

Healthy Eating Success System



DINNER Recipes

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Pasta Sauces

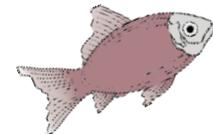
Hot Soups

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SALADS

We love adding fruit, nuts, seeds, and various types of veggies to make things interesting. For quick and easy, buy bagged triple washed greens and cut prepped veggies. Use jarred olives, artichokes, or roasted peppers for flavor. And of course, a great salad dressing is KEY!

CREAMY GREENS (4 servings)

- 4 cups packed finely chopped raw kale or Romaine
- 1 large Granny Smith apple, chopped
- 1 cup thinly sliced celery
- 1/2 cup walnuts, chopped
- 1/4 cup plus 2 tablespoons dried cranberries
- 2 tablespoons Dijon mustard
- 2 tablespoons water
- 1 tablespoon red wine vinegar
- 1/8 teaspoon sea salt

Place greens in a large bowl. Add half the apple along with celery, 1/4 cup walnuts and 1/4 cup cranberries. Put remaining apple in a blender along with remaining 1/4 cup walnuts, remaining 2 tablespoons cranberries, mustard, water, vinegar and salt. Purée until well combined and slightly thick, adding water if needed to thin. Pour dressing over greens and toss to combine.

GREEK QUINOA (6 servings)

- 2 cups cooked leftover quinoa
- 3 tablespoons fresh squeezed lemon juice
- 1 tablespoon red wine vinegar
- 1 clove garlic, smashed and minced
- 1/4 teaspoon dried oregano
- Sea salt and pepper to taste
- 1/4 cup extra virgin olive oil
- 2 cups grape tomatoes (mixed red and yellow is nice)
- 1/2 cup kalamata olives, sliced in half
- 1 small red onion, halved and sliced very thin
- 1 small English cucumber (or 1/2 large one), diced small
- Feta, organic for sprinkling (optional)

For dressing, combine oil, vinegar, garlic, oregano and oil in a small bowl. Add salt and pepper to your liking (start with 1/4 teaspoon salt and as much pepper as you like). Set aside for flavors to blend. Combine the veggies, olives, cooked quinoa, and dressing. This tastes best when refrigerated for at least an hour. Add a sprinkle of feta, optional.

BLUEBERRY ALMOND (4)

- 6 cups mixed greens
- 1 cup blueberries
- 1/4 cup toasted almonds, chopped*
- 1 1/2 tablespoons lemon juice, from 1/2 of a medium-size lemon
- 1 small clove garlic, minced
- 1/8 teaspoon sea salt
- 1 teaspoon honey
- 1/4 cup extra virgin olive oil

Mix together greens, blueberries and almonds. Toss with dressing. Add fresh pepper to taste, if desired. To toast almonds, place on baking sheet in 275 F oven and bake for 15 minutes. Let cool.



COLD SOUPS:

On those warm summer nights, a nice cold soup can be so refreshing! Also nice to have in the fridge for a quick snack or lunch paired with a salad or cold protein.

Creamy Beet Soup (2 servings)

- 1 avocado
- 1/2 medium beet, chopped
- 2 carrots, chopped
- 1 clove of garlic
- 2 tablespoons raw apple cider vinegar
- Pinch cayenne
- ½ teaspoon sea salt
- 1 cup of water
- Juice of 1 lemon
- Pepper to taste

Place all ingredients into a high speed blender and blend to a smooth and creamy texture.

Minty Cucumber Soup (2 servings)

- 1 cup water
- 1 cucumber, peeled and cut into chunks
- 1 green apple, Granny Smith, cut into chunks
- 2 cups spinach
- 1 whole avocado
- 1 juice of whole lime
- Sea salt to taste
- Dash of cayenne (optional)
- 1-2 pieces of jalapenos (optional)
- 10 mint leaves

Place all ingredients in a blender, blend until smooth or desired consistency.

Gazpacho (serves 4-6)

- 2 pounds ripe tomatoes, coarsely chopped
- 1 red bell pepper, coarsely chopped
- ½ small red onion, coarsely chopped
- 1 clove garlic
- 1 English cucumber, half coarsely chopped and half finely chopped
- ¼ cup olive oil
- 2 teaspoons red wine vinegar or sherry vinegar
- sea and black pepper
- 2 tablespoons chopped fresh flat-leaf parsley (optional)

In a blender, working in batches, puree the tomatoes, bell pepper, onion, garlic, and coarsely chopped cucumber. Transfer to a bowl and stir in the oil, vinegar, 1 teaspoon salt, and ½ teaspoon black pepper. Refrigerate at least ½ hour and up to 1 day. Top the gazpacho with the parsley and finely chopped cucumber. Adjust seasonings as desired.



