

*Live More
Weigh Less*

COOKBOOK



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Introduction from the Editor

When Sarah asked me to be the editor of the Live More Weigh Less cookbook, it was a no-brainer. Not only is Sarah a dear friend, she is also a wise mentor, beacon of light and an inspiring example of personal and professional success on her own terms. I believe in Sarah as a person, but I also deeply identify and support the philosophy behind LMWL.

Whether you are underweight, overweight or anywhere in between; the fact remains that we live in a society that values Photoshop over nature, thinness over health and stress over joy. What a simple yet revolutionary idea that the path to happiness is through the pursuit of happiness itself rather than through physical and emotional torture we believe will someday make us worthy of true happiness.

For me, this debate was clarified when I left my full-time job and did a complete 180 degree life change to pursue my culinary degree at The French Culinary Institute in New York City. I couldn't help but feel completely crazy; It felt terrifying to choose my passion and the unknown over certainty and the perception of happiness I had built up for myself. Not to mention, I am a person who has struggled with her weight my entire life...what the hell was I thinking pursuing a career in food?!



It was in embracing and celebrating my connection to food that made me healthier, stronger and more sure that my path was right. Choosing your passion now, whether it be in food or finance, is the surest path to reaching your ideal body and life...not the other way around.

I think we can all agree; food is not just a biologic necessity (especially if you struggle with emotional eating and body image).

The LMWL program celebrates cooking and eating, so that the food we eat, whether it is chocolate or kale, nourishes our body, mind AND spirit.

LMWL creates a space and provides an invitation for you to engage in a conversation about your body and how you feed her, which is different than anything you've ever experienced before.

The recipes included in this cookbook are from women who are each contributing to this dialogue in their own way. They are smart, savvy and not-for-nothin' they are all a blast...their recipes are oozing with personality, joy and a passion for good food. It has been a pleasure to get to know them through their recipes.

In writing this cookbook, it was important to Sarah and I that the recipes within these pages be straightforward, accessible, fun and most of all delicious. Consider this a starting point to a new perspective on cooking, allow the recipes to inspire you, not restrict you. And consider this your first tool to start Living More, and Weighing Less.

Happy Cooking and Bon Appetit!

XOXO,

Sarah Schechter

A Note from Sarah Jenks

I have to admit that I'm not a recipe person. My favorite way to cook is to have a bunch of fresh ingredients, tons of spices, good music, a glass of wine and just get creative and make a huge mess.

This is why I asked my dear friend Sarah Schechter to create this amazing cookbook for you. Sarah is not only an artist when it comes to food but she knows how to find that perfect intersection of what we love to eat and how we love to feel after we eat it.

She embodies the Live More Weigh Less philosophy to a T, always throwing amazing dinner parties, cooking beautiful meals for herself and finding the best restaurants to dine at. And she has just as much fun shopping, prepping and cooking as she does eating.

This cookbook is a collection of our favorite recipes for you to make for yourself and your loved ones.

Let's get cookin'.

Xo

Sarah Jenks



About The Contributors



QUINN ASTEAR & ROBYN YOUKILIS

Robyn and Quinn both officially began their health journey at **The Institute for Integrative Nutrition**, the world's leading nutrition school, there they became Certified Health Coaches and members of the American Association of Drugless Practitioners.

Though their cooking roots go way back (thanks to Jewish grandmas), their skills have been refined by years of practice and watching cable TV (shout out to all our cooking mentors!).

Since graduating from Integrative Nutrition, Robyn + Quinn developed successful health coaching practices working with clients in a 1-on-1 format to help them lose weight and improve their overall health. [On the side, Robyn and Quinn each teach super successful cooking classes around NYC.]

In Spring of 2012, with summer camp in the air and cooking on their minds, Robyn and Quinn launched {Healthy} Cooking Camp: an online, interactive cooking show and program that takes people from totally confused to total connoisseur in their own kitchen.

Through {Healthy} Cooking Camp, Robyn and Quinn have used their signature sass and style to inspire thousands of people from around the world to learn to cook and nourish themselves with real, whole foods.

*Editor's favorite recipe
from Robyn and Quinn:*

**Black Bean Pasta with
Butternut Squash
"Cream Sauce"**

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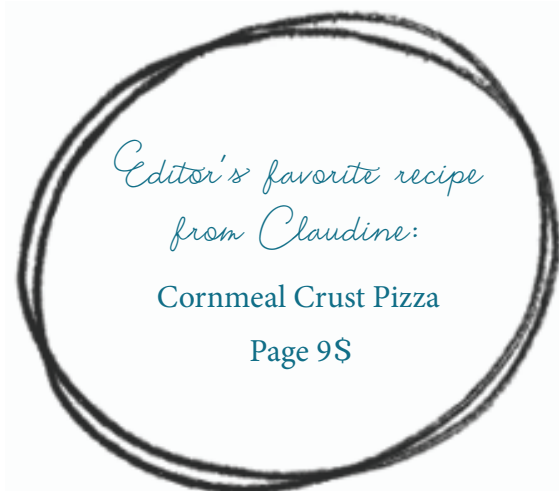
CLAUDINE DAGIT

Ciao, I'm Claudine, a Bay Area native who grew up on sushi in my lunchbox, nightly family sit down dinners and a massive appreciation for all things foodie and fabulous!

At 18 I moved to Italy to embrace the culture, but mainly the cuisine and at 22 headed to Thailand on a one way ticket to again embrace the free-spirited culture and fresh cuisine. Upon returning home (after a month in Paris to continue my quest for culinary deliciousness) I decided to follow my passion and share my love of cooking with the people who'd never had a chance to learn; CEO's, friends, busy moms, athletes, etc.

Here I am 4 years later, teaching the stovetop-fearing masses that eating well doesn't have to be time-consuming or difficult. More than that even, that good cooking can make you and the people you love happier and healthier.

As a personal chef, trainer and all around health nut, I'm here to show you it's never too late (or too early!) to fall head-over-heels in love with cooking and the art of entertaining.





JAMIE ~ " " " † * Ž Ž °

Jamie G. Dougherty, food and body coach, is the founder of JamieLiving.com and the signature program Body OnBoard: Where mission-driven women get their bodies on-board for their big plans. She is a wellness consultant for forward-thinking companies, is the author of a wildly popular blog and has been featured on Martha Stewart Radio, MindBodyGreen and ABC's View from the Bay.

Jamie's quick wit, rockstar insights and inspirational know-how provides women the tools to get out of their own way and align their bodies with their big plans to make their mark.





HEATHER PIERCE GIANNONE

Heather Pierce Giannone is the Creator of Go Feed Yourself - a digital program teaching you how to make fast, healthy meals that keep you focused and productive. She also shares free recipes + cooking how-to videos on her website and on her web show, "The Feed with HPG".





MICHELLE KABLER

Michelle Kabler is a lover of life, people, and vegetables. Up until her mid-twenties, her experience with food was a love/hate relationship. Food and stress ran her world. After years of bingeing and dieting, along with an unfulfilling, stressful career in Advertising, Michelle began developing side effects of her toxic lifestyle — candida, chronic fatigue, migraines, indigestion, to name just a few. She called in extensive research, health coaches, meditation – and most importantly, the right foods for her body. Through overcoming her health issues, Michelle was able to heal her body, mind, and soul through food. What was once an enemy became her strongest medicine. Livened by this new relationship, Michelle began formal chef’s training at the Natural Gourmet Institute in New York City to continue her journey and help her spread her passion for food and healing. She lives in NYC with her soul sisters. Learn more about Michelle [here](#).

*Editor's favorite recipe
from Michelle:*

Homemade Macro Plate

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ALISON LEIPZIG

Alison Leipzig is a Body Confidence Coach who has been featured in Lucky Magazine, The Today Show, ABC's The Chew, and Huffington Post Live. Alison works with women to overcome negative body image and emotional eating so that they can finally live the full, vibrant, fulfilled lives they have always craved. It's possible to see your true beauty and radiance, both inside and out, and Alison will help you get there.

Alison works with women individually and in groups so hop on over to alisonleipzig.com to grab your free video training series entitled "3 Days to Better Body Confidence" and get a taste of what it's like to love the body you are in.

*Editor's favorite recipe
from Alison:*

**Overnight Oats with
Homemade Almond Milk**

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HOLLI THOMPSON

Holli Thompson, CHHC, CNHP, The Nutritional Stylist, is the founder of **Nutritional Style**. Holli has been profiled in More Magazine, and featured in More's "Reinvent Yourself" TV special. Holli appears on CBS, ABC and FX networks as a nutrition and food expert, and speaks to women's groups and national organizations, including the American Heart Association. Holli writes a weekly blog, featured regularly in The Daily Love, Ask Miss A, and Your Bella Life. She is co-author of the book "Optimism!" and is currently writing her own book to be published in 2013.

Holli offers group programs, including the popular Cleanse with Style, a detoxification lifestyle and virtual program that has helped hundreds of women around the world lose weight, increase their energy, and find their glow. Holli offers individual coaching by telephone or skype.

*Editor's favorite recipe
from Holli:*

Quinoa & Bean Salad with
Mango

Page ' S

“One cannot think well, love well, sleep well, if one has not dined well.”

Virginia Woolf

“The only real stumbling block is fear of failure. In cooking you've got to have a what-the-hell attitude.”

Julia Child

“Pull up a chair. Take a taste. Come join us. Life is so endlessly delicious.”

Ruth Reichl

Sarah Jenks' Grocery List

The first step in any recipe starts at the grocery store. Packing your pantry and refrigerator with the following grocery list will ensure that you always have fresh, versatile and wholesome ingredients that can be put together in endless combinations.

Produce

- Green Smoothie Ingredients (Kale, Avocado, Apple and Cucumber)
- Greens (Kale, Collards, Bok Choy, Broccoli Rabe)
- Salad Greens and Fixings
- Summer Squash
- Broccoli Rabe
- Eggplant
- Sweet Potato
- Tomatoes
- Cherry Tomatoes
- Pepper/Celery/Carrot Sticks
- Fruit (Apples, Bananas, Berries)
- Root Veggies (Sweet Potato, Parsnips, Squash)
- Other Veggies: Mushrooms, Peppers, Asparagus, etc.
- Canned Tomatoes

Meat

- Eggs
- Organic Chicken
- Organic Grass-Fed Beef
- Organic Fish

Canned + Stored Goods

- Oatmeal
- Gluten Free Brown Rice Bread (make sure it's fruit juice sweetened, freezer section)
- Gluten Free Pancake Mix (I prefer Pamela's)
- Granola Ingredients (see recipes)
- Maple Syrup
- Black Beans
- Brown Rice
- Quinoa
- Nuts/seeds for salads and snacks e.g. Roast Sunflower Seeds
- Organic Peanut Butter
- Millet
- Barley

Other

- Hummus
- Delicious Herbal Teas
- Honey for Tea (a good alternative to sugar)
- Popcorn (organic, no added anything, add your own olive oil/butter and sea salt)

*Kinda Sorta
Not Really
Recipes*

COOKING BY TASTE & DESIRE

The key to making easy meals is to have a collection of basic foods that you can cook ahead of time. When it's time to make a meal, you can throw together basics (raw, steamed or sautéed) and add whichever condiment you are in the mood for. Ta da! Instant meal.

The Basics

- Brown Rice
- Barley
- Quinoa

- Kale
- Swiss Chard
- Broccoli Rabe
- Brussels Sprouts
- Sprouts
- Arugula

- Onions
- Beans
- Mushrooms
- Tomatoes
- Sweet Potato

Condiments

- Tahini
- Soy Sauce
- Sesame Oil
- Vinegars
- Olive Oil
- Sea Salt
- Pepper
- Canned Tomatoes
- Pesto
- Salsa
- Herbs (Oregano, Rosemary, Thyme, Curry, Cumin, Chili Powder)

Heather Pierce Diannone's "Sassing up the Basics" Cheat Sheet

For a dish to be satisfying, it has to have these 3 elements: flavor (duh), texture, and color. Check out the lists below for tasty ideas on how to make basic dishes more satisfying without using a recipe.

8 Ways to Make Basic Veggies More Exciting

Start with a simple steamed broccoli or sautéed kale or spinach and then try one of these...

1. Drizzle with olive oil, or toasted sesame oil, walnut oil, or hazelnut oil. Or flavored oils like garlic or rosemary oil.
2. Top with toasted nuts or seeds. (e.g. pumpkin seeds, sesame seeds, sunflower seeds, chopped hazelnuts, walnuts, slivered almonds, pecans, pine nuts, gomasio, etc.)
3. Saute with olive oil or grass-fed butter and garlic, onions, shallots, or fresh minced ginger root.
4. Top with crispy onions or roasted root vegetables.
5. Season with sea salt, tamari, or fresh lemon juice (or zest).
6. Saute with onions and a wee bit of pancetta or bacon. Oooh so naughty.
7. Serve them with a delicious homemade sauce or dressing, like Thai Peanut Sauce (pg 86) or Dijon Vinaigrette.
8. Sprinkle with spices like smoked paprika, curry, or your favorite spice blends (my favorite is the Turkish blend from Penzey's).

So how about Steamed Broccoli with Toasted Hazelnuts, Roasted Garlic, and Lemon Zest? Or Sautéed Kale with Crispy Shallots and Toasted Almonds? Way more exciting now, huh?

8 Ways to Make Basic Grains More Exciting

Start with a simple pot of cooked brown rice or quinoa then try one of these...

1. Stir in a tablespoon of grass-fed butter.
2. Drizzle with olive oil, or toasted sesame oil, walnut oil, or hazelnut oil.
3. Season with tamari soy sauce or fresh lemon juice or zest.
4. Stir in a bit of minced garlic, chopped onion or shallots sautéed in olive oil.
5. Mix in cooked beans or defrosted frozen peas.
6. Top with tomato sauce, pesto, or chopped fresh herbs.
7. Stir with a pinch of spices like ground cinnamon, nutmeg, or a spice blend like garam masala sautéed in onions with a bit of oil or grass-fed butter.
8. Top with toasted nuts or seeds (e.g. pumpkin seeds, sesame seeds, sunflower seeds, chopped hazelnuts, walnuts, slivered almonds, pecans, pine nuts, gomasio, etc.)

So how about Quinoa with Walnut-Basil Pesto or Garlicky Brown Rice with Toasted Sesame Oil and Sesame Seeds? Tempting, no?

6 Ways to Make a Basic Protein More Exciting

Start with plain piece of broiled or baked chicken or fish and...

So how about Quinoa with Walnut-Basil Pesto or Garlicky Brown Rice with Toasted Sesame Oil and Sesame Seeds? Tempting, no?

