain Water as well

Or you can make your Green Drink from scratch or do a combination

Directions for 2 - 6 - Place all ingredients in Vitamix or Bullet and blend until smooth

#2 Bok Choy Smoothie

- 1 cup bok choy
- 1 cup orange sections (2 small)
- 1 cup Mixed berries
- 1 scoop [Protein and Greens powder](#)
- Water / ice



#3 Parsley smoothie

- 1 cup parsley
- 2 cups mixed berries
- 1 scoop [Protein and Greens powder](#)
- Water / ice



#4 Cilantro smoothie

- 1 cup cilantro
- 1 small orange (1/2 an orange)
- 1 cup mixed berries
- 1 scoop [Protein and Greens powder](#)
- Water / ice



#5 Spinach Smoothie

- 1 cup spinach
- 1 cup organic strawberries
- 1 cup mixed berries
- 1 scoop [Protein and Greens powder](#)
- Water / ice



#6 Raw Beet Smoothie (Limit)

- 1/2 cup raw beets
- 1 small orange (1/2 cup)
- 1 cup cherries
- 1/4 inch piece fresh ginger root grated
- 1 scoop [Protein and Greens powder](#)
- Water / ice
- ***THIS SMOOTHIE SHOULD BE NO MORE THAN TWICE A WEEK***