CHICKEN SAUCES

We use these on many rushed nights and they create simple quick meals. Use any of the sauces to brush onto plain organic thighs or breasts and bake. That's it. Sauces take 5 minutes or less to put together. For sides, choose a simple steamed, sautéed or frozen veggie and a quick cooking grain.

Instructions: Combine ingredients in a small bowl. Brush onto 1-1.5 lbs. chicken breasts or thighs and bake for 30 - 40 minutes (less for thighs, more for breasts). Done!

Lemon Oregano

2T Olive oil
1T lemon juice
½ tsp each salt, pepper
1 tsp oregano
fresh or powdered garlic (optional)

Sesame Ginger

2T Sesame oil
2T tamari (or coconut aminos)
1 tsp powdered or 2-3 tsp fresh grated ginger

Balsamic Basil

2T balsamic vinegar
2T olive oil
basil fresh (1/4 cup) or dried (1T)
pinch sea salt

Creamy Dijon

2T Butter/ghee OR Mayo
2T Dijon mustard



FISH SAUCES

Pick a fish at seafoodwatch.org. Steam, poach or bake fish (cook for 3-4 minutes per ½-inch of thickness). Fish should flake easily but still be moist. Top with one of these three sauces. Serve with large salad or cooked veggies and a quick wholesome starch if needed like quinoa, sprouted brown rice, a small baked or sweet potato, organic polenta or sweet peas.

Mustard Chive

- 2 tablespoons Dijon mustard
- 1 tablespoon organic mayo
- 1 tablespoon fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon minced chives

In a small bowl whisk together all ingredients.

Almond Parsley Lemon

- ¼ cup toasted slivered almonds
- ¼ cup flat leaf parsley leaves
- 2 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon sea salt

Combine all ingredients in a small food processor and pulse until uniformly minced.

Tomato Roasted Pepper

- 1 cup finely chopped cherry tomatoes
- 1 clove garlic, minced
- 2 tablespoons extra-virgin olive oil
- ¼ cup finely chopped roasted red pepper (from jar)
- 1 tablespoon capers (optional)
- ¼ teaspoon sea salt

In a small pan, sauté tomatoes and garlic in oil for two minutes. Stir in pepper, capers and salt.



MEATBALLS

Meatballs made from scratch sound like they would be time consuming but you are really just mixing a couple items into ground beef, turkey, or chicken and baking. Use with a jarred organic tomato sauce (or homemade if you have it ☺).

EVERYDAY ITALIAN (serves 8)

- 1 lb grass-fed ground beef
- 1 lb ground pastured pork (or other meat)
- 1 large egg
- 2 tbsp dried parsley
- 1 tsp garlic powder
- 1 tsp onion powder
- 1.5 tsp sea salt
- ¾ tsp black pepper

Preheat your oven to 400F. Line a baking sheet with parchment paper. Combine all the ingredients in a large bowl, and mix with clean hands to combine. Don't overwork the meat because it'll end up making for tougher meatballs. Gently roll into a ball and place on the baking sheet. Repeat this with the rest of the mixture. Bake for about 15 to 20 minutes or until the meat is cooked through.

CHICKEN BASIL (serves 4)

- 1-pound ground chicken
- 1 cup raw spinach, finely chopped
- 1 teaspoon of sea salt
- 15 basil leaves, minced
- 2 cloves of garlic, finely minced
- 2 tablespoons of olive oil

Mix all ingredients together in a bowl. Form into ping pong size meatballs and bake on parchment lined cookie sheet at 350 for about 20 minutes until cooked through.

THAI (serves 8)

- 2 lbs. ground beef
- ¾ cup green onions, chopped
- 1 bunch cilantro, chopped
- 1 1/2 tsp garlic powder
- 2 eggs
- zest from 2 limes
- 1 tsp cumin
- 1.5 tsp salt
- 1/2 tsp fresh ground pepper

Simple Sauce

- 1 16oz. jar diced tomatoes, all liquid thoroughly drained
- ¾ cup canned coconut milk
- 1 tbsp red curry paste (Thai Kitchen brand)
- salt to taste

To make meatballs, preheat oven to 350 degrees. Combine all ingredients and mix well with hands. Roll into 1 1/4 inch balls and place on broiler pan placed over a cookie sheet. Place in oven and bake for about 25 minutes or until cooked through. For sauce, combine all ingredients and simmer, uncovered, about 20 minutes.



BURGERS

Homemade burgers are REALLY quick, easy and so delicious. They make the best leftovers so we usually make a double batch and keep around for lunch (or freeze) or even breakfast. Top with sliced onion, tomatoes, cucumber, etc and some organic ketchup. Use a large lettuce leaf as your bottom "bun." Serve with a side of quick-cooking grain and loads of veggies.