1. Stir in a tablespoon of grass-fed butter.
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8. Top with toasted nuts or seeds (e.g. pumpkin seeds, sesame seeds, sunflower seeds, chopped hazelnuts, walnuts, slivered almonds, pecans, pine nuts, gomasio, etc.)

Now how about Dijon Mustard-Encrusted Broiled Salmon or Broiled Chicken Topped with Salsa, Sliced Avocado, and Lime? Much more exciting if you ask me...

Quinn & Robyn's Craving Control Swap List

Food cravings derive from lack of nutrients or a hormonal shift. If our bodies lack something the craving comes in the form of how it was most recently ingested. For instance, need calcium? You might crave pizza for the cheese. Or if you're craving grilled or BBQ foods, which are generally quite charred, you might be lacking carbon, which you are much better off getting from fresh fruits.

Sweet Cravings

A sweet tooth generally derives from already having too much sweet or processed food in the diet. Sugar is incredibly addictive so the more you have it, the more you'll crave it.

- To tame this beast: Incorporate more fruits or sweet root vegetables like carrots, sweet potatoes, red onion, parsnips, corn, beets, and winter squash into your diet. And switch to natural sweeteners like honey, agave, maple syrup, or brown rice syrup which have a lower glycemic impact, especially if consumed with protein and fat.

Salt Cravings

If you're jonesing for a salt lick, this generally means you are lacking minerals, taking too many meds, too many unnecessary supplements or are going overboard on those super green drinks. You are craving salt for balance; the body needs a healthy proportion of salt, healthy and salt being the operative words. Typical table salt is completely devoid of minerals.

- To tame this beast: Get a high quality sea salt which incidentally is chock full of vital minerals. Or begin to incorporate more sea vegetables (i.e. seaweed) into your diet, which has a naturally salty flavor and also happen to be loaded with minerals.

Spicy Cravings

The typical American diet is really bland and full of fat. Fatty food makes us feel stagnant, heavy, and slows down our circulation, whereas spicy food speeds up your circulation and warms the body. So if you're craving some spice in your life, examine where you can cut down on some fats and turn up the heat.

- To tame this beast: add natural heat to your favorite vegetable dishes with cayenne, red pepper flakes, ginger, or hot peppers like jalapeño or serano.

Creamy Cravings

Typically cravings for creamy textures are actually an emotional craving. It isn't about the food so much as it's about the comfort. If you are craving creamy foods like ice cream, yogurt or cheese, you can probably dump the dairy for what you really need—a hug, contact or appreciation.

- To tame this beast: acknowledge this craving and reach out to the people around you. Who doesn't like a little more affection? If you give it, it will be mirrored back to you. If it's really a texture thing, try avocados, banana soft serve or even mashed-up bananas with cinnamon for some creamy smoothness.

Nutritious Cravings

Your body is getting used to eating well. So, bravo, buddy. Bravo!

Sugar & Caffeine

These cravings come from not getting enough sleep. Sugar and caffeine are both stimulants that begin to digest in your mouth so they give you an immediate jolt of energy.

- To tame this beast: Make sure you are getting adequate rest. Start your day by drinking a couple cups of water and having a balanced, substantial breakfast to get you going. Try putting some lemon in your water or drinking herbal teas.

Crunchy Foods

If you have the urge to chew, then chew on this my friend: you probably are not doing it enough. Chewing promotes digestion so if a lot of your diet is comprised of liquid or soft foods your body is getting thrown for a loop!

- To tame this beast: get yourself some carrots, celery, jicama, kale, chard, cabbage, or another fibrous vegetable that requires some serious mastication and go to town!

Most Foods

You are thirsty. You've probably been over doing it on the salty, dry or flour-y products. Quite simply, you might be dehydrated.

- To tame this beast: keep some spring water with you at all times and keep sipping throughout the day so you never get too parched.



But like we talked about before, if you can't put your finger on what you're craving you just know you need something, you are probably craving an emotion. It might be a feeling that you need: excitement, activity, warmth or connection—something that just makes you feel amazing inside.

Often times our cravings are not for food at all.

Continue to examine the

roots of your cravings and you will continue to realize you have much more control over your eating than you ever thought possible.

Holli Thompson's Tips for Preparing Food for a Family with Different Tastes

Once upon a time there was a Mama Bear, a Papa Bear and a Baby Bear, and they all liked to eat different things. Mama Bear liked raw plants and vegetables, sweet berries and lots of nuts and seeds. Papa Bear liked warm foods made of beans and lentils and grains, and he loved seafood. And Baby Bear, well, he just wanted meat. Meat, meat, meat, with breads and sweets too. Mama Bear was a nutrition-minded bear who loved to cook, but what was this mom to do? How can she feed all those nutritional styles and keep everybody happy?

You guessed it. That's my life. What do you do when everyone likes to eat a different way? How do you maintain a happy family, and make sure that you're all getting the nutrition that you need? Here's the plan that my husband and I follow; we're a team when it comes to our family's nutrition.

Add in veggies & fruits in every meal

Vegetables and fruits are the key to nutritional health, and we work at adding them in at every meal. At breakfast, we sauté spinach for our egg-eating child, and I always have blueberries on hand for my husband's morning grains or smoothie.

For lunch, we send our son to school with a sliced apple sprinkled with cinnamon and green edamame, or healthy veggie chips along with his turkey sandwich.

We add a salad to dinner every night and I keep a variety of greens on hand. Each family member dresses their salad themselves. Salad is non-negotiable, so I make sure everybody's happy by keeping favorites on hand. Usually it's flax oil and lemon for me, high quality balsamic vinegar and olive oil for my hub, and organic Caesar for my son.

Vary your protein

We have our preferences, but we're also flexible enough to bend with what's for dinner. While breakfast is usually what we choose, (a green smoothie or green juice for me, smoothie or grain cereal for my husband, and eggs and organic turkey bacon for my son) we come together at dinner. We raised our son eating what we eat, so you usually won't find any special kids meals at our house.

Some evenings we have bean cassoulet, or lentil stew, or a big veggie stir fry with quinoa. Other evenings we'll prepare animal protein; that might be wild salmon or organic chicken, or the occasional grass fed burger, but we always have veggies with dinner, and a big salad. If I don't care to have the animal protein, I'll reach for whatever plant based protein I have on hand, and add it to my salad along with lots of other super foods I keep on hand.

Stock your freezer, your pantry and your fridge

The key to making this all work is preparation, and I don't mean slaving over the stove all day Sunday cooking for the week ahead. I mean, shop well.

Find a store that has what you need, and stock your freezer, pantry and fridge. I buy almost 100% organics, and load up the freezer with grass fed beef burgers, turkey bacon, sausages, chicken breasts, and kids gluten free breaded tenders. Occasionally we have salmon or fish on hand, but I prefer it fresh. I like having organic hot dogs on hand, especially when you get surprised by 6 boys for lunch, and I tend to keep extra buns and breads there too. We also keep an assortment of fruits for smoothies.

My pantry is always full of grains, beans, lentils and gluten free pastas. I store a variety of nuts and seeds and whole food energy bars, as well as rice crackers and popcorn. We keep tomatoes and tomato sauce in jars; I try to limit the cans we use, although you might find the occasional BPA-free can of beans or chili. We have soups on hand too, especially in the colder months. My fridge is full of greens at all times, a must for us, and seasonal veggies. We use only dairy free milks, like almond or coconut milk, which we often make ourselves to use for smoothies. We keep farm fresh eggs, (yes, we have our own chickens!) organic, sulfate free lunch meats and occasionally cheese, generally goat or sheep which we tend to digest better (my son and I are dairy

intolerant). We also stock shelves of condiments, local home made kombucha and sparkling water. Oh, and the occasional bottle of wine too.

Shopping and eating this way has become a way of life for us, and while I'm the grocery shopper in the family, my husband shares in the cooking and is supportive about this healthy way of living. We've all seen a huge transformation in our health by eating this way, so we're motivated to keep it up.

Meditation Before Eating

Imagine if you spent 5 years nurturing a crop of grain.

You then harvested in the hot sun, dried the wheat and milled it by hand. It took months to get it to the fine consistency you wanted.

Imagine you took that flour, mixed it with water and yeast and kneaded it until your wrists were sore. Then you tip toed around quietly until it rose, puffy and round.

Imagine you baked it to perfection, and let it cool just a bit on your window sill.

Then you wrapped it in love and a clean towel and brought it to your neighbor.

And then imagine watching her eat it in front of the Real Housewives. Bummer.

Eat food who someone has put some love into, and appreciate their hard work and care by giving your meal the attention it deserves.

Set the scene, clear the table, light a candle, use beautiful plates and a cloth napkin.

Be in good company, and remember there is no one more worth spending time with than yourself.

3 deep breaths.

One for calmness, one for gratitude and one for excitement for the meal.

Bon Appétit! Love,

Sarah Jenks

Breakfast

“I like a cook who smiles out loud when he tastes his own work. Let God worry about your modesty; I want to see your enthusiasm.”

Robert Farrar Capon

Eggs



My favorite breakfast is soft scrambled eggs (beat eggs and cook over low heat until just set), steamed kale with lemon and half an avocado with salt.

Sometimes simple can be the most luxurious.

Sarah Jenks

Nori-Wrapped Breakfast Burrito

By Quinn & Robyn

Servings: 2

2 sheets of nori
(optional: toast over
open flame till color
turns green on each side)
2 eggs
½ avocado, sliced
Splash of tamari
Sesame seeds
1 t olive oil

1. Heat olive oil in a small nonstick pan over medium to low heat.
2. Whisk eggs in a medium bowl then add to pan and season with salt and pepper.
3. Scramble the eggs over a low flame until they're cooked through, set aside.
4. Begin to assemble your "burrito" by taking one nori sheet and placing in the palm of your hand.
5. Add half of the scrambled eggs and half of the avocado that you sliced.
6. Finish with a sprinkle of tamari and sesame seeds and wrap burrito style. They may be a bit messy at first but you'll get the hang of it!

Baked Eggs

By Claudine Dagit



This recipe is easy and delicious. What's more, it allows you to get creative (and thrifty) with the ingredients and toppings you already have in your refrigerator!

Some possible combinations: basil, tomato and mozzarella / ham and cheddar / pancetta and parmesan cheese / mushrooms and feta cheese

a handful of spinach per serving
1 egg per serving
herbs de Provence
parmesan cheese
bread for dipping
olive oil

1. Preheat oven to 350 degrees Fahrenheit.
2. Slice the bread (I used gluten free) into strips for easy dipping.
3. Place the sliced bread and ramekins on a baking sheet.
4. Pour a couple tablespoons of olive oil in 1 ramekin.
5. Use a brush to coat all the ramekins and the sliced bread with the olive oil.
6. Sprinkle the bread with a little salt.
7. Sauté the spinach, then divide it evenly between the ramekins.
8. Crack an egg into each ramekin.
9. Sprinkle with a little salt, fresh ground pepper and herbs de Provence.
10. Bake for 8 minutes (runny) 10 minutes (a little firmer).
11. Sprinkle with cheese and return to the oven for about 1 minute.

Note from the Editor

This is a great recipe for an easy-breezy brunch for a group. Prepare your toppings in advance, then assemble and pop in the oven right before your guests arrive!

Free Up Your Fridge Frittata

By Quinn & Robyn



Serving size: 6-8 wedges

10-12 large eggs, whites and yolks separated
2 garlic cloves, minced
1 onion, finely diced
2 c baby spinach leaves
½ c cherry tomatoes, halved
2 t sea salt
½ t black pepper
¼ c fresh herbs like parsley, basil, cilantro or sage

1. Preheat oven to 350 degrees Fahrenheit.
2. Separate egg whites and yolks into separate bowls. Beat egg whites in medium bowl until frothy. Then whisk in egg yolks to combine. Add salt, pepper and the herbs and stir. Set aside.
3. In a 10 in nonstick ovenproof skillet, add olive oil. Heat on medium low.
4. Add in the onion, season with salt and pepper and sauté until golden brown. Add in the garlic, spinach and remainder of the herbs. Continue to sauté until the greens have completely wilted.
5. Pour in egg mixture so that the vegetables and eggs are distributed evenly throughout then drop in the tomatoes, cut side up.
6. Let cook undisturbed for 5-7 minutes or until the edges are set and just getting brown and the interior part is still slightly wobbly when you shake the pan.
7. Put the pan in the oven and cook for another 10-12 minutes until the frittata has set completely.

Poached Egg over Avocado, Crispy Spinach + Sprouted Toast

By Heather Pierce Giannone



1 slice sprouted or
gluten-free bread
1 organic egg
1 T vinegar
1 c baby spinach
1 T olive oil
1/2 avocado
Sea salt
freshly ground black
pepper
chopped parsley for
garnish (optional)

1. Toast the bread.
2. Meanwhile, heat olive oil in skillet over medium-high heat, add spinach and a pinch of sea salt. Stir occasionally until spinach becomes wilted then slightly crispy at the sides.
3. Cooking time of the egg varies depending on how soft you want the yolk – about 3-5 minutes. When done, gently lift the egg out of the water with a slotted spoon and drain on a towel for a moment.
4. Drizzle a little olive oil or a pat of grass-fed butter on the toast (optional).
5. Layer the spinach on top of toast.
6. Slice 1/2 avocado and lay over spinach.
7. Top avocado with the poached egg.
8. Top with sea salt and freshly ground black pepper and a bit of parsley if you'd like.

Crustless Quiche

By Claudine Dagit



My mom taught me how to make these crustless quiches in muffin tins. You can make them on Sunday and keep up to 4 days in the fridge.

The combination possibilities are endless. Broccoli and eggs go really well together as do spinach and tomatoes. Use whatever you have on hand and whatever your heart desires!

To fill a regular muffin tin, you'll need about 8-10 eggs and about 2 cups of chopped veggies.

To fill a mini-muffin tin, you'll need about 6-8 eggs and about 1 cup of chopped veggies.

1. Preheat oven to 350 degrees Fahrenheit.
2. Chop up your veggies and distribute evenly throughout the muffin tin compartments.
3. Beat eggs and pour over veggies.
4. Bake for approximately 15 minutes. They are done when the center of each quiche no longer wiggles when you shake the pan a bit.

Scrambled Eggs & Greens

By Sarah Jenks

Serves: 1-2

2 eggs

1 t olive oil

1 leek, chopped into
small pieces

1 clove garlic, minced

1 carrot, diced

1 c chopped spinach,
dandelion, watercress or
chard

1. Beat the eggs in a small bowl.
2. Heat the oil in a frying pan.
3. Sauté leek for 3 minutes.
4. Add garlic and sauté for one minute.
5. Add carrots, cover and cook 5 minutes on low heat until carrots are softened.
6. Remove vegetables and put on a plate.
7. Add a little oil to the pan if it's dry, add the eggs and cook over medium heat for 3 minutes until eggs are mostly cooked.
8. Add greens and other vegetables back into pan.
9. Stir all ingredients together until eggs are completely cooked.
10. Add salt and pepper to taste and serve.

Oats, Cereals & Breakfast Stews

Maple Pecan Granola

By Claudine Dagit

I can't have granola in my house...it's like crack to me so I make it and give it to friends in cute little jars. Makes a good little gift with local yogurt and maple syrup.

1 ½ c old fashion rolled oats
½ c quinoa crisps
1 c pecan pieces
1/4 c nut oil
1/4 c maple syrup
1/4 t fresh ground salt (you can use less. I just like the salty/sweet combo!)

1. Preheat oven to 300 degrees Fahrenheit.
2. Line a sheet tray with parchment paper.
3. Combine oats, pecans and salt.
4. Whisk oil and maple syrup, pour over dry ingredients and mix well.
5. Spread oats evenly on baking tray.
6. Bake 1 – 1.5 hours, stirring every 15 minutes.
7. Granola should be light brown and getting crispy (it will get crispier and hard as it cools...)

Middle Eastern Stew Over Quinoa

By Michelle Kabler

Serves: 2-3

½ can black beans, drained and rinsed (save the remainder to toss into salads)
Can of diced tomatoes (no salt added)
½ t Cumin
½ t Chili Powder
1/4 t Garlic salt
Pinch of sea salt
Pepper to taste
1 c cooked quinoa

1. Put beans, tomatoes, and spices into small sauce pan.
2. Simmer covered on medium-low heat for 10-15 minutes (the longer, the better).
3. Follow cooking instructions on package of quinoa.
4. Serve quinoa in a bowl, topped with stew.

Homemade Almond Milk

By Alison Leipzig



1 c raw almonds
3-4 c of water
1 or 2 pitted medjool dates
1 whole vanilla bean, chopped or 1/2 tsp of vanilla extract
Cinnamon (to taste)
Cheesecloth or a nut milk bag

1. Soak the raw almonds overnight, or at least 8 hours.
2. Add all ingredients in the blender. Blend on high for 1 minute.
3. Strain with cheesecloth into bowl, squeeze ingredients to press all liquid into bowl.
4. Bottle it up (can be saved for up to 5 days) and used for overnight oats (see below).

Overnight Oats

By Alison Leipzig

1/3 c rolled oats
1 c almond milk (see above)
Chia Seeds (however much you want)
1 Banana Peeled and Smashed
Vanilla Extract
Raw Honey

1. Mix together all ingredients in a bowl and place in fridge overnight.
2. In the morning, add a scoop of almond butter, strawberries, blueberries, or grade-b maple syrup to taste.

Quinoa Porridge

By Claudine Dagit



A warm bowl of gooey...

Serves: 2

1/3 c quinoa
1/3 c oats
1 1/5 c almond milk (or
what ever you have)
cinnamon stick
1 t vanilla extract
1 T ground flax seeds
(optional)
2 T pecans (or any
nuts you have on hand)
toasted and chopped
drizzle of honey

1. Combine the first 6 ingredients in a sauce pan, bring to a boil.
2. Reduce heat to a simmer and cover.
3. Cook until water is absorbed and quinoa is cooked, about 15 minutes.
4. Divide evenly in 2 bowls.
5. Top with extra milk, honey and nuts.

Caramelized Banana Oatmeal

By Sarah Jenks

Serves: 3

2 c water
½ t butter
1 banana
¼ c chopped walnuts
Pinch of salt
1 t maple syrup

1. Bring water to boil.
2. Add oats and a pinch of salt.
3. Reduce heat to low.
4. Cook until water is absorbed and oats become creamy (about 7 minutes).
5. In separate pan add butter banana and maple syrup and stir until bananas are cooked and sweet.
6. Remove oatmeal and bananas from heat, combine and add walnuts.

** Note: To make oatmeal creamier try using rice, soy or nut milk instead of water.

Warm Dingery Oatmeal

By Sarah Jenks

Serves: 3

2 c water
1 c rolled oats
¼ c raisins
¼ c goji berries
2 t grated ginger
Pinch of salt
¼ c sunflower seeds
1 t agave nectar

1. Bring water to boil.
2. Add oats, raisins, goji berries, ginger and a pinch of salt.
3. Reduce heat to low.
4. Cook until water is absorbed and oats become creamy (about 7 minutes).
5. Remove from heat and add sunflower seeds and agave nectar.

** Note: To make oatmeal creamier try using rice, soy or nut milk instead of water.

*Pancakes &
Breads*

Zucchini Cornbread Muffins

By Claudine Dagit

These little guys are so moist thanks to the zucchini and cottage cheese. I actually think it's best when made in a 9×13 pan...but muffins are more fun for parties or an easy go-to breakfast item.

6 eggs
3 c shredded zucchini
2 c cottage cheese
½ c safflower oil
1 package Bob's Redmill
Gluten Free Cornbread
mix

1. Beat eggs.
2. Add shredded zucchini, cottage cheese and safflower oil.
3. Add cornbread mix and bake according to directions.

Gluten Free Pancakes

with Cacao Chips

By Holli Thompson

These gluten free pancakes are easy to make and have a surprise ingredient – slivers of banana added to the pancake create a creamy richness that makes them melt in your mouth. We also added raw cacao chocolate chips that barely melt so that you taste bittersweet chocolate combined with the sweetness of banana.

Pamela's brand gluten-free pancake mix
1 egg
1 t coconut oil
Banana
Raw cacao chips (about 2 T)
Grade B maple syrup

1. Prepare pancake mix per directions using 1 c mix with egg, water and melted coconut oil.
2. Add about 2 T cacao nibs to batter.
3. Sliver paper thin slices of banana and set aside.
4. Add batter to prepared pan, cook until the surface of the pancake begins to bubble a bit. Prior to flipping pancake, add slivered bananas to the top.
5. Make sure you have enough oil in pan after picking up pancake to turn, and flip quickly to light toast banana.
6. Enjoy with organic Grade B Maple Syrup.

Drinks

My Everyday Green Smoothie

By Sarah Jenks



6 large kale leaves, no stem
1 apple
Half an avocado
1 c of water

The Basic Green Smoothie

By Holli Thompson



1 head Romaine lettuce
3 large leaves of kale
1 medium cucumber
1 lemon, peeled
1 in piece ginger, peeled
1 apple
½ c or so water

Morning Milkshake

By Holli Thompson



1 scoop hemp protein
1 c. organic almond milk
½ or 1 whole frozen
banana
touch of vanilla
pinch of cinnamon
1 t flax seeds, ground
1 tsp or more raw
unsweetened coconut

**Add in ice if needed
while blending for a milk
shake consistency.

Power Smoothie

By Heather Pierce Giannone



1-2 c of unsweetened almond
milk or water
1 scoop of protein/meal
replacement powder (like Vega
or Nutiva Hemp powder)
2 T ground flax seeds
1 c baby spinach, kale or
collards (torn off the stems)
1 T almond butter
½ c frozen blueberries
½ frozen banana

**Add a bit more liquid if your
blender gets angry.

Lunch

“A gourmet who thinks of calories is like a tart who looks at her watch.”

James Beard

Soups

Easy Red Lentil Soup with Lemon

By Quinn & Robyn



*Note from the Editor, How
to Make Basic Stock:*

On the next page!

Serves: 3

3 T olive oil, more for
drizzling
1 large onion, chopped
2 garlic cloves, minced
1 T tomato paste
1 t ground cumin
1 t sea salt, more to taste
½ t ground black pepper
Pinch of ground chili
powder or cayenne
pepper
1 quart vegetable broth
or water
2 c water
1 c red lentils
1 large carrot, peeled and
diced
1-2 lemons, depending
how juicy they are
3 T chopped fresh
parsley (optional)

1. In a large pot, heat 3 T oil over high heat until hot and shimmering.
2. Add onion and garlic, and sauté until golden, about 4 minutes.
3. Stir in tomato paste, cumin, salt, pepper and chili powder or cayenne, and sauté for 2 minutes longer.
4. Add broth, water, lentils and carrot. Bring to a simmer then partially cover the pot and turn heat to medium-low.
5. Simmer until lentils are soft, about 30 minutes. Taste and add more salt if necessary.
6. Using an immersion or regular blender, puree half the soup then add it back to the pot. The soup should be somewhat chunky.
7. Add lemon juice and chopped herbs. Serve soup drizzled with olive oil and another sprinkle of fresh herbs. Alternatively you can drizzle the soup with truffle oil and top with an egg.

How to Make Basic Stock/Broth

Use a combination of vegetables (50% onion, 25% carrot, 25% celery) evenly chopped. Add to a large pot, cover with water up to 2 in from the top. Bring to a boil, lower to simmer. Add 1-2 bay leaves, 1 clove of peeled garlic, 3-4 black peppercorns, a few sprigs of thyme, and a few parsley stems.

Simmer 1-2 hours, or until the broth is flavorful and has reduced in volume by about 1/3.

For Chicken Stock, start by adding chicken bones/carcass to a pot, covered with water up to 2 in from the top. Bring to a boil, lower to simmer, then add vegetables (as listed above) and the rest of the aromatics.

Ratatouille By Michelle Kabler

I'll tell you a secret. Part of why I love making this dish is because I get to say the name and feel fancy. Because this recipe is meant to be rustic, the vegetable cuts and roasting technique highlight any imperfections, making it that much more scrumptious.

Serves: 4

1 Eggplant, roughly cut into 1" chunks

2 Zucchini, roughly cut into 1" chunks

1 Red bell pepper, roughly cut into 1" chunks

1 Onion, roughly cut into 1" chunks

2 T Tomato paste

3-4 T Extra Virgin Olive Oil

2 T Kosher salt

Pepper to taste

1. Preheat oven to 425 degrees Fahrenheit.
2. Place all veggies into baking dish.
3. Toss with EVOO, tomato paste, salt and pepper until evenly coated.
4. Roast for 40 minutes, stirring occasionally.
5. Veggies are done when they have decreased in size by almost half; if the eggplant melts in your mouth upon tasting, take one more for yourself and serve.

Spicy Sweet Potato Soup

By Quinn & Robyn



Serves: 4

2 large sweet potatoes, diced (the smaller the cubes the quicker it will cook)
1 tablespoon extra virgin olive oil
1 onion, sliced
2 cloves garlic, sliced
4 cups chicken or vegetable stock
 $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon cayenne pepper (depending on the level of heat you like)

1. Heat olive oil in a large pot over medium heat. Add onion and garlic and sauté for about 5 minutes, until softened. Then add sweet potatoes, stock and cayenne pepper.
2. Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes, until potatoes are fork tender (meaning the fork slides in and out easily).
3. Puree the soup using an immersion blender or regular blender. If using a countertop blender, puree in small batches, filling the blender just a bit past half way to avoid spilling.
4. Taste and add more cayenne pepper as needed. It should have a nice spicy kick.

For a refreshing, no cook, soup...try both of these gazpacho recipes by Holli Thompson

Watermelon and Tomato Gazpacho

By Holli Thompson



3 c watermelon chunks, seeded
2 medium tomatoes
½ cucumber, peeled
½ c red bell pepper, seeded
2 t lime juice
1 small handful cilantro leaves
1 t chopped fresh ginger
½ small jalapeno, seeded
1 scallion, chopped
Celtic sea salt and black pepper to taste

** Combine all ingredients in a high-speed blender and serve chilled.

Watermelon and Tomato Gazpacho

By Holli Thompson

4 c fresh pineapple
4 c cucumber, peeled
5 scallions
2 t lime juice
2 t Celtic sea salt
1 handful cilantro
3 t avocado or olive oil
½ c raw almonds

1. Rough chop the pineapple, cucumber and scallions first.
2. Grind the almonds in your food processor.
3. Add all ingredients to a high-speed blender and blend.
4. Drizzle with a touch of avocado oil if you like. Garnish with cilantro.

Note from the Editor:

Gazpachos are great summer soups. Serve in a bowl OR for a cocktail party, pour into shot glasses and garnish with fresh herbs for a vibrant and easy hors d'oeuvres.

Salads

Quinoa and Bean Salad with Mango

By Holli Thompson

1 mango, peeled and cubed
1 red bell pepper, seeded and diced
1 c chopped scallions
1 c chopped cilantro (optional)
2 t red wine vinegar
1 t mirin
2 T grapeseed oil
sea salt to taste
2 c cooked quinoa
15 oz cooked black beans

1. Fold everything together.
2. Allow to sit in the refrigerator for a few hours so the flavors meld together.

Summer Salad

By Claudine Dagit

Because there are so few ingredients, it is important that you buy good quality feta cheese and balsamic vinegar. This salad can be served with crostini. Also, chopped walnuts would be nice sprinkled on top. If serving on skewers, skip the mixed greens, just use one piece of arugula.

Serves: 4

2 c arugula
1 c mixed greens
1/2 c goat's feta cheese
1/2 c watermelon
1/4 c EVOO
Balsamic Vinegar
Sea Salt and fresh ground pepper

1. Cut the feta and watermelon into equal ½ inch cubes
2. In a large bowl, gently combine the greens, feta, watermelon and olive oil and salt and pepper.
3. Place equally on 4 plates
4. Drizzle with the Balsamic Vinegar

A few salads from Sarah Jenks...

Summer Hearty Salad Mango Mint Salad

1 c cooked Barley
2 c arugula
1 c halved cherry tomatoes
3 t pesto (see page 91)

1 c cooked barley
1 mango, chopped into chunks
¼ c chopped mint
1 t champagne vinegar
1 t olive oil

Kale Salad with Roasted Parsnips, Chopped Almonds and Pecorino

Serves: 4

1 bunch Green or
Lacinato Kale
Juice of one lemon
2 t olive oil
3 small parsnips
¼ c dry roasted almonds
¼ c freshly shaved
pecorino or parmesan
(more if you want) plus
more for
garnish

1. Pre-heat oven to 350 degrees Fahrenheit.
2. Strip kale leaves away from stock and discard stocks. Stack kale leaves and roll them, then chop finely into very small “ribbons”.
3. Toss kale with lemon juice, olive oil in large bowl. Set aside (refrigerate if you can).
4. Chop parsnips into slightly smaller than bite sized chunks. Coat evenly with olive oil and place on cookie sheet and put in oven for 20 minutes or until parsnips are soft and slightly browned on the outside.
5. Finely chop almonds while parsnips are roasting and add to Kale.
6. Add roasted parsnips and cheese to kale and toss. Grate some cheese on top for a little flare

Corn, Tomato, Avocado and Onion Salad

By **Holli Thompson**

This is one of my favorite summer salads and an easy choice to bring to a potluck dinner. I prefer the corn raw off the cob – the kernels tenderize after adding the dressing and you really taste the fresh sweet flavor.