You can buy organic ready-made burgers in stores but if you are willing to make your own these are very simple recipes.

CHICKEN APPLE BURGERS

Makes 4 servings

- 1 pound ground chicken or turkey
- 2 tablespoons coconut/olive oil, divided
- ¼ cup minced onion
- ¼ cup minced celery
- ½ cup peeled diced apples
- 1 organic egg
- ¼ teaspoon ground thyme
- ¼ teaspoon sea salt
- ¼ teaspoon ground pepper

Sauté onion, celery and apple in 1 tablespoon of oil. In a large bowl, combine sautéed veggies and apple, ground chicken, egg, and spices. Shape into 4 patties. Grill or broil about 5-6 minutes per side, OR sauté in 1 tablespoon of oil in a skillet, 5-6 minutes per side or till cooked through.

GREEK LAMB BURGERS

Makes 4 servings

- 1 pound organic ground lamb (or turkey)
- 1 teaspoon fresh rosemary, chopped
- 1 teaspoon fresh oregano, chopped
- 1 tablespoon lemon juice
- 2 garlic cloves, minced
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon sea salt
- 1/8 teaspoon fresh ground pepper

Mix all ingredients together in a large bowl. If you have the time, let sit 20 minutes for flavors to blend. Form into 4 patties. Grill, bake or saute (about 4-5 minutes per side).

TURKEY VEGGIE BURGERS

Makes 4 servings

- 1 pound ground turkey
- 1 egg
- 1 cup shredded veggies
- ¾ teaspoon sea salt
- 1 tablespoon coconut oil (for sauté)

In a large bowl, combine all ingredients except oil. Shape into 4 patties. Grill or broil about 5-6 minutes per side, OR gently sauté in 1 tablespoon of oil in a skillet, 6 minutes per side. Serve with 1-2 cups veggies.



CHILI

These have it all . . . protein, fiber, veggies, the works, all in one pot. Warming and tasty, you can adjust the seasonings to everyone's liking.

QUICK AND SPICY BEEF CHILI (4 servings)

- 2 tablespoons olive or coconut oil
- 2 cloves garlic, minced
- 1 small onion, chopped
- 1 can organic beans
- 1 pound ground beef (grass-fed/organic)
- 1 teaspoon ground cumin
- ½ teaspoon red chili flakes (optional)
- 1 pinch cayenne pepper
- 1 teaspoon ground black pepper
- 1- 1.5 cups marinara sauce (low sugar)
- 4 cups ready-packed greens

Sauté garlic and onions in oil. Add turkey and cook on medium heat for 5 minutes. Add all spices and stir for a few minutes. Add aduki beans, marinara, and greens. Let mixture simmer for 5-7 minutes to allow flavors to blend.

ROOT VEGGIE TURKEY CHILI (6 servings)

- 2 tablespoons olive or coconut oil
- 1.5 pounds ground turkey
- 1 large onion, chopped
- 5 carrots (sliced)
- 2 hearty parsnips (diced)
- 5 celery stalks (sliced)
- 1 small head of cabbage (diced or shredded - already shredded easiest)
- 5 cups broth (veg or other)
- 1 can organic beans (any favorite)
- 1 teaspoon each oregano and basil
- Sea salt, pepper to taste

Coat the bottom of a soup pot with oil and heat. Add the meat and brown slightly on all sides. Stir in each vegetable and keep the heat on high as you add. Add the broth and beans and simmer a few minutes more. Season to taste with salt and pepper.

CREAMY CHICKEN CHILI (Makes 6 servings)

Many of the ingredients are spices so don't be put off by the long list! It's totally worth it!

- 2 lbs chicken, diced into 1 inch cubes
- 1 yellow onion, chopped
- 1 cup chicken broth
- 1 (4 oz) can green chiles (mild or hot)
- 1 teaspoon salt
- ½ teaspoon each sage, oregano & cumin
- ⅛ teaspoon ground red pepper or more to taste
- 2 bell peppers, chopped
- 2 cloves of garlic, minced
- ½ cup canned coconut milk
- 2 tablespoons olive or avocado oil
- ¼ teaspoon white or black pepper

Grab a large soup pot, put over medium heat, and add your olive oil and minced garlic. Once the garlic is fragrant, add your chicken to begin to cook down. Mix as needed with a wooden spoon to cook on both sides. Once your chicken is half way cooked through, add in your peppers, onions, and green chiles. Mix together and let cook for about 3 minutes, stirring occasionally. Now add your chicken broth and coconut milk, along with all of your spices. Stir together. Cover and let simmer for about 5-7 minutes to let the flavors meld together. Serve over greens.