SALAD:

2 c fresh organic corn,
raw or lightly cooked
2 avocado cut into small
cubes
1 pint organic cherry or
grape tomatoes, halved
½ c finely diced red
onion

DRESSING:

2 T extra virgin olive oil
½ t grated lime zest from
organic lime
1 t squeezed fresh lime
juice
¼ c chopped cilantro
(optional)
¼ t celtic sea salt
dash of cayenne pepper
(optional)

1. Soak onion in ice cold water for 20 minutes (to remove some of the sharp flavor).
2. Combine the corn, avocado, tomatoes and onion in a large glass bowl. Mix the dressing ingredients in a separate bowl, add to salad and gently toss.

Note from the Editor:

For a flavor twist, try roasting the tomatoes first! Place tomato halves on a baking sheet, toss with 1-2 T olive oil, salt and freshly cracked black pepper. Roast at 350 degrees Fahrenheit until skins are blistered and slightly browned.

Homemade Macro Plate

By Michelle Kabler

Macro Plates are one of my favorite meals to order at vegetarian and vegan restaurants. It is infamous within the Macrobiotic community, delivering ying/yang, acid/alkaline, expansive/contractive healing balance straight to your body. The simplicity cannot be beat. Why pay \$10 when you can make it at home for less

PLATE:

1 c of brown rice
2 c steamed greens (kale)
1 c steamed carrots
1 c hijiki sea vegetables
1 c beans, drained
and rinsed (i.e. lentils,
chickpea, black beans,
pinto, etc.)

TAHINI DILL DRESSING:

½ c Tahini
¼ c EVOO
1 T Miso
1 T sesame oil
Juice of half lemon
1 garlic clove
Handful of dill
Pinch sea salt
Pepper to taste
Water to thin

1. Follow instructions on box of rice.
2. Soak hijiki for 15 minutes, drain.
3. Fill a large soup pot with 1" water and a steamer basket. Add carrots, kale, and beans (in this order) and steam, covered, 5-8 minutes.
4. Put all dressing ingredients in blender, puree until smooth, adding water until reaching desired consistency.
5. Arrange all ingredients in small piles around the plate.
6. Top with dressing.

Quinoa Tabouleh

By Holli Thompson

Quinoa is one of my favorite grains and is actually a seed. Its high in protein, making it a wonderful balanced protein for vegans, and its also easy to digest, not to mention gluten free!

Unlike some heavier grains, quinoa leaves me feeling light and energized. It's also high in fiber and loaded with magnesium, a mineral that relaxes our systems.

1 c quinoa, cooked and cooled
½ t salt (preferable Celtic sea salt)
¼ c extra virgin olive oil
¼ c lemon juice
3 fresh tomatoes, diced
1 cucumber, diced
2-3 spring green onions
1 c fresh parsley

1. Stir all ingredients together. Best when allowed to sit for 15 minutes to allow flavors to meld.



Cucumber Wakame Salad

By Holli Thompson

Wakame is sold dried in the Japanese section of most grocery stores, and is also known as Alaria. It contains high levels of Iodine, Vitamin A, and B12 and B6. It is also a significant source of Magnesium and absorbable Calcium.

1 large or 2 small cucumbers, sliced
3 strips Wakame soaked overnight (or quickly boiled for 5 min)
2 t organic brown rice vinegar
2 t Mirin
Gomasio

1. Rinse Wakame and chop into 1 in pieces.
2. Toss with remaining ingredients except Gomasio.
3. Sprinkle with Gomasio and serve.

Arugula and Cabbage Salad

By Jamie Dougherty



Serves: 4

½ a small red onion
Juice of 1 lemon
1 t organic honey
1 t Dijon mustard
Sea salt and pepper to taste
1 T extra virgin olive oil
3 c green cabbage, finely sliced
2 handfuls arugula
½ c raw Parmesan cheese, freshly grated

1. Soak the sliced onions in a small bowl of cold water for 20 minutes while prepping the rest of the salad.
2. In a small bowl whisk together the lemon juice, honey, mustard, and a touch of salt and pepper. Whisk in the olive oil until the dressing is well combined. Set aside.
3. Cut the cabbage in half and then one of the halves, into quarters.
4. With a sharp knife, slice two of the quarters of the cabbage into thin strips and place the second cabbage half in the fridge for later use. This should leave you with about 2 cups.
5. Place the cabbage in a bowl with the arugula, the drained onions and the dressing. Fold in the Parmesan cheese, taste and adjust the seasonings if necessary.

Fall Grain Salad

By Sarah Jenks

Serves: 6

1 c kamut or wheat berries (or ½ cup of each)
3 c vegetable or chicken stock
½ t sea salt
1 small yellow onion, diced
½ bunch kale, chopped
½ boiled yam, diced
¼ c chopped walnuts, toasted
2 t balsamic vinegar
3 t extra virgin olive oil

1. Wash grains.
2. Bring stock to boil and add grains and salt.
3. Reduce heat to low and simmer covered for 45 minutes or until grains are cooked and water is absorbed. Fluff with a fork and let sit covered for 10 minutes.
4. While the grains are cooking, prepare other ingredients.
5. Sauté onion in olive oil until translucent, about 7 minutes.
6. Blanch kale.
7. Transfer grains to a large bowl; add onion, yam, walnuts and kale. Mix well.
8. Add vinegar and olive oil to your taste.
9. Notes: Make this salad your own by tossing in any additions you like such as diced boiled beets, dried cranberries or fresh rosemary.

Sandwiches & Wraps & Spreads

“Good bread is the most fundamentally satisfying of all foods; and good bread with fresh butter, the greatest of feasts.”

James Beard

Chicken Lettuce Cups

By Emily Cassero

Serves: 6

FILLING:

2 T peanut or vegetable oil
2 t sesame oil
24 shitake mushrooms, finely chopped
2 large carrots, finely chopped
4 scallions, finely chopped
2 t minced ginger
1 t minced garlic
2 lbs White meat chicken, ground
2 small cans of water chestnuts, drained and finely diced

SAUCE:

$\frac{3}{4}$ c low sodium soy sauce
4 T seasoned rice wine vinegar
4 T orange juice
4 T brown sugar (or use honey or agave)
4 T water
3 T cornstarch
1 t chili flakes
ground pepper
4 T oyster sauce (I replaced with water since I didn't have it)
2 heads iceberg lettuce or 3 hearts of romaine, washed and leaves peeled for cups

1. For the sauce, mix all ingredients together with a whisk and set aside.
2. Heat a large nonstick pan over medium high heat. Add the peanut and sesame oil.
3. Sauté mushrooms, carrots, scallions and ginger and garlic for 4-5 minutes until soft.
4. Add the chicken and cook, stirring constantly to break up meat.
5. When chicken is almost cooked, add the sauce, bring to a boil, reduce heat and simmer, 4-5 minutes.
6. Remove from heat, stir in water chestnuts, spoon mixture into cups and serve.

Italian Tuna Bean Mash

By Quinn & Robyn

This is delicious on top of a salad by itself or with tahini dressing. You can also create a sandwich on toasted bread with some spicy greens like arugula or watercress, a smear of tahini and roasted peppers.

Serves: 2

1 15 oz can of cannellini beans, drained and rinsed
1 can of Italian tuna (preferably jarred and packed in oil), oil drained
2 T pitted and sliced black olives
1 T finely chopped red onion
1 T chopped fresh parsley
Zest and juice from half a lemon (if you've got one of those sad, juiceless lemons, use both sides for juices)
Couple good pinches of salt
A few grinds of black pepper
A few glugs of olive oil

1. Mix everything but the olive oil in a small to medium sized tupperware (for easy storage later).
2. You can mash the beans and/or tuna a bit as well. Add the glugs of olive oil, mix it lightly and enjoy!



Summer Stuffed Collards

By Michelle Kabler

This is one of my summer-time favorites. It's easy, fresh, and nutrient-dense. Have fun with the fillings, almost anything goes!

Serves: 1

2 large collard leaves
½ carrot, julienned (long, thin strips)
Small bunch of bean sprouts
½ avocado, sliced
½ tomato, sliced
Bean puree (see Sarah Jenks's pureeing tips on page 95) or hummus

1. Fill large soup pot $\frac{3}{4}$ way full of water, heavily salted, bring to boil.
2. Leaving collard leaves whole, submerge into pot of boiling water until they turn bright green and soften slightly, about 1 minute.
3. Immediately submerge into bowl of cold ice water to stop the cooking.
4. Dry collards, and lay out flat with the bottom of the leaf (ridged spine) facing upwards and stem closest to you.
5. Fill the lower $\frac{1}{4}$ with filling (bean paste first, topped with veggies).
6. Roll the edge closes to you over the filling to cover, then fold each side over, and continue rolling to close, as if you were rolling a burrito.
7. Serve with side of grain.

Nori Rolls

By Claudine Dagit

You can lay the seaweed out on parchment paper if you do not have a bamboo roller (I just didn't feel like getting mine down from storage- how often does one really roll seaweed!?) Add a thin layer of spread, followed by a grain then veggies. Easy as 1-2-3!

Nori Rolls

Seaweed
Sliced Veggies
Grain (quinoa or rice are my favorite)



1. Have a little bowl of warm water nearby. You will be using this to dip your finger into when securing the seaweed roll closed.
2. Lay a piece of seaweed down on bamboo (or wax paper).
3. Working in the third closest to you, top with a thin layer of spread (Almond Pate, Hummus, Tahini with lemon and watered down a bit, peanut sauce...).
4. Top with veggies and then roll tightly.
5. Dip your fingers into the water and run them across the last 1/2 inch of seaweed. Press the wet seaweed against the roll.

Almond Pate

1 c Almonds, soaked 8-24 hours
Sun-dried tomatoes
1/2 c fresh basil
1 T fresh squeezed Lemon juice
2 t Tamari, soy sauce or shoyu

1. Drain the almonds and place into a food processor, blend until smooth.
2. Add the remaining ingredients and process until well mixed and blended.
3. Notes: Use a grain that is cooled completely. If you must - throw it in the freezer for a few minutes if you've just cooked it. If you do not have rolling bamboo (I'm sure there is an actual name for it) you can use wax of parchment paper.
4. Cut into bite size pieces, these little guys make pretty party appetizers

Pink Salmon Pate

By **Holli Thompson**

This can be served on a salad, or on crackers with crudités.

2 c raw walnuts
1 ½ red bell peppers
2 spring onions, white
and light green parts only
2 stalks celery
high grade sea salt to
taste (approx 1t)

1. Combine ingredients in a food processor and blend until smooth. (This may take longer than you think it will, keep blending until its very creamy!).
2. Keeps in the refrigerator for a few days.

Raw Zucchini Hummus

By **Holli Thompson**

Here's a yummy recipe for a last minute cocktail party or lunch. This hummus is made with fresh organic zucchini instead of chickpeas...its lighter and airy and REALLY tasty.

Zucchini is a good source of protein, Vitamin C, and some necessary minerals like magnesium AND its very low in calories. I added tahini (ground sesame seeds), a good source of calcium, and some garlic.

2 c zucchini, chopped
into 1 in pieces
1/3 c lemon juice
¾ c tahini
¼ c olive oil
1 clove garlic, peeled
1 t Celtic sea salt to taste
2 t cumin powder

1. Blend all ingredients in a food processor until smooth and creamy
2. Serve with crudités, or toast some Ezekial wraps or pita bread

Dinner

**“If more of us valued food and cheer and song above
hoarded gold, it would be a merrier world.”**

J.R.R. Tolkien

Seafood

Parchment Pocked Baked Fish

By Claudine Dagit

This dish is a perfect example of when I cook and don't use a recipe or really pay attention to quantities. It's really up to you and your preferences. If you really like capers, add more! Or use thyme instead of rosemary if that's what you have on hand. So, with that said, I've listed the ingredients but don't pay too much attention to the quantities- make it how you like!

Serves: 4

1/2 c of cherry tomatoes
halved
1/4 c kalamata olives,
halved or chopped
2 T capers
1 T rosemary
2 T white wine
4 pieces of cod
2 c of a cooked grain

1. Preheat oven to 350 degrees Fahrenheit.
2. In a bowl combine the first 5 ingredients.
3. Cut 4 pieces of parchment paper into large oval shapes, as wide as the length of fish, then fold the paper in half. Place 1/2 a cup of cooked grain right beneath each fold.
4. Season the fish with salt and pepper, place on top of the cooked grain. Top each piece of fish with an equal amount of the caper olive combo.
5. Fold over the parchment paper and crumple close the packets around the edges, place them on a baking sheet.
6. Bake for 25 minutes, be careful when opening the parchment packets – the steam creates a very exciting and dramatic presentation...but it is also very hot!!

Note from the Editor:

For an interesting flavor twist to this technique, check out Heather's recipe for Ginger-Lime Cod on the next page

This is nice served with roasted asparagus:

7. While the fish is cooking toss asparagus with olive oil, minced garlic, salt and pepper, spread on a baking sheet.
8. When you take the fish out, turn the oven to broil and put in the asparagus. Set the timer for 2 minutes. Meanwhile, open the fish packets and plate them.
9. Toss the asparagus and return to the broiler for another 2 minutes, then divide evenly among the plates.

Ginger-Lime Cod En Papillote

By Heather Pierce Giannone



1 (4-oz) wild-caught cod filet (per serving)

Sea salt

Freshly ground black pepper

1 T sesame oil or olive oil

1 t freshly grated ginger

1 t fresh lime zest

Juice from 1/2 fresh lime

1 T of chopped fresh cilantro (optional)

1. Preheat oven to 425 degrees Fahrenheit
2. Cut the parchment paper or aluminum into 15-inch squares (1 square per 4-oz slice of fish). Fold in half to make a crease, then open it again.
3. Place a fish filet in the middle of one half of the parchment. Season both sides with salt and pepper.
4. Drizzle filet with oil and sprinkle with ginger, zest, juice, and herbs.
5. Fold over one corner of the crease into a tiny triangle, then continue folding the paper over itself to make little pleats that go all the way around the folded paper, sealing the fish in. Continue process with remaining filets.
6. Place packet on a baking sheet and bake for about 10-12 minutes, until the packet puffs up. (This will depend on the thickness of the fish too, of course).
7. Open up packet and serve!