CASSEROLES

Chicken, Mushroom & Quinoa Casserole

(4 – 6 servings)

- 1.5 pounds boneless organic chicken breasts or thighs
- 1 leek or 1 small onion, quartered and sliced very thin
- 2 tablespoons extra-virgin olive oil
- 3-4 garlic cloves, minced
- 12-16 cremini mushrooms, chopped
- 1-2 teaspoons dried thyme
- 2.5 cups organic veggie or chicken broth
- 1 cup quinoa, rinsed
- 1 bunch kale or spinach, washed, any thick stems removed, and chopped
- sea salt and pepper to taste

Heat a large skillet or soup-style pot over medium high heat. Add oil, garlic, chicken and leeks/onions and cook until chicken starts to brown (about 2 minutes per side). Use a little broth if you need more liquid. Next, add all the broth, mushrooms, thyme and quinoa. Reduce heat, cover and simmer for about 20 minutes.

Once most of the broth has been absorbed and quinoa cooked, fold the kale/spinach into the mixture. Cover and cook another 2-3 minutes. Season with fresh ground pepper and salt if needed.

Delicious Turkey Veggie Casserole (4 – 6 servings)

- 1 tablespoon coconut oil
- 1-pound ground turkey
- 1 cup finely diced sweet onion
- 1 cup shredded carrots (optional)
- 2 cups shredded cabbage* (can get pre-cut in supermarket) (if not using carrots use 3 cups)
- 1 ½ - 2 cups navy or cannellini beans, rinsed (about one can)
- 1 cup canned coconut milk (regular/lite)
- 1 teaspoon ground turmeric
- 1 teaspoon coriander
- ¾-1 teaspoon sea salt
- ½ teaspoon fresh ground pepper
- 2 cups cooked quinoa
- ½ cup vegetable or chicken broth

Preheat oven to 350 degrees. Using the coconut oil, sauté the turkey, onion and carrots over low heat until turkey is browned and veggies start to soften, about 5 minutes.

In a blender, combine the beans, coconut milk, and seasoning, blending until smooth. Combine the turkey mixture, cabbage, blender contents, broth, and quinoa in a large bowl and mix everything together. Pour into a large casserole dish and bake for about 30 minutes.

*The cabbage will cook inside the casserole dish.

ANYTIME LAYERED SWEET POTATO CASSEROLE (2 large or 4 smaller servings)

This can be used for breakfast, lunch OR an easy dinner. SO delicious. Great for leftovers too. The shredded sweet potatoes almost taste like shredded cheese.

- 2 small or 1 large sweet potato, peeled (about 12 oz total)
- 4 oz organic sausage or ground chicken or turkey
- 4 eggs
- ¼ teaspoon fresh or dried sage
- ½ teaspoon sea salt (plus a little extra if using ground turkey or chicken vs sausage)
- ½ teaspoon pepper (plus a little extra if using ground turkey or chicken vs sausage)
- 2 tablespoons olive oil or coconut oil
- 1 small onion, diced
- ½ cup coconut milk

Grease a glass 8×8 inch baking dish. Preheat the oven to 350. Grate the sweet potatoes and place them on the bottom of the pan. Heat oil over medium-high heat. Add the onion and sausage/ ground meat. Stir around, breaking up the meat, and cook until it is no longer pink and onions are translucent. If using ground meat, season lightly with some salt and pepper. Layer meat/onion on top of the sweet potatoes.

Place the eggs, sage, coconut milk, ½ teaspoon salt and ½ teaspoon black pepper into a blender and pulse until incorporated. Pour the egg mixture on top of the sausage and onions. Bake uncovered for 45 minutes or until a toothpick comes out clean.



Crockpot

We included this category for you crock pot lovers . . . and we love coming home after a day out to a gorgeous smelling kitchen filled with the aroma of a meal just waiting to be eaten! If the dish does not have enough veggies, pull out a bag of triple washed greens and stir into the hot crock pot and they will cook in a couple minutes.

WHITE FISH PROVENCAL (serves 6)

- 3 tablespoons olive oil
- 4 leeks, white and light green parts, chopped
- 2 garlic cloves, minced
- 1 (28 ounce) can plum tomatoes, chopped
- 1 tablespoons dried thyme
- 1 cup black pitted olives
- 1 lemon, juiced
- Sea salt and freshly ground pepper, to taste
- 1/2 cup white wine (or low sodium chicken broth)
- 6 (6 ounce) firm fleshed white fish, fresh or frozen

In a large slow cooker, add the first 9 ingredients (olive oil through wine/broth). Cover and cook on LOW for 6 hours. Add fish and cook 1 hour, until fish flakes easily with a fork.