Delicious Glazed Salmon

By Quinn & Robyn



4 pieces of salmon
Sea salt and pepper, to taste
4 tablespoons whole grain mustard
2 tablespoons pure maple syrup or honey
Juice of ½ a lemon (1 tablespoon)

1. Preheat oven to 400 degrees Fahrenheit
2. Place salmon pieces on baking sheet lined with parchment paper or tinfoil.
3. Season generously with salt and pepper and coat each piece with a good
4. amount of mustard (at least 1 tablespoon per piece, feel free to use more until completely coated).
5. Cook for 10 minutes, then pull out oven rack and drizzle a small amount of maple syrup or honey directly over fish pieces. Squeeze lemon juice and return to oven.
6. Continue to bake another 5-10 minutes depending on thickness of fish.

One Pot Baked Fish, Grain and Veggies

By Claudine Dagit



To make the Kale Pesto: combine in food processor approximately ½ a bunch of kale, ½ c parmesan cheese, ¼ c pine nuts, a squeeze of lemon juice, 2 cloves of garlic, salt and pepper to taste and a splash of olive oil. Puree, adding olive oil in a steady stream until pesto has reach the desired consistency.

1. Preheat oven to 375 degrees Fahrenheit
2. Oil a pyrex baking dish or any deep casserole type dish
3. Add pre-made grain to cover the bottom
4. Place salmon fillets and veggies over your Grain
5. Spread Kale Pesto on salmon
6. Drizzle veggies and the grain around the salmon with white wine
7. Cover tightly with foil and bake for 20 minutes

Steamed Mussels

By Sarah Schechter

The smell of the garlic, wine and butter used to draw my roommate from her room to the kitchen, where she would obsess over the smell and look of it. She never believed that it really was the most simple recipe to follow...and I didn't try too hard to convince her, since it made me seem like a kitchen superstar.

I tend to use what I have, so this recipe changes week to week depending on what spices and herbs I have in the house.

1-2 lbs of fresh mussels
(depending on how hungry you are)
6-12 clams (optional, but nice to mix it up a bit)
3 cloves of garlic, roughly chopped
2 shallots, thinly sliced
3 green onions, thinly sliced (the white and light green parts only)
approx 1/4 c tomatoes, roughly chopped
approx 2 T butter
approx 1/2 c white wine (whatever you have on hand, and is good enough to drink!)
approx 1/2 c water
approx 2 T dried parsley (use fresh if you have it on hand!)
red pepper flakes, optional (I like to add a little kick to my broth)
salt and pepper (I like sea salt and freshly cracked pepper)

1. Be sure to store and clean your mussels appropriately.
2. Heat butter in a pot or large wide straight sided pan. Add chopped garlic and shallot, sprinkle with salt and pepper, cook until the shallots are tender and a bit translucent.
3. Then add parsley, red pepper flakes and green onions and tomatoes, cook for a minute or two. Then add white wine and water.
4. Bring to gentle boil, turn down heat and let simmer for a minute (now is a good time to take a deep breath and smell all of the AMAZING things happening in that pan).
5. Add mussels and clams (if you are using clams, add them to the pot a minute or two before the mussels, as they take a bit longer to cook). Cover pot with lid and let those babies do their thing.
6. Remove the mussels/clams one at a time as they open. Do not allow them to continue cooking (there is nothing worse than a tough, overdone mussel).
7. Grab a large, deep bowl and fill to the brim with those beautiful mollusks. Pour the broth over the top and grab a hunk of your favorite crusty bread to lap up the broth at the end (this is the best part).
8. Make sure to have a bowl for the shells and lots of napkins, this gets messy but it is totally worth it.

Chicken

Lemon Chicken

By Michelle Kabler



I spent years thinking the only way to eat chicken was a chicken breast. In my journey to appreciating whole foods, I learned to love all parts of the chicken. Once I started eating legs and thighs again I became hooked. They tend to get a bad rap, but the flavor is unparalleled. Bonus is they are slightly less popular among the population, making them a little cheaper in the stores than their breasty neighbors.

6 chicken thighs (I prefer skinless)
2 lemons, 1 cut into $\frac{1}{4}$ in slices, one cut in half
3 garlic cloves, minced
Sprigs fresh thyme
Sprigs fresh rosemary
 $\frac{1}{4}$ c white wine
 $\frac{1}{2}$ c vegetable broth
2 T Extra Virgin Olive Oil
Kosher salt
Pepper

1. Preheat oven to 425 degrees Fahrenheit.
2. Rinse chicken thighs under cold water, pat dry with paper towel.
3. Season both sides with kosher salt and pepper, making sure to cover all areas of the meat.
4. Drizzle oil on both sides, patting seasoning into the meat.
5. Arrange thighs in baking dish, cover with garlic, fresh herbs (sprigs can be left whole for presentation).
6. Place lemon slices over chicken.
7. Pour vegetable broth into bottom of baking dish for a $\frac{1}{4}$ " of liquid evenly distributed.
8. Splash with white wine.
9. Bake for 20 minutes.

"Cheat" Coq Au Vin

By Sarah Jenks

Something my husband and I do once a week is have "theme nights". On Italian night we make meatballs, pull out our checked tablecloths, light candles in wine bottles and talk with our hands. On Mexican night we dance to Gipsy kings in the kitchen, wear our sombreros and eat tacos. But my favorite night is by far French night. I get to wear a fabulous outfit, put on red lipstick, listen to Carla Bruni, speak in broken French and make my "cheat" coq au vin.

It's "cheat" because I don't light cognac on fire or spend an hour sweating over the stove. Below I lay out my very simple recipe that takes half the time and I actually bake it so I have time to set the table and touch up my lipstick.

I love using whole chicken legs with the skin because it's a great source of zinc, iron and tons of vitamin B. But if you're worried about the fat, you can substitute for skinless chicken breasts and subtract 13g of fat from this recipe.

2 whole chicken legs,
skin on
1/2 t salt
1/2 t pepper
3 thin slices of bacon (I
prefer uncured nitrate
free)
1 large onion, chopped
2 c mushrooms, halved
2/3 c full bodied, dry red
wine

1. Preheat oven to 350 degrees Fahrenheit. Wash and pat dry chicken and sprinkle the salt and pepper evenly on both sides of the chicken, set aside.
2. In a large oven safe skillet, sauté bacon over medium-high heat until crispy, about 3 minutes. Remove bacon and save, but leave the fat in the pan. Sauté onions in the bacon fat until brown, about 5 minutes. Remove onions and save.
3. Sear chicken pieces in the skillet with the remaining bacon fat over medium-high heat. The goal here is not to cook the chicken all the way through but to get the skin crispy. About 5 minutes a side. Remove chicken and set it aside.
4. Put cooked bacon, cooked onions and raw mushrooms in the skillet and stir so the three ingredients are evenly distributed. Create little "nests" for the chicken and nestle the pieces in the veggies. Pour wine over evenly.
5. Bake at 350 for 20 minutes or until juices run clear. This is the perfect time to set the scene: light candles, pour the wine, turn on the French tunes and touch up your lipstick.

Chicken Paillard with Olives & Lemon

By Jamie Dougherty



Serves: 2

2 boneless, skinless chicken breasts
Sea salt and black pepper
Splash of extra virgin olive oil or a 2 teaspoons organic lard
1 lemon
1 T organic butter
1/3 c red onion, diced
1/3 c kalamata or French cured black olives, chopped

1. Place chicken breasts between 2 pieces of plastic wrap and pound the crap out of them until each piece is an even thickness of 1/3 inch. (This can be done with a meat tenderizer or if you don't have one, like myself, use the back of a small sauté pan. This is quite fun!).
2. Season chicken with salt and pepper.
3. Place a glug or two of olive oil or lard in a medium fry pan and swirl to spread the fat. Heat until simmering, 30 to 60 seconds.
4. Place the chicken breasts in the pan. Cook 3-5 minutes or until undersides are golden brown. Reduce heat to medium, turn chicken and cook until golden brown on both sides and chicken is opaque in center, 2 to 3 minutes.
5. Add a squeeze of lemon. Transfer chicken to a plate and place in a very low oven (150 degrees) to keep warm.
6. Return the unwashed pan to medium heat and swirl one tablespoon of butter into the pan. Add the onion and stir for a minute, then add the olives.
7. Let cook until the onions have softened, about 2 minutes. Season with a squeeze of lemon.
8. Remove the chicken from the oven and top the chicken with the olive mixture.

Thomas Keller's Roast Chicken with Root Vegetables

from **Ad Hoc at Home**

One 4 to 4 1/2 lb organic chicken

Kosher salt and freshly ground black pepper

6 garlic cloves, smashed and peeled

6 thyme sprigs

6 rosemary sprigs

2 large leeks

4 medium carrots, peeled, trimmed, and cut in half

3 small yellow onions, trimmed, leaving root end intact, and cut into quarters

2 apples

1/3 c olive oil

4 T (2 ounces) unsalted butter, at room temperature

1. Remove the chicken from the refrigerator and let stand at room temperature for 1 1/2 to 2 hours, or until it comes to room temperature.
2. Preheat the oven to 475 degrees Fahrenheit
3. Remove the neck and innards if they are still in the cavity of the chicken.
4. Generously season the cavity of the chicken with salt and pepper, add 3 of the garlic cloves and 5 sprigs of thyme, and massage the inside of the bird to infuse it with the flavors. Truss the chicken.
5. Cut off the dark green leaves from the top of the leeks. Trim off and discard the darkened outer layers. Trim the root ends, cutting around them on a 45-degree angle. Slit the leeks lengthwise almost in half, starting 1/2 inch above the root ends. Rinse the leeks well under warm water.
6. Combine all the vegetables and remaining garlic cloves and thyme sprig in a large bowl. Toss with 1/4 cup of the oil and season with salt and pepper. Spread the vegetables in a large cast-iron skillet or a roasting pan.
7. Rub the remaining oil over the chicken. Season generously with salt and pepper. Make a nest in the center of the vegetables and nestle the chicken in it.
8. Cut the butter into 4 or 5 pieces and place over the chicken breast.
9. Put the chicken in the oven and roast for 25 minutes. Reduce the heat to 400 F and roast for an additional 45 minutes, or until the temperature registers 160 F in the meatiest portions of the bird--the thighs, and under the breast where the thigh meets the breast- and the juices run clear. If necessary, return the bird to the oven for more roasting; check it every 5 minutes.
10. Transfer the chicken to a carving board and let rest for 20 minutes.
11. Just before serving, set the pan of vegetables over medium heat and reheat the vegetables, turning them and glazing them with the pan juices. Cut the chicken into serving pieces, arrange over the vegetables and serve.

Pork

Ginger-Marinated Pork Tenderloin

By Sarah Schechter

Pork tends to get a bad rap, but it is a delicious and lean protein (not to mention, often less expensive!). It is very versatile and can fit into many different flavor combinations. This recipe has a sweet and sour quality that is so satisfying.

Serves: 4

2 T ginger, peeled and finely chopped

2 garlic cloves, minced

2 T honey

½ jalapeno pepper, seeded and coarsely chopped

4 T fish sauce

2 T pork tenderloin, trimmed

1. Place all the marinade ingredients in a large Ziploc bag then add the pork. Close the bag and turn/massage contents to allow the marinade to cover the meat.
2. Refrigerate for at least 2 hours.
3. After the 2 hours have lapsed, preheat oven to 350 degrees Fahrenheit
4. Heat 2 T oil in a sauté pan.
5. Season pork on all sides with salt and pepper, add to hot pan and brown on all sides.
6. Remove from sauté pan and place on baking sheet or dish, place in the oven and cook until the internal temperature of the pork reaches 145 degrees Fahrenheit (approximately 20 minutes).
7. Allow pork to rest before slicing.
8. Serve with sautéed Asian vegetables or Quinn & Robyn's Cauliflower, Parsnip & Apple Mash!

Beef

“The only time to eat diet food is while you’re waiting for the steak to cook.”

Julia Child

Persian Beef Stew

By Jamie Dougherty

1 lb organic ground beef
Extra virgin olive oil
1 onion, diced
1 t ground cinnamon
1 t ground cumin
1 t ground cardamom
sea salt to taste
water to cover
1/4 c unsulphured
prunes, pitted and
chopped
2 limes, juiced
1/4 t saffron strands,
dissolved in 1 tablespoon
of boiling water
1 handful mint, roughly
chopped
1 medium sized
butternut squash, peeled
and cut into 1 inch cubes
sea salt
slivered almonds, toasted

1. For the butternut squash, preheat the oven to 400 degrees Fahrenheit.
2. Combine the chopped squash pieces with a touch of sea salt and extra virgin olive oil.
3. Put in a roasting pan and bake for about 30 minutes, or until tender and lightly browned all over.
4. Once the squash is in the oven, heat a good glug of olive oil in a heavy-based saucepan. Add the ground beef with a touch of salt and stir over medium to high heat until browned, then remove from the pan.
5. Add extra oil to the pan if need be, then add the onion and stir until lightly browned. Add the spices and sea salt and stir for a minute, or until fragrant.
6. Return the beef to the pan, add water to cover and simmer over low heat, covered, for 20 minutes, stirring occasionally.
7. Add the chopped prunes, lime juice and saffron water. Cover and simmer for a further 10 minutes, until the flavors marry.
8. Add the roasted butternut squash and the mint to the stew and mix well. Garnish with roasted almonds and enjoy!

Herb Crusted Roast Beef

By Sarah Schechter

I always feel a little retro when I make a roast, but each time I am reminded why “Sunday night roasts” were a staple in so many homes...because they taste darn good out of the oven or sliced on a sandwich for lunches throughout the week.

The mixture of herbs below is a guideline, but feel free to use what you have. The beef will stand up to some pretty strong flavors, so go ahead and experiment.

1 3lb boneless beef eye
round roast
6 T butter, softened
Generous salt and freshly
ground black pepper
2-3 T fresh herbs, finely
chopped (I like to use
rosemary and thyme)
5 cloves of garlic, finely
chopped
1 T Dijon mustard
Splash of white wine

1. Take beef roast out of refrigerator about an hour before you plan to cook it, allow to come to room temperature while you prep everything else.
2. Preheat oven to 500 degrees Fahrenheit.
3. Combine butter with herbs, garlic, mustard, salt and pepper. Rub all over the surface of the beef.
4. Place beef in roasting pan and put in oven. Reduce heat to 325 degrees.
5. Roast for about 1 to 1 ½ hours or until a meat thermometer registers between 150 -160 degrees.
6. Allow meat to rest for about 10-15 minutes before slicing.