CHICKEN AND POTATO STEW (serves 6)

- 12 boneless skinless chicken thighs, cut into 1 inch cubes
- 1 large onion, chopped
- 4 garlic cloves, minced
- 1 tablespoon thyme
- 1 tablespoon rosemary
- 4 carrots, chopped
- 4 medium red potatoes, cut into 1 inch cubes
- 1/2 cup white wine
- 2 1/2 cups low sodium chicken broth
- 1 cup freshly chopped parsley
- Sea salt and freshly ground pepper, to taste

In a large slow cooker, add all the ingredients (chicken through pepper) and stir. Cover and cook on LOW for 8 hours, until chicken is cooked through.

CITRUS OLIVE CHICKEN AND RICE (serves 6)

- 12 boneless skinless chicken thighs, cut into 1 inch cubes
- Sea salt and freshly ground pepper, to taste
- 1 tablespoon dried thyme
- 1 large onion, chopped
- 4 garlic cloves, minced
- 1/2 cup pitted green olives
- 1 cup fresh orange juice
- 1/2 cup white wine (or low sodium chicken broth)
- 1 1/2 cup low sodium chicken broth
- 1 1/2 cups uncooked long-grain rice

In a large slow cooker, add all the ingredients (chicken through rice) and stir. Cover and cook on LOW for 8 hours, until chicken is cooked through and rice is tender.



Mexican

Choose from one of our three recipes OR pull from the chili trifecta to make a Mexican-themed dinner. These make for great quick meals and excellent leftovers.



TACO NIGHT (serves 4)

- 1 pounds ground organic beef, chicken, turkey
- 1 tablespoon coconut or avocado oil
- 1 medium onion
- 2-3 tablespoons organic chili powder or taco mix (try Frontier Organic Taco Seasoning Blend or Simply Organic Southwest Taco)
- 2 tablespoons organic tomato paste ([Bionaturae](#) has a nice one)

Sauté onion in oil about 5 minutes. Add ground meat and sauté until no longer pink. Mix in tomato paste, 1/4 cup of water, and spices. Adjust seasonings to taste (add salt if needed). Stuff into large Romaine leaves OR organic soft taco shells ([La Tortilla](#) or any organic brand)

Add-ins (let family members pick and choose):

- Diced avocado
- Chopped tomatoes
- Chopped lettuce
- Shredded organic cheese
- Eden canned black or pinto beans
- Brown rice or quinoa

CHICKEN FAJITAS (serves 4)

- 2 tablespoons olive or coconut oil
- 1 pound chicken thighs or breasts, cut into slices or chunks
- 1 onion, thinly sliced
- 2 colorful peppers, sliced
- 1-2 tablespoons taco seasoning or chili powder
- 1 avocado, sliced (or Holy Guacamole store-bought)
- 4 organic whole wheat tortillas, optional ([La Tortilla Factory](#) good brand)

Sauté onions and peppers in oil for 5 minutes until start to soften, adding in spices in the last minute or two. Add chicken and continue to saute until cooked through, about 5-6 minutes. Can use add-ins as above if desired. Stuff into lettuce OR organic wheat or corn tortillas.

ONE DISH MEXICAN QUINOA (serves 4)

- 1 tablespoon olive oil
- 1 jalapeno, minced
- 1 cup organic vegetable broth
- 1 (14.5 oz) can organic diced tomatoes
- 1 cup organic corn kernels (frozen, thawed is fine)
- Kosher salt & freshly ground black pepper, to taste
- 1 avocado, halved, seeded, peeled and diced
- 2 tablespoons chopped fresh cilantro leaves
- 2 cloves garlic, minced
- 1 cup quinoa
- 1 can black beans, drained/rinsed
- 1 teaspoon chili powder
- 1 teaspoon cumin (more if you like spicy)
- Juice of 1 lime

Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro. Serve immediately. Feel free to toss in leftover chicken if you have some.



Pasta Sauces

These can be mixed with pasta, spaghetti squash, spiralized veggies, black bean pasta, or anything from [TruRoots](#). Mix in protein like organic chicken, ground turkey, grass-fed meat, or sausage if you like. Serve with a simple salad and basic vinaigrette.

CREAM SAUCE (~ 2 cups)

- 1 large head of cauliflower or 4-5 medium turnips
- 1/3 cup water
- 1/2 cup chicken stock (or more if desired)
- Sea salt and ground black pepper to taste

OPTIONAL ADDITIONS:

- 1/2 tsp. garlic powder
- 1/2 lemon, squeezed
- 1/4 cup fresh basil, chopped
- 1/2 tsp. dried parsley

Chop the cauliflower into chunks or peel and dice turnip. Steam for 10 minutes until fork tender. Place the steamed veggies and chicken stock into a blender or food processor and blend until smooth. Add more stock until desired consistency is reached. Pour mixture into a large saucepan and season with sea salt and pepper to taste. Add your desired additions and heat until warmed through.