Vegetarian

Asparagus Barley Risotto

By Sarah Jenks

5 c low-sodium vegetable
or chicken broth

2 t olive oil

1 large yellow onion,
finely chopped

1 large clove garlic, finely
chopped

1 1/2 c barley

1 c dry white wine (such
as Sauvignon Blanc)

1 lb asparagus, cut
diagonally into 1-inch
pieces

1/2 t kosher salt

1/4 t black pepper

1/2 c (2 ounces) grated
Parmesan

1. Warm the broth in a small saucepan over low heat. Meanwhile, heat the oil in a large saucepan over medium heat. Add the onion and cook, stirring occasionally, for 7 minutes or until soft. Add the garlic and cook 1 minute more.
2. Add the barley and cook, stirring, for 2 minutes. Stir in the wine and cook until the liquid is absorbed, about 3 minutes. Add the broth, 1/2 cup at a time, stirring occasionally and waiting until it is absorbed before adding more.
3. Add the asparagus with the last 1/2 cup of broth and cook until tender. It should take 30 to 35 minutes for all the broth to be absorbed.
4. Remove from heat, season with the salt and pepper, and stir in the Parmesan. Spoon into individual bowls.

Note from the Editor:

For some reason, when you say “risotto”...even very experienced cooks start shaking in their boots. It seems very difficult but try to take the pressure off, its really not too hard (plus it includes cheese and wine...how bad can it really be if you screw it up?). Pour yourself a glass of the sauvignon blanc you are using in the dish, put on some tunes and get to it...fearlessly!

Spaghetti Squash Primavera

By Claudine Dagit

1 whole Spaghetti Squash
1 T Extra Virgin Olive Oil
1 Onion
Any Vegetables
you want: Broccoli,
Carrots, Mushrooms,
Bell Peppers, roughly
chopped
1 Can of Diced Tomatoes
A few handfuls of
Spinach, roughly
chopped
Fresh basil, roughly
chopped
Parmesan Cheese

1. Preheat the oven to 350 degrees Fahrenheit.
2. Cut the squash in half and scoop out the seeds, place cut side down in baking dish and prick with a fork.
3. Bake for 35-40 minutes. Meanwhile, make the simple primavera sauce.
4. In a large non-stick skillet, heat the EVOO. Add onion and cook until translucent.
5. Add the vegetables and cook until tender. Stir in canned tomatoes and mix well, simmer for 5 minutes.
6. Stir in the spinach, cook for 2 minutes then stir in basil.
7. When time is up, use a fork to scrape the flesh from the inside of the squash into a serving bowl.
8. Top with the primavera sauce and parmesan cheese.
9. Note: You can add ground meat to make this a little heavier. Add the meat after the onion.

Soba Noodles, Broccoli & Peas with Peanut Sauce

By Heather Pierce Giannone

This is a great “last minute meal” when you’re starving, had no plans to make anything, and are too lazy and impatient to get takeout. The soba noodles and sauce ingredients keep well in your pantry and you can rely on frozen broccoli and peas as backup for a tasty-yet-healthy comfort dish.

Soba noodles (2 oz per serving)

Sea salt

1 c frozen broccoli, defrosted

1/4 c frozen peas

Addictive Peanut Sauce (see next page)

Gomasio or toasted sesame seeds, optional

Cilantro, optional

1. Fill medium-sized pot with water, add generous amount of sea salt and bring water to a boil. Add soba noodles to pot.
2. Cook according to soba noodle package directions, about 6-8 minutes.
3. Make peanut sauce.
4. Place frozen peas and defrosted broccoli in a colander, then drain noodles over them.
5. Serve noodles, greens, and peas in a small bowl, add a few spoonfuls of peanut sauce, stir, and eat!
6. Sprinkle with gomasio or toasted sesame seeds if you like (highly recommended!)

VARIATIONS

1. For added protein, top with cubed extra-firm tofu (you can heat in pan with a bit of oil if you like).
2. Substitute broccoli with kale or any other green.
3. Add 1 tbsp grated ginger root to the sauce.
4. Skip the peanut butter altogether and whisk the tamari, sesame oil, and rice vinegar for a lighter dressing.



Addictive Thai Peanut Sauce

By Heather Pierce Giannone

2 T low-sodium tamari
soy sauce
2 T natural, unsalted
peanut butter or almond
butter
2 T toasted sesame oil
1 T brown rice vinegar
1-2 T water

1. Whisk all ingredients together with a fork until blended. For a fluffier dip or dressing, combine in a blender, adding water to get the consistency you like.
2. Serve over noodles, sautéed vegetables, or grains or serve as a dip with vegetable sticks.

Jenks' Peanut Sauce

By Sarah Jenks

1 T Soy Sauce
1 T brown rice vinegar
½ T sesame oil
1 t honey
1 t chopped ginger

1. Whisk all ingredients together with a fork until blended.
2. Serve over noodles, sautéed vegetables, or grains or serve as a dip with vegetable sticks.

Very Easy Fried Rice

By Sarah Jenks

Serves: 8

1 small onion, chopped
1 tablespoon olive oil
2 cloves garlic, minced
1 carrot, diced
½ bunch scallion,
chopped
1 T ginger, grated
4 c cooked long grain
brown rice
2 T tamari soy sauce
1 t toasted sesame oil

1. Sauté onion in olive oil for 5 minutes.
2. Add garlic and carrot and sauté for 4 minutes.
3. Add scallion and ginger and sauté for about 4 more minutes.
4. Add rice and sprinkle with water to give extra steam to dish.
5. Add tamari soy sauce and toasted sesame oil.
6. Lower heat and cook for 5 minutes more, stirring occasionally.

** Notes: Beat an egg together with the tamari and sesame oil. Pour this mixture into the pan and move it around quickly with fork to spread egg as it cooks.

Black Bean Pasta with Butternut Squash "Cream Sauce"

By Quinn & Robyn



Serves: 4

1 can butternut squash puree
1 package of black bean pasta (such as Explore Asia's black bean spaghetti)
2-4 c baby spinach
1 large sweet white onion, small dice
2 tablespoons extra virgin olive oil
3 garlic cloves, minced
¼ cup white wine (can swap for vegetable stock but it adds a nice flavor)
1 cup vegetable stock or water
1 heaping teaspoon dried tarragon (or basil, cilantro, sage or parsley)
Sea salt and black pepper
Sprinkle of parmesan or vegan cheese such as Daiya or nutritional yeast (optional)

1. To prepare the sauce, sauté the onion and garlic in olive oil on medium-high heat for about 4-5 minutes until soft. Season with salt and pepper.
2. After the onions become soft, deglaze the pan with white wine and use a wooden spoon to scrape the bottom of the pan (this gets up all the good bits of flavor). Add the vegetable stock, butternut squash and tarragon to pan and season with salt and pepper again, then stir to combine.
3. Reduce heat and allow the sauce to thicken to desired consistency. If it's bubbling you can put a lid on, just leave it slightly ajar.
4. Cook pasta according to the package instructions. About 2 minutes before it's done, throw in a couple handfuls of spinach and allow it to cook down in the water.
5. When the pasta and spinach are done drain them in a fine mesh colander and run it under cool water to stop the cooking process. Top the pasta with sauce and stir well to coat evenly. Feel free to finish with another serving of sauce and a little bit of cheese, if desired.

Slow Cooking Veggie Chili

By Holly Thompson

One of my clients throws this together in the morning so that dinner is ALL READY to go in the evening. The Portobello add a meaty texture and the rice makes it a hearty meal.

1 t olive oil
2 onions, finely chopped
4 carrots diced
4 stalks celery, diced
4 cloves garlic, chopped
2 t chili powder
1 t oregano
1 t cumin
2 t sea salt
1 28oz jar tomatoes
3 Portobello mushrooms, stemmed and cut into small squares
3 c veggie stock
1 c cooked white kidney beans (or BPA free canned beans for any bean option)
1 c cooked red kidney beans
1 c cooked chickpeas
1-2 jalapeno peppers, seeded and finely chopped
1 c brown rice

1. You can sauté the vegetables and spices first in the oil, or for time saving, add everything to a slow cooker at once and cook on low for 8-10 hours or 4-5 hours on high.
2. Add rice during the final hour.



Mexi-Cali Soup

By Claudine Dagit

**Serves: 2 hungry bellies
or 4 appetizers**

Drizzle of Walnut Oil (I
recommend using nut
oils for cooking)

1/2 onion, chopped

1 clove of garlic, chopped

1 c Quinoa

4 c Organic Vegetable
Broth

1 Jalapeno pepper,
seeded and chopped

1 15 oz can Organic Black
Beans

1 tomato, chopped

GARNISHES:

Avocado

Cilantro

Lime Wedges

Organic Sour Cream

(sprinkled pumpkin
seeds would be nice too -
get creative!)

1. Heat the oil in a heavy sauce pan, add onion and sauté until almost translucent.
2. Add the garlic and quinoa, stirring constantly for about 30 seconds.
3. Pour in broth and bring to a boil, reduce to a simmer.
4. Add jalapeno, beans and chopped tomato. Simmer, partially covered, until the quinoa is cooked. About 12 minutes.
5. Garnish with the remaining ingredients and enjoy!

Dal

By Holli Thompson

Serves: 6-8

1 ½ c lentils
¼ light olive oil
1 c chopped onion
1 ½ t salt
1 t ground turmeric
1 t ground cumin seeds
¼ t crushed red pepper
½ c snipped coriander
leaves or parsley
Lemon peel for garnish, if
desired

1. Cover lentils with water and soak for one hour.
2. Bring lentils and water to a boil. Cook 45 minutes, adding water if necessary. Drain lentils well.
3. Heat oil in 12 in skillet, stir in onion, salt, turmeric, cumin and red pepper, cooking over low heat until onion is tender. Put some of this mixture aside for garnish, if desired.
4. Stir lentils into oil and spices. Cook over low heat, stirring frequently, about 20 minutes (Watch carefully to prevent burning).
5. Just before it's done, stir in coriander leaves or parsley. Before serving, sprinkle with reserved onion and garnish with strips of lemon peel, if desired.

Cornmeal Crust Pizza

By Claudine Dagit

Yields 2 crusts

1 $\frac{3}{4}$ c cornmeal
2 c Gluten Free flour
1 T baking powder
2 t sugar
1 t salt
2 t dried thyme
2 t dried rosemary
1 c almond milk
1/2 c walnut oil

TOPPINGS:

Goat Cheese
Pesto (see below)
1 Summer squash
2 Small zucchini
Fresh Thyme
2 cloves of roasted garlic

TO ROAST GARLIC:

take one whole head of garlic (skin on), slice in half horizontally. Place both halves, cut side up, on one large square of aluminum foil. Drizzle with olive oil, sprinkle with salt and pepper. Wrap in aluminum foil, place in oven at 350 degrees Fahrenheit. Roast until the smell of garlic fills the kitchen and the head of garlic is soft to the touch. Allow to cool, hold garlic with cut side facing down over a bowl. Squeeze and the soft garlic will come right out. Use on its own or add to butter, mayonnaise, salad dressings, etc for an extra flavor punch.

1. Preheat oven to 325 degrees Fahrenheit.
2. Whisk together the dry ingredients, add the wet ingredients, stirring well. Divide into 2 equal portions for 2 pizza crusts (even 3 thinner crusts if you want).
3. Press one portion into a pie pan with a removable bottom.
4. Bake for 15 minutes. Meanwhile, thinly slice your squash and zucchini.
5. Remove your crust from the oven and spread goat cheese while crust is still hot (this makes spreading easier).
6. Add your pesto, fan the slices of squash and zucchini. Garnish with thyme and garlic.
7. Continue baking for 12 minutes

Note from the Editor:

There are lots of great pesto recipes out there, the recipe below gives you a general guideline but feel free to adjust proportions based on your taste and texture preferences.

PESTO:

combine in food processor: 1 large bunch of fresh basil leaves, $\frac{1}{2}$ c parmesan cheese, $\frac{1}{4}$ c toasted pine nuts, a squeeze of lemon juice, 2 cloves of garlic, salt and pepper to taste and a splash of olive oil. Puree, adding olive oil in a steady stream until pesto has reached the desired consistency.

Black Bean Veggie Burger

By Holli Thompson

Yields 6-8 patties

1 ½ c cooked black beans
½ c oats
½ gluten free bread
crumbs
4 t finely chopped onion
4 t finely chopped carrot
4 t finely chopped
organic tofu (substitute
mushrooms if you do not
use soy)
2 garlic cloves, finely
minced
2 t nutritional yeast
1 t ground cumin
1 t soy sauce or coconut
aminos if you do not use
soy
1 t vegetarian
Worcestershire sauce
¼ t cayenne pepper
Celtic sea salt and black
pepper to taste

1. Mash beans with fork or potato masher, leaving some texture.
2. Add all remaining ingredients and mix.
3. Form into 6-8 patties.
4. Lightly prepare a pan with coconut oil and over medium-high heat, brown patties on both sides.
5. Serve over pasta of choice, or sliced fresh tomatoes from the garden.



Sides

Some Basic Veggie Side Guidelines

By Sarah Jenks

Steam then Sauté

- Kale
- Collards
- Bok choy
- Broccoli
- Beets (can just boil. Put beets in boiling water for 45 minutes. Once you can push a fork through them, strain and “rub” off skin with hands while holding under cold water.
- Green Bean
- Pea pods

Sauté Only

- Mushrooms
- Onions

Roast

(salt and olive oil put in 350 degree oven for 30 minutes or until crispy)

- Cauliflower
- Mushrooms
- Broccoli
- Beets
- Brussels Sprouts

I think veggies taste best with just olive oil and salt, especially when you are going to have it with flavorful puree and fish. But if you want a little more zip, take one or two accessories from the condiments list, something that will complement your fish or puree and add to the veggies when roasting or sautéing.

Greens Cooking Directions

1. Bring 3 Inches of water in a pot to a boil with a dash sea salt.
2. Put prepped greens into boiling water
3. Boil for 30 seconds or until bright green
4. Strain
5. Sauté with desired condiments

Veggies That Are Great To Puree

- Yukon Potatoes
- Sweet Potatoes
- Celeriac
- Parsnips
- Squash
- Beans/Chickpeas

Easy Way To Puree

1. The easiest way to create a puree is to
2. Put on a large pot of water to boil with a tsp of sea salt
3. Peel and chunk the vegetables and add to boiling water
4. Cooking for about 20 min or until your can stick your fork through it
5. Strain and place in food processor
6. Add desired flavorings (ideas below)
7. Add about $\frac{1}{4}$ cup liquid (milk or broth) then a tablespoon at a time until reached desired consistency (potatoes need more while parsnips need less)
8. Process until smooth
 - Beans: Cook 2 cans beans in $\frac{1}{2}$ c broth for 20 minutes then puree
 - Flavorings: Curry powder, Fresh basil (better to stir in after, not food process), Wasabi, Sauteed onions, Roasted Garlic, Fennel, Horseradish, Mustard, Sea Salt, Arugula (better to stir in after, not food process), Fresh or dried herbs like thyme or rosemary

Roasted Broccoli

By Michelle Kabler



Serves: 2

2 heads broccoli
3 cloves garlic
3-4 tbsp. EVOO
1 T sea salt
½ T red pepper flakes
Pepper to taste

1. Preheat oven to 425 degrees Fahrenheit.
2. Line baking dish with foil.
3. Cut broccoli into bite-size florets.
4. Drizzle with olive oil (enough to coat broccoli leaves so they are glistening, but not dredged).
5. Sprinkle seasoning and spices on top.
6. Mix with hands.
7. Roast for 15 minutes.
8. Stir and continue roasting for 5-10 minutes for crispier broccoli.

Note from the Editor:

Try the same recipe using cauliflower instead of broccoli (or a mix of both!).

Small Root Vegetables

By Heather Pierce Giannone



Serves: 2

1/2 lb root vegetables
(any variation of
potatoes, sweet
potatoes, carrots,
turnips, parsnips, or even
broccoli), diced

2 T extra-virgin olive oil
sea salt

2 medium shallots

1. Preheat oven to 475 degrees Fahrenheit
2. Line baking sheet with a piece of parchment paper.
3. In medium bowl, toss diced vegetables and shallots with olive oil and 1/2 tsp sea salt to coat.
4. Spread the veggies out in one layer on baking sheet.
5. Roast in oven until all veggies are tender and some are starting to brown at the edges (about 22-25 minutes). Remove from oven and let cool.
6. Toss up all vegetables, add on top of salad, soups, or grains and enjoy.

Cauliflower, Parsnip & Apple Mash

By Quinn & Robyn

Serves: 6-8

1 apple
3 parsnips
1 head of cauliflower
1 t butter
Sea salt and pepper, to taste
Fresh herbs, as garnish

1. Cut up the apple, parsnips and cauliflower into bite size pieces. Put them into a steamer and steam for 12-15 minutes until very soft. Test with a fork, if it goes through with ease, they are done.
2. Transfer cauliflower, parsnip and apple to a food processor, add butter, salt and pepper and blend until smooth. Adjust to taste and garnish with fresh herbs.

Basic Polenta

By Sarah Jenks

Serves: 3

3 c water or stock
1 c polenta
1/2 t salt

1. Bring water or stock to boil.
 2. Add polenta and salt, stirring gently.
 3. Reduce heat to low and simmer covered for about 30 minutes, stirring occasionally to keep polenta from sticking to bottom of pot.
 4. Polenta is done cooking when the grains are soft to taste and most of the water is absorbed.
- Notes: Try grilling or frying polenta. Pour it into a baking dish and let it chill in the fridge for one hour. When it has solidified, slice it into triangles and fry in a hot pan with a little olive oil, or brush with oil and grill for 2 minutes on each side. Try it topped with pesto or ratatouille.

Acorn Squash Moons with Maple Butter Drizzle

By Michelle Kabler

This easy recipe will not only look fancy, but it will also taste dangerously good. All of the ingredients are delicious, leaving little room for error. A huge dinner-party hit each and every time.

Serves: 8

2 large acorn squash

Drizzle Extra Virgin Olive
Oil

1 T sea salt

Pepper to taste

Maple Butter Drizzle:

½ c maple syrup

2 T organic butter

1 t cinnamon

1 t ground nutmeg

Pinch sea salt

Toasted walnuts and
pecans

1. Preheat oven to 400 degrees Fahrenheit.
2. Cut acorn squash in half, scoop out seeds with spoon.
3. Slice squash into 1" thick slices (should be shape of a new moon or letter C).
4. Drizzle with EVOO, salt, and pepper.
5. Roast for 20 minutes, flip and continue cooking for 5-10 minutes, until tender when stabbed with fork.
6. Meanwhile in small sauce pan, combine maple syrup, butter, and spices over low heat.
7. Bring to low simmer (small bubbles), stirring often so as not to burn the butter, for 5-10 minutes, or until desired thickness.
8. Mix in toasted nuts.
9. Drizzle over acorn squash moons and serve, family style.

Spanish-Style Collard Green Ribbons

By Heather Pierce Giannone



1 large bunch collard greens
4 T extra-virgin olive oil
1 shallot
Sea salt
1 t sherry vinegar
1 t raw honey
smoked paprika

1. Remove stems from collard leaves, tearing them completely in half. (Hold bottom of stem in right hand, make a fist with left hand and pull up from bottom of leaf to the top, tearing the leaf away from the stem.)
2. Stack 4-5 leaves on top of each other, roll them up tightly like a cigar. Using a good knife, slice them across into very thin ribbons, about 1/8-inch wide. Continue with remaining greens.
3. Rinse and dry well in your salad spinner or clean dish towel.
4. Slice shallot into thin slices or mince.
5. In large nonstick skillet, heat olive oil over medium heat.
6. Add shallot and cook until soft and slightly golden.
7. Add greens and a few sprinkles of salt. Cook, stirring until collards turn bright green.
8. Toss in raisins and sunflower seeds, (optional).
9. Stir until greens become a darker green and look a bit wilted, about 1-2 minutes.
10. Take off heat and enjoy!
 - Want more than a “side dish”? Serve greens on top of quinoa, brown rice, or top it with a fried egg!

Barley with Toasted Cumin & Mint

By Sarah Jenks

Serves: 6

1 c barley
2 c water
1/2 t sea salt
1/8 t turmeric
3/4 t cumin seeds
1/2 bunch fresh mint,
chopped
1/2 small red onion,
chopped
2 T lemon juice
2 T extra virgin olive oil

1. Wash grains. Bring water to boil.
2. Add barley, salt and turmeric. Reduce heat to low and simmer covered for 45 minutes or until grains are cooked and water is absorbed.
3. Fluff with a fork and let sit covered for 10 minutes.
4. Toast the cumin seeds in a dry skillet until they turn golden brown and their aroma comes out, about 3 minutes.
5. Transfer grains to a large bowl, add remaining ingredients and mix gently.

Curried Millet

By Sarah Jenks

Serves: 4

2 c stock or water
1 c dry roasted millet
1/2 c crushed cashews
3 T pumpkin
1 t curry powder
1 t grated ginger
1 t sea salt

- Boil the stock or water in a pot. Add all ingredients, bring to a boil, reduce heat to low and simmer for 20-25 minutes, until all the liquid is absorbed.
- Fluff with a fork and serve warm.

Dessert

“Everything in moderation...even moderation”

Julia Childs

Pecan Candy

By Quinn & Robyn

Serves: 8-12

2 c walnuts, raw
1 T coconut oil
2-3 T maple syrup
¼ t sea salt
1-2 t vanilla extract
Dash of ground
cinnamon

1. Place nuts and oil in nonstick pan and turn heat to high.
2. As soon as you hear the slightest sizzle, turn heat down to medium or low and toast walnuts a few minutes until they smell nice and nutty.
3. Add maple syrup and vanilla extract and continue stirring them around the pan for a minute or two. Then add salt and cinnamon, and continue to stir for another minute.
4. Spread the nut mixture out onto a tray (a baking tray is good) and allow them to cool completely before eating. (They just taste better when they're cooled!)

Chocolate

**“All you need is love. But a little chocolate now and then
doesn’t hurt.”**

Charles M. Schulz

Danache Bars

By Claudine Dagit



CRUST:

2 sticks Earth Balance
butter (for vegans,
otherwise regular)
1 c sugar
1 c almond flour
1 c coconut flour
2 c shredded coconut
1 c chopped almonds
Chocolate Ganache

FILLING:

1 1/2 c heavy cream
12 oz semisweet
chocolate chips

1. Preheat the oven to 350 degrees Fahrenheit.
2. Grease a tart pan, I used 9 inch square. Anything about that size will work.
3. In a mixer, combine the butter and sugar until smooth.
4. Mix in the flour and then the coconut and chopped nuts.
5. Press 2/3 of the batter into the pan, bake for 20 minutes.
6. In the meantime, make the chocolate ganache.
7. Add the milk and chocolate chips to a double boiler, allow to melt.
8. Pour the chocolate mixture over the crust.
9. Crumble the remaining batter over the chocolate.
10. Return to the oven for 15 minutes, when finished cooking cool on a wire rack.

Sugar Free Cocoa Spice Pudding

By Quinn & Robyn

Serves: 2-3

1 small avocado
1 ripe banana
2 T milk alternative
(almond, coconut etc.)
4 T raw cacao powder or
cocoa powder
2 t alcohol free vanilla
extract
Pinch of sea salt
½ t cinnamon
¼ t cayenne pepper
(optional but great for a
little kick)

1. Add all ingredients to a small food processor and blend away.
2. You may need to scrape the sides down a bit to incorporate the spices.
3. Taste and adjust seasoning (more cinnamon, cayenne or salt). Chill and serve!

Dark Chocolate Frozen Peanut Butter-Banana Bites

By Heather Pierce Giannone



Makes 15-20 Bites

2 medium-ripe bananas
Unsalted, natural peanut
butter or almond butter
sea salt
1 c dark chocolate chips

1. Peel and slice bananas into 1-inch slices and arrange on a parchment-lined baking sheet.
2. Gently spread a dab of peanut butter on top of each banana slice. Sprinkle tops with sea salt.
3. Melt the chocolate (see below for instructions).
4. Quickly add remaining chocolate and stir so it's smooth and shiny.
5. Gently drizzle chocolate over the banana and peanut butter slices with a spoon. Keep stirring chocolate so it doesn't harden. (Tip: make them look fancier by freezing the bananas for an hour first then using a fork to dip them in chocolate and completely cover, but I'm too lazy for that extra step!)
6. Stick the baking sheet in the freezer and let chocolate harden for at least 1 hour. These are great for just grabbing a slice or two at a time for a quick pick-me-up!

How to Melt Chocolate for Dipping + Drizzling



The Stovetop/Double-Boiler Method

1. Heat about an inch or so of water in a saucepan until it begins to simmer.
2. Place a heat-proof bowl or pan over the saucepan.
3. Add 2/3 of the chocolate and keep stirring with a rubber spatula until chocolate is almost fully melted.
4. Take off heat, add remaining chocolate and stir until smooth and shiny.

The Microwave Method

1. Place chocolate in a microwave-safe bowl and heat for 30 seconds.
2. Stir chocolate well with a rubber spatula, then heat for another 30 seconds.
3. Stir and repeat if necessary but stop microwaving before chocolate chips are completely melted.
4. Stir until smooth and shiny.

Fruit

Rhubarb Bars

By Claudine Dagit

2 sticks butter (can use earth balance to make vegan)

1 c sugar

2 c flour

1 c coconut

2 c Almonds (ground)

RHUBARB FILLING:

3 c Rhubarb chopped

2 T Lemon

3/4 c sugar

2 T cornstarch

1. Preheat the oven 350 degrees Fahrenheit.
2. Grease an 8X8 pan.
3. Cream the first 3 ingredients using hand mixer or electric stand mixer.
4. Add the coconut and nuts and mix.
5. Pat 3/4 of your dough into the bottom of the pan and bake for 20 minutes.
6. In the meantime, make the Rhubarb Filling:
7. In a large sauce pan cook the rhubarb and lemon until nice and tender, about 10 minutes.
8. Add the sugar and cornstarch and turn up the heat. Continue cooking for 1 minute.
9. Spread over the baked dough and crumble the remaining dough over the rhubarb mixture. Bake for an additional 20-25 minutes.

Thyme Scented Peach Crisp

By Jamie Dougherty

This crisp can also be made gluten-free. Substitute almond flour for the whole wheat pastry flour and sunflower seeds for the oats.

6-7 peaches, washed, cored, and dice

Juice of 1/2 a lemon

1 t fresh thyme

1/4 c brown rice syrup

1/3-1/2 c maple syrup

3/4 c whole wheat pastry flour

1/2 c rolled oats

3/4 c walnuts, pecans, almonds (make a good combination)

1 t cinnamon

1 t coriander

Pinch of sea salt

3 T coconut oil or organic butter

1. Preheat oven to 350 degrees Fahrenheit
2. Lightly oil a 11x13 pyrex baking dish.
3. In a bowl combine peaches, lemon juice and thyme and spread evenly in the baking pan.
4. In another bowl combine sweeteners, flour, rolled oats, nuts, spices, and sea salt. With your hands, work softened coconut oil/butter into the dry ingredients until evenly combined and there are no large lumps.
5. Spread topping on top of the peaches and bake uncovered for 35-40 minutes.

Drilled Grapefruit

By Quinn & Robyn



Serves: 2

1 grapefruit
1 t of palm sugar, sucanat
or organic cane sugar
1 t cinnamon

1. Wash grapefruit and cut it in half, along the hemisphere.
2. Use a small knife to cut around the outside of the grapefruit (between the fruit and the pith, which is the white part) then cut along each of the white membranes separating the sections. This will make it much easier to scoop out the fruit later.
3. Top each half with some natural sweetener, a sprinkle of cinnamon and any other combination of spices you prefer.
4. Spread them evenly on the face of the grapefruit.
5. Heat a nonstick pan on medium-high heat. Place the grapefruit face down on the pan.
6. Grill for 2-3 minutes, making sure not to burn.
7. Stand over the stove and take in the sweet aroma. Serve warm.