BASIL WALNUT PESTO (~1/2 cup)

- 3/4 cup packed basil leaves
- 3 tablespoons walnuts
- 1 garlic clove
- 3/4 teaspoon lemon juice
- 1/4 teaspoon sea salt
- 3 tablespoons extra virgin olive oil

Lightly toast the nuts in a skillet over medium heat for 5 minutes. Place all ingredients except for oil in a small food processor. Slowly incorporate the oil while the machine is running, until a smooth paste has formed. Continue blending for 15 seconds to thin the sauce out. Alternatively, crush all of the ingredients in a mortar and pestle and blend until smooth.

SAVORY TOMATO VEGGIE SAUCE (~3 cups)

- 1 jar of your favorite low sugar organic tomato sauce (16 oz.)
- 1 large zucchini, sliced or diced
- 1 medium onion, finely chopped
- 2 cups spinach, roughly chopped
- 1-2 tablespoons olive oil
- Sea salt, pepper, basil, oregano to taste, optional

Saute onion and zucchini in oil for about 6-7 minutes or until they are soft. Add jarred sauce and spinach. Heat through.



Soups

Using boxed organic broths saves tons of time and we show you how most soups can be made in 30 minutes or less. All you need is to saute some veggies, toss in the broth and decide on other add-ins like beans, lentils, quinoa and spices. Simmer and serve!

RED LENTIL WITH WARM SPICES (serves 4-6)

- 2 tablespoons coconut oil
- 1 medium onion chopped
- 1 teaspoon dried ginger
- ½ teaspoon cinnamon
- 2 cloves of garlic minced
- 1 cup of red lentils
- 4-5 cups of organic chicken broth
- Salt and pepper to taste
- 15-ounce jar chopped tomatoes
- 2 cups of butternut squash or sweet potatoes, peeled and cut into 1" cubes

Heat oil; sauté onions/garlic for 3-4 minutes. Add ginger, cinnamon and sauté 2 minutes to blend flavors. Add squash, lentils, tomato and 4 cups broth and bring to boil. Reduce heat and simmer 30 minutes until squash is tender. Add more broth if desired. Season to taste with salt and pepper. Pureed or leave as is.

TURKEY CABBAGE (serves 4)

- 2 tablespoons olive oil, ghee or coconut oil
- ½ pound ground turkey
- 2 cloves garlic, minced
- 1 cup chopped organic celery
- 1 medium onion, cut in half and sliced thin
- 2 teaspoons caraway seeds
- 15 ounces stewed tomatoes
- 4 cups organic chicken or turkey broth
- 1 medium cabbage, chopped
- Sea salt and pepper to taste

Heat the oil in a large soup pot over medium-high heat. Add the turkey and garlic, stirring occasionally, until turkey is cooked. Stir in the celery, onion, caraway seeds and tomatoes. Add the chicken broth to the pot and bring soup to a boil, stirring occasionally. Reduce to low heat and then add the cabbage. Simmer until the cabbage is tender, about 20 minutes. Taste; add salt and pepper if desired.

ROASTED CAULIFLOWER & THYME (serves 4)

- 1 medium cauliflower cut into florets (or 3 cups alt veggie like broccoli, zucchini or carrots)
- 1 medium leek, cut into chunks
- 2 cloves of garlic or more to taste
- 1 medium yellow onion, diced
- 3 tablespoons olive oil
- 1/2 teaspoon sea salt
- 1/4 fresh ground pepper
- 1 medium red potato, peeled and diced
- 3 cups organic chicken stock
- 1/2 cup full fat coconut milk
- 1 teaspoon thyme

Preheat the oven to 375. Toss together the cauliflower, leek, onion, garlic cloves, olive oil, salt and pepper. Transfer to a baking sheet and roast for 25 minutes or until golden. Watch so the veggies don't burn.

Transfer the roasted vegetables to a large pot. Add the diced potato, chicken stock, and thyme. Bring to boil over medium-high heat. Reduce the heat to medium, cover, and simmer for 10 minutes or until all the vegetables are tender. Add coconut milk. Puree the soup in a blender or use an immersion blender. Adjust the seasonings and serve.



Stir Fry

To keep it simple you can always use a bottled sauce like San J or Coconut Secret (see our buying guide for approved sauces). We love combining veggies and meat into the same dish. Serve with quinoa or quick cooking rice. Use organic tofu in place of any of the animal proteins if you want to go vegetarian.