Superfood Truffles

By Holli Thompson

Makes 40 truffles

½ c coconut butter/oil,
warmed to soften
¾ c agave nectar (or use
coconut nectar)
2 t vanilla extract
5 drops vanilla stevia
¼ t sea salt
1 c dried shredded
coconut
2 ¼ c cocoa powder,
preferably raw, sifted

1. Blend warmed coconut butter, agave, vanilla and salt in high speed blender.
 2. Add shredded coconut ½ c at a time, blend until smooth.
 3. Transfer the mixture to a bowl and stir in 2 c of the cocoa powder until combined.
 4. Refrigerate for about 15 or more minutes.
 5. Place remaining cocoa powder on plate.
 6. Using a spoon take a heaping teaspoon of the chocolate mixture and roll into a ball, roll in the cocoa powder to cover.
 7. Store the truffles in the refrigerator.
- **You can also use hemp seeds, coconut, or cocoa nibs for the outside coating

Thai Coconut Rice and Mango

By Claudine Dagit

Somewhat adapted from the Food Network

Serves: 6

1 T olive oil
1 1/2 cups basmati rice
1 (14 oz) can
unsweetened coconut
milk
2/3 c water
1 t salt
1 large ripe mango,
peeled and cubed
coconut for garnish

1. In a large sauce pan heat the oil over medium heat
2. Add the rice and stir to coat
3. Add the milk, water and salt, bring to a boil. Then cover and simmer for 20 minutes, or until all liquid is absorbed
4. Remove rice from the heat and fluff with a fork
5. Place the lid back over the rice and allow to steam for 5 minutes
6. Put out onto a serving dish, top with mango cubes and garnish with coconut

Everything Free Banana Bread

Muffins

By Quinn & Rovyn

Serves: 10-12

4 bananas, yellow
(they do not need to be
overly ripe) 4 eggs 1/2 c
almond butter 4 T grass-
fed butter, melted (can
substitute coconut oil)
1/2 c coconut flour 1 t
cinnamon 1 t baking soda
1 t baking powder 2 t
vanilla 1 t sea salt

1. Preheat your oven to 350 degrees Fahrenheit.
2. Combine your bananas, eggs, and nut butter, and grass-fed butter in a blender, food processor, or mixing bowl and mix well (if using a mixing bowl you need a good hand-mixer).
3. Once all of your ingredients are blended move mixture to a mixing bowl and add in coconut flour, cinnamon, baking soda, baking powder, vanilla, and sea salt and mix well.
4. Add natural cupcake liners to a muffin pan and pour in your batter evenly throughout the pans. You should be able to fill one standard 12 muffin sized pan.
5. Place in your preheated oven and bake for 30-35 minutes, the tops should be a golden brown.
6. Remove from oven and allow muffins to cool on a baking rack (if you don't have a baking rack you can just tilt them sideways in the pan so allow air to circulate underneath the muffins).
7. Feel free to serve with chopped toasted pecans or walnuts and a little bit of honey.

Frozen

Cabernet Sorbet

By Quinn & Robyn

Serves: 2

2 c frozen berries
(strawberries,
blueberries, blackberries
or a mix)
½ banana (ideally,
prefrozen)
½ c Cabernet Sauvignon
wine
¼ c organic sugar
1 t alcohol free vanilla
extract

- Put everything in the blender and mix until smooth. Serve immediately.
- As a make ahead option you can freeze the prepared sorbet in an airtight container with a layer of parchment paper or Saran Wrap placed directly on the surface of the sorbet. This will keep oxygen from hitting your frozen treat and prevent freezer burn.
- Allow about 10 to 15 minutes for the sorbet to soften at room temperature before serving.
- *You don't have to use Cabernet—or berries for that matter! You can switch up the flavor profiles by using frozen mango with white wine, or raspberries and rosé. Go craycray.

Cake Batter Smoothie

By Holli Thompson

This smoothie should come with warning labels: Indulgent, Decadent, and Delicious. Somehow all of these ingredients end up tasting like cake batter from the spoon. It is pretty substantial and can definitely sub for a meal.

1 t of the following (all
raw and organic, please):
hemp protein powder
chia seeds
flax seeds ground
maca powder
coconut flakes
coconut butter (by butter
I mean with the coconut
mixed in, not coconut oil)
2 medjool dates, pitted
1 small banana
2-3 slices fresh pineapple
¼ t fresh vanilla
3 drops vanilla stevia
Handful of ice cubes

1. Add all ingredients to a high speed blender and blend. You may be tempted to scrape the mixer.

Bonus Recipes

Kale Chips

By Holli Thompson



Kale is the “King” of vegetables, loaded with deep green antioxidants, protein, calcium, magnesium and vitamin K. These chips are an easy and delicious way to get your kale in, and so delicious that in my house they rarely make it off the stove! They are low in calories, high in fiber and a big nutrition bang for the buck.

1 or 2 bunches of kale
olive oil
sea salt, preferable high
mineral celtic sea salt
cayenne pepper
(optional)

1. Preheat oven to 375 degrees Fahrenheit.
2. Remove kale from stalk, leaving the greens in large pieces.
3. Using a large bowl add torn kale pieces and sprinkle with olive oil.
4. Massage the kale to cover it evenly.
5. Add sea salt if desired, and some cayenne pepper for a spicy version.
6. Lay kale out on a baking sheet and bake 5-10 minutes.
7. Times will vary depending on your oven and kale can burn easily.
8. When you see the kale crisp, its ready. Turn if needed.

Sweet Potato Fries

By Holli Thompson



Did you know that sweet root vegetables like carrots, sweet potatoes and butternut squash are not only high in vitamin A and beta carotene (think gorgeous skin!) but also a great way to keep cravings at bay? They are high in natural sugars – the good kind that slowly elevate your blood sugar to keep you from wanting refined processed sugars later. I often recommend increasing root vegetables to my clients that suffer from sugar cravings. This secret really works.

2-3 large sweet potatoes
(or carrots or white
potatoes)
olive oil
sea salt
cinnamon, optional
(for sweet potatoes or
carrots)
maples syrup

1. Preheat oven to 350 degrees Fahrenheit.
2. Peel potatoes or carrots and slice into long strips. Place in a mixing bowl and toss with enough olive oil and sea salt to coat. You can add cinnamon for an even sweet treat.
3. Spread onto a baking sheet and place in pre-heated oven.
4. Roast until golden brown, times will vary. Turn once if you are able to without breaking.
5. Dip in maple syrup for a healthy sweet treat. Genuine maple syrup is high in minerals.

Chunky Quac With Endive

By Heather Pierce Grannone



3 avocados
1 large tomato
1/2 red onion
Juice of one or two fresh limes
Sea salt
Fresh cilantro
1 head Belgian endive

1. Slice the avocado, tomato, and onion into equal-sized chunks.
2. Gently mix all ingredients into a medium-sized bowl. You want to make almost a salty lemonade/limeade with the lime juice so be generous with it.
3. Garnish with extra cilantro and serve with tortilla or multigrain chips or Belgian endive leaves for a crunchy, lighter snack.
4. Variations:
 - Substitute lime with fresh lemon.
 - Add 1 clove of crushed garlic when mixing ingredients.

Apple Cider Vinaigrette

By Holli Thompson

Apple Cider Vinegar is alkalizing to our bodies, unlike other vinegars, making it a healthy choice for our salads. It can be used to cleanse the digestive tract, improve the digestion process and increase circulation.

Makes: 8oz

1. Blend until smooth

½ c extra virgin olive oil
½ c apple cider vinegar
¼ t Dijon mustard
1 clove garlic
¼ c coconut syrup
(optional)

HCC Grab-n-Go Bar

By Quinn & Robyn

Serves: 10

DRY:

1 ½ c rolled oats
1 c crisp puffed brown rice cereal
½ c raw pumpkin seeds
¼ c slivered almonds
¼ c unsweetened coconut
¼ c dried cranberries

WET:

½ c brown rice syrup
2/3 c creamy peanut butter
1 t vanilla extract
(optional)

1. Add all the dry ingredients to a large bowl and mix to combine.
2. Set up a double boiler by tightly fitting a glass or heat safe bowl inside a pot with 2-3 inches of boiling water in the bottom.
3. Add all the “wet” ingredients to the double boiler bowl and mix together on medium heat until the mixture is thinned out and smooth, about 5 minutes.
4. Add the wet ingredients to the dry ingredients and mix well.
5. Firmly press the mixture into a container, really work it down so it is tightly packed.
6. Place it in the fridge until set. Cut into pieces and store in a cool, dry place.

Mango, Orange, & Cardamom Lassi

By Jamie Dougherty

A lassi is a traditional Indian beverage made with yogurt and sweetened with sugar. In this version I used kefir, a probiotic-rich drinkable yogurt and substituted iron-packed dates to add a bit of sweetness. The result is a delicious and creamy treat perfect for a quick Spring breakfast or snack.

Serves: 1

1 c goat's milk kefir
1/2 an orange
½ a mango, peeled and cubed
3 medjool dates, pitted
a dash of vanilla
a dash of ground cardamom
3 ice cubes (optional)

1. Throw everything into your blender and blend until the dates and ice are completely smooth and the liquid is frothy. Pour and enjoy!

Note from the Editor:

Cardamom carries a fantastic flavor punch. Try adding a dash to your coffee grounds when brewing a pot of coffee or allow a few crush cardamom pods steep in hot water or tea for a twist on your regular hot beverage.

Fun Cooking Blogs for Inspiration & Pretty Pictures

<http://joannagoddard.blogspot.ie/>
<http://www.whatkatieate.blogspot.com/>
<http://www.sproutedkitchen.com/>
<http://www.kinfolkmag.com/>
<http://summertomato.com/>
<http://jamieliving.com/>
<http://www.thewednesdaychef.com/>
<http://smittenkitchen.com/>

Vegan Blogs

<http://www.thekindlife.com/>
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<http://bittersweetblog.wordpress.com/>
<http://urbanvegan.net/>
<http://vegansaurus.com/>
<http://www.healthybitchdaily.com/>
<http://epicurvegan.com/>
<http://veganyummy.com/>
<http://showmevegan.blogspot.com/>
<http://chefchloe.com/blog.html>
<http://veganeatsblog.com/>
<http://simplegreensmoothies.com>

Vegan Blogs

<http://glutenfreegoddess.blogspot.com/>

Party Planning

“The shared meal elevates eating from a mechanical process of fueling the body to a ritual of family and community, from the mere animal biology to an act of culture.”

Michael Pollen

How To Throw an Excellent Dinner Party

Tips from Sarah and Sarah

I don't think there's anything more fun than throwing a dinner party. I love curating groups of people, sprucing up my house and cooking an amazing meal. Back when things were tight I'd have people bring a dish to share or \$20. It's a great way to be with friends without spending a ton of money at a restaurant.

Steps you should take when having a dinner party

1. Buy a new dress. You're probably waiting to buy new clothes when you lose weight. Get over it. Feeling beautiful and comfortable in your clothes NOW will actually help you lose weight.
2. Decide on a guest list and send out a paperlesspost.com invite at least 2 weeks in advance. They have such a range of great invitations.
3. Craft a menu. There are so many incredible recipes in this book, pick and choose from your favorites. For hors d'oeuvres I always keep it really simple with a crudite, olives and simple cheese plate. For drinks I keep it to beer, wine, whiskey, and water with lemon.
4. The day before, buy the food and set up your home. Instead of getting crazy with decor, I find getting tons of fresh flowers and lots of tea lights makes everything classically beautiful. Plus everyone looks good in candle light.
5. The day of, cook and give yourself at least 2 hours to get ready.
6. When you're getting ready, look in the mirror and instead of seeing what you look like, see who's looking back at you, dive down into your eyes and catch a glimpse of your true self and send that person some love. It will help you remember that people are here to love YOU, not to judge what you look like.
7. Light the candles, put on your fave party Pandora station (I usually start with Ella Fitzgerald, then move to Sam Cooke and end with Bob Segar).
8. Put what you made back in the oven to warm up as your sitting down for hors d'oeuvres.
9. Have a blast, connect and relax.

How To Throw a Fabulous Cocktail Party



If you want to take things up a notch, consider having 20 people over for cocktails. It's a great way to mix up groups of friends and get to know people better without getting stuck at a table with them for hours (you know, in case they're weird). Schechter has included some helpful guidelines to make your planning easy peasy. ~ Jenks

Beverage Quantities and Supplies

Every crowd is different, but for a 3-4 hour party you should budget for 1.5 drinks per person per hour. Figure that some folks will drink more than that and some will drink less...so it will balance out in the end. Don't forget to have enough glassware (or disposables) to accommodate...or think of a fun way to assign each guest one glass for the night (like a pretty name tag for each glass or give everyone a different colored glass).

Aside from your beverages of choice, be sure to stock your bar with the following:

1. ICE! Often forgotten but always needed. Save yourself the trouble of making trays and trays of ice cubes in the days leading up to the party...grab a few bags from the corner store and call it a day. Also, an ice bucket and tongs!
2. Slices or wedges of lemons and limes
3. Olives (if you'll be providing martini ingredients)
4. Corkscrew and bottle opener d'oeuvres.
5. Have a blast, connect and relax.



Cocktail Recipes

I find that one of the simplest ways to create a no-fuss custom cocktail is to make a delicious simple syrup that can be combined with a number of liquors and mixers for a fabulous concoction

Simple Syrup Recipe: Combine equal parts sugar and water in a pot, do not stir to combine

1. Heat on low until all of the sugar has dissolved.
2. Turn off the heat and toss in your flavoring agent (see below for some of my favorite flavor combos).
3. Allow to steep for at least 30 minutes, then remove the flavor agent and allow syrup to completely cool. Can be kept in the refrigerator for several days.
4. When ready to use, mix a bit of the simple syrup (to taste) with your mixer of choice, pour over ice and garnish appropriately. Ta-da!

Lavender/Mint – mixes well with vodka or gin and a splash of soda water. Also try mixing with unsweetened ice tea or lemonade for a refreshing non-alcoholic beverage.

Grapefruit/Rosemary – mixes well with gin and aperol.

Earl Grey Tea – mixes well with gin and a splash of fresh squeezed lemon or orange juice.

Fresh Jalapeno – mixes well with tequila and fresh lime juice for a margarita with a kick.

Fresh Ginger – mixes well with bourbon.

Passed Hors D'oeuvres Ideas

You'll want to have a combination of items that hit various taste buds. As you are crafting your menu consider using the following as a guide:

1-2 Vegetarian Items

1 Seafood Item

1 Meat Item

1 Poultry Item

Also keep in mind that you should be partying too! You don't want to spend the whole night composing intricate finger foods while your guests mingle in the other room. Balance your menu with items that are easier to serve with those that need a little more finesse. Here is a sample menu of passed hors d'oeuvres from a recent party I catered:

- Shots of Chilled Tomato Gazpacho (be sure to check out Holli's recipes in this book!)
- Wild Mushroom and Corn Quesadilla Wedges with a Cilantro Lime Dipping Sauce
- Black Bread Toast Points smeared with Smoked Salmon Mousse topped with Thinly Sliced Cucumber and Shallot
- Proscuitto Wrapped Melon Balls on a Toothpick (these can be prepared way in advance and kept cold until just before serving)
- Grilled Chicken Skewers with Asian Dipping Sauce (see enclosed sauce recipes!)

Stationary Hors D'oeuvres Ideas

Same idea applies here as well...you don't want to be restocking the hors d'oeuvres buffet all night, so balance some bulkier items that your guests can continue to pick at, with a few special items.

Here's a basic menu to help guide you:

- Cheese Board garnished with Fresh Fruit, Bowls of Olives (don't forget a bowl for the pits!) Served with sliced French bread and assorted crackers
- Glass Vases filled with Breadsticks and Flatbreads(you can feel free to cheat here by using store bought!)
- Endive Leaves Filled with Guacamole or another spread or mousse (see enclosed recipes)
- Deviled Eggs sprinkled with paprika and chopped chives

Happy Cooking!