COCONUT CURRY STIR FRY (serves 4)

- 2 tablespoons coconut oil
- 1 lb tender chicken cut in thin slices
- 2 cups broccoli
- 1 large onion
- 1 – 13 ounce can coconut milk;
- 1 1/2 tsp curry powder
- 1 tsp grated ginger
- A large bunch of fresh spinach

Prepare the sauce by mixing together the coconut milk, curry powder and grated ginger. Set aside. Stir-fry the chicken in a hot wok or pan with 1 TBL oil for 3 to 5 minutes. Remove the chicken from pan, set aside, reheat the wok and stir-fry the onion with another tablespoon of oil for about 2 minutes. Add the broccoli and stir-fry another 3 minutes. Return the chicken to the pan, add the coconut curry sauce and the spinach and cook until the spinach is just wilted and the whole preparation is hot. Optionally garnish with some coconut flakes.

SHRIMP ASPARAGUS STIR FRY W/ LEMON SAUCE (serves 4)

- 1 ½ lbs. medium to large shrimp (US or Canadian Pacific wild caught best)
- 1 lb asparagus, trimmed, cut into 2-3" pieces
- 3 sprigs of rosemary, leaves removed and finely chopped
- 2 tablespoons ghee or butter, melted
- Zest and juice of one lemon and one lime
- ½ teaspoon sea salt
- pepper to taste

Season the shrimp with salt and pepper. Heat 1 tablespoon of the ghee in a sauté pan over medium heat. Add the asparagus and cook for about 5 minutes until al dente. Toss in the shrimp and cook, flipping periodically until pink all the way through (3- 5 minutes or so). Mix the rosemary, salt, pepper, remaining ghee and lemon and lime juice together stir into veggie shrimp mixture. Heat through. Adjust seasonings to taste.

BEEF BROCCOLI STIR FRY (serves 4)

- 1 lbs. sirloin, thinly sliced
- 4 tbsp red wine vinegar, divided
- 4 cloves garlic, minced
- 1 tsp honey
- 1 tsp sesame oil
- 4 carrots, diagonally sliced
- 3 tbsp coconut oil, avocado or olive oil, divided
- 4 tbsp tamari, divided
- 3 tbsp chicken broth
- 1 tsp arrowroot flour
- 1 tbsp ginger, minced
- 1 head broccoli, cut into florets (or 2 cups shredded cabbage)

Place the meat in a small bowl with one tablespoon each of red wine vinegar and tamari and toss to coat. Let marinate for 10-15 minutes at room temp while you prep sauce. Meanwhile, whisk together remaining vinegar, tamari, and chicken broth. Stir in the garlic, ginger, arrowroot, honey, and sesame oil.

Melt 2 tablespoons of the oil in a large skillet over medium heat. Add steak; cook for 1-2 min per side to brown; transfer to a bowl. Add remaining oil to skillet. Stir in broccoli and carrots, cook for 2 minutes. Add 1 tablespoon of water to skillet; cover with a lid. Let cook for 2-3 minutes, then remove lid and cook until water evaporates. Add garlic mixture and beef back into the pan and toss until the sauce thickens and everything is well coated. Serve immediately over rice or quinoa if desired.



Vegetarian

Check out our one-pot vegetarian entrees. Makes for a great theme night (Meatless Mondays). You can also sub organic tofu or tempeh in any of the stir fry dishes, or use extra beans to replace ground meats in the chili recipes.

PINTO BEAN CURRY WITH CILANTRO (serves 3)

- 2 tablespoons olive or coconut oil
- 1 medium onion, chopped
- 1 cup sliced mushrooms
- 1 teaspoon curry powder
- ½ teaspoon coriander
- 1 can Eden drained pinto beans
- 1 medium carrot, grated
- ¼ cup sunflower seeds
- 4 tablespoons chopped cilantro
- ½ teaspoon salt
- ½ teaspoon ground black pepper

In a large skillet over medium high heat, warm the oil. Add the onion, mushrooms, carrots, curry powder, and coriander. Cook, stirring frequently, for about 3 minutes, or until the onion/carrots starts to soften. Add the mushrooms. Stir to mix. Cover and cook for about 4 minutes longer, or until the liquid pools in the pan. Uncover and cook for about 3 minutes more, or until the liquid is evaporated. Add the beans, seeds, cilantro, salt, and pepper and mix well; heat through until warm.

LAYERED VEGGIE/QUINOA BOWL (serves 4)

- 1 cup quinoa
- 2 cups organic broth
- 1 sweet potato, peeled and diced into small chunks
- 1 zucchini, diced in chunks
- 1 small eggplant, peeled, diced into chunks
- 3-4 tablespoons olive oil
- ½ teaspoon sea salt
- 1 teaspoon fresh black pepper
- 1 teaspoon dried thyme
- 4 cups raw spinach
- 1 avocado, peeled and sliced

Preheat oven to 350. In a saucepan, add quinoa to 2 cups of broth and bring to boil. Reduce heat; simmer until quinoa is cooked, about 15 minutes. While cooking, place chunks of potato, zucchini, and eggplant into a bowl and mix in the olive oil, salt, pepper/ thyme (feel free to add other spices; sage is nice too). Pour out onto a baking sheet and roast for 30 minutes. When ready to eat, pile one cup spinach per person onto plate or bowl and top with a layer of quinoa, veggies, and sliced avocado.

GARBANZO CURRY WITH GREENS (serves 4)

- 3 tablespoons olive oil
- 1/2 tablespoon cumin
- 1/2 tablespoon chili powder
- 2 cloves garlic, minced
- 2 fresh large tomatoes chopped or 1 14-oz. can
- 2 cans chickpeas (15 oz cans)
- 1/2 cup water (more if needed)
- 1/2 tablespoon coriander
- 1/2 teaspoon ground ginger
- 1 large onion, finely chopped
- ½ large bunch kale, chopped
- 1 lemon (juiced)
- salt (to taste, about 1/2 teaspoon)

Heat oil in a soup pot over medium to high heat. Add spices and cook in oil for 30 seconds. Add onions, garlic, ginger and stir occasionally until onions are translucent. Add tomatoes, chickpeas and kale. Add 1/2 to 1 cup water, cover and simmer for about 15 minutes, stirring occasionally. Before serving add lemon juice and salt to taste.



Salad Dressings

These simple dressings are clean and delicious with none of the additives or sugars found in bottled dressings. Keep in fridge for several days. If they harden in fridge, take out 15 min before using to liquefy.

TAHINI GINGER

- ½ cup tahini
- ½ tablespoon grated ginger (or 1 teaspoon dried)
- 2 tablespoons lemon juice
- 2 teaspoons raw honey
- 2 tablespoons tamari
- 1 clove garlic
- ½ cup water

Place all ingredients in high speed blender or food processor and blend until smooth. Store in glass jar in fridge for up to a week. Use over salads, fish or chicken.

HONEY MUSTARD VINAIGRETTE

- 1/2 cup extra virgin olive oil
- ¼ cup vinegar of choice
- 2 teaspoons raw honey
- 2 teaspoons Dijon mustard
- 1/4 teaspoon sea salt (or more to taste)

Whirl ingredients in a mini food chop. Store in a glass jar in the refrigerator for up to 2 weeks.

LEMON GARLIC

- 1 ½ tablespoons lemon juice, from ½ of a medium-size lemon
- 1 clove garlic, minced
- ⅛ teaspoon sea salt
- 1 teaspoon honey
- ¼ cup extra virgin olive oil
- freshly ground black pepper

Mix all ingredients in jar and shake well.



Veggies and Grains/Starches

VEGGIES: Let them hog up half your plate!

Roasted (30-40 min): Make a batch of these on the weekend: just cut, add olive oil and salt, and bake at 375 for 30-40 minutes. Done! Toss into cold salads or heat up the next night for a quick side. Here are some favorite combos:

- Eggplant, zucchini, tomato, basil
- Fennel and beets
- Butternut squash, apples, onions
- Brussels sprouts, carrots, turnips
- Cabbage and carrots

Sautéed (5-10 min): In olive, coconut, avocado oils and/or ghee or butter; sprinkle sea salt.

Frozen (2-5 min): Always great in a pinch. Top with drizzle of olive oil or butter/ghee and sea salt.

Steamed (10 min): Top with drizzle of olive oil or butter/ghee and sea salt.

QUICK GRAINS/STARCHES (15-30 minutes)

Serving size ½ - 1 cup per person (on the lower side if watching weight). Make EXTRA to keep around for other meals.

Plain grains (10-20 min): Simmer with organic broth OR in water with 1 Tbs of olive oil or butter and ½ teaspoon sea salt and pepper.

- Quinoa
- Truroots sprouted grains
- Germinated brown rice

Boxed organic grains (2-30 min): These come with their own seasoning (see shopping guide)

Polenta, organic tubes (15-20 min): Cut and bake like cookies (20-30 minutes). Pile warm dish right on top.

Whole grain pastas (15 min)

- Choose from regular, organic, bean based, alternative grains (TruRoots, etc)
- OR use spiralized veggies like zucchini or spaghetti squash

Boiled potatoes (15-20 min)

- Cut and gently boil organic white or sweet potatoes. Done in 15 minutes.
- Mash with olive oil or butter and salt OR
- Toss with olive oil and spices and roast for 20 minutes at 425.

