



REAL FOOD SOLUTIONS

Winter Cookbook



Over 70 Recipes Inside! ➔

2015



Winter Program

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"Health is a relationship between you and your body."

- Terri Guillemets

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Welcome!

"We want to help you build the connection between what you eat, where it comes from, and how it makes you feel."



I. Welcome & Overview

Welcome!

It's time for you to Dig In to the new year, in a new way!

Dig In, because what you put in to life is what you get out of it! "Diets don't work because you have to change more than just your food—you have to change your mind. Plus, the ultimate goal of most dieting plans is weight loss, but we know it's about so much more than that. Real foods give your body what it needs to lose weight, reduce inflammation, improve digestion, and prevent disease!"

Say goodbye to dieting, counting calories, and self-sabotage. It takes time to make changes. It takes courage and commitment to take the high road and not settle for less. It takes work. But it takes even more effort to deal with the negative effects of being sick.

Dig In was created not to prescribe you a new diet, but to help you create a lifestyle that supports you, nourishes you, and brings you joy! What we eat, why we eat it, and when we eat it has a huge impact on how we feel!

It's time to take back your health.

We want to help you discover for yourself what nourishes and fuels you. We want to help you be more mindful of what you eat and why you eat it.

We want to help you lean in to good food so that instead of craving cookies and candy, you're craving kale. But we don't underestimate the power and pervasiveness of the Standard American Diet. It's hard to make changes when 80-90 percent of the food available is processed and your body is saying "yes, yes, yes" but you really want to say "NO." We understand. We want to help you switch from 80 percent processed food to 80 percent real food!

Get happy over the decisions you make for breakfast, lunch, and dinner—and you'll be empowered to make choices that support you in every aspect of your life!

Over the next three months, we want to help you:

1. Clean up the debris in your body and your mind.
2. Discover what foods your body thrives on.
3. Improve your digestion and strengthen your immune system.
4. Change habits that are not supporting you!

Start here:

Eat with the season because that's nature's reason. In the winter we need heavier, oilier foods to keep our body moist as the air dries out. Our ancestors ate what was available, which were things that could be stored without refrigeration, like root vegetables, dried meats, nuts, and oils. See our winter real food checklist on page 12.

Create new habits. Your brain is set on the same station every day. It's time to change the channel. It has taken years to create your habits and routines. It will take time to break them down to create new ones. Your job is to start swapping out undesirable habits with new, more valuable habits. Take on one habit at a time and reward yourself when you integrate something new into your routine.

Find balance. When your life is out of balance, you need to Dig In deep to figure out the cues for unsteadiness, before you crash. These subtle symptoms are the ones you need to listen to and nurture to keep your body in tune. As you become more in tune, the volume becomes louder and you become more connected to what you eat and how it makes you feel. It's time to tell your body that you want to feel good, and you won't settle for less!

Let's Dig In!

Tracey and Kath

The Winter Plan

When you get real, your body will naturally come back to balance. If you want to lose weight, get real! If you want more energy, get real! If you want to be happier, get real! This means being honest with yourself and committing to a process that will help you make positive, organic, and sustainable changes in your life.

Root: the basic cause, source, or origin of something, the fundamental or essential part.

To take root: to send out roots; begin to grow, to become fixed or established.

Step One: Get Rooted (Weeks 1–3)

Start by taking stock of yourself and your kitchen. It's important to start with research. You can't figure out where to go if you don't know where you are.

Week 1: Take Stock: Getting to Know You

- Set your goals.
- Pick 1–3 habits you want to change.
- Take the sugar quiz.

Week 2: Stock Up on the Essentials

- Pantry purge: Clean your pantry and fridge.
- Stock up on high-quality oils and whole foods.

Week 3: Food for Life

- How food impacts your body and mind.
- Bring your gut to life!
- Bring your food to life!

Step Two: Get Real: 21-Day REAL FOOD Challenge (Weeks 4–6)

Each week, starting with breakfast, eliminate all processed foods, as well as common allergens including corn, dairy, soy and wheat. Also, reduce alcohol and caffeine each week. After three weeks, you will be eating all real food! See the 21-Day Real Food Challenge menu plan on page 7 for some ideas.

Week 4: Real Foods for Breakfast (No processed food)

- Eliminate Wheat, Corn, Soy, Dairy. Cut alcohol and caffeine in half.

Week 5: Real Foods for Breakfast, Lunch and Snacks (No processed food)

- Eliminate Wheat, Corn, Soy, & Dairy. Cut alcohol and caffeine in half again.

Week 6: Real Foods for Breakfast, Lunch, Dinner and Snacks (No processed food)

- Eliminate Wheat, Corn, Soy & Dairy. No alcohol or caffeine.

Step Three: Get Even: Transitioning (Weeks 7–9)

As you get real, you become more balanced. Real health is the byproduct of real food. Focus on balancing your hormones, maintaining your ideal weight, and reducing your inflammation—the root cause of many diseases.

Week 7: Energize

Week 8: Maintaining Balance

Week 9: Earthy-Friendly Festivities

Week 10: Celebrating Your Perfect Diet!

I. WELCOME & OVERVIEW

Menu Planning & Shopping

One of the most essential parts of feeding you and your family healthy meals is planning ahead. If you wait until the last minute you might settle for less. Use the menu plans and shopping lists included in this guide or create your own. (See page 7.)

Our Menu Mantras!

- 1. Shop for at least three meals at one time.** Three meals is manageable, and you can fill in with leftovers if you need to.
- 2. Cook once, eat three times.** We've upped this number from two because as much as we love to cook, we don't want to spend all our time in the kitchen. Whenever you're in the kitchen, you should be thinking about how many meals you can get out of what you're cooking. You can also chop or prep other foods for later, such as salads, salad dressing, or vegetables.
- 3. Stay organized.** Keep a shopping list posted on your refrigerator or calendar to make sure you keep stocked up on essentials. Keep a list of last-minute meals handy so that you can whip something up without calling 911-PIZZA for an emergency meal!

DIG IN Terminology:

We get excited about whole, real food. Here are some new terms we use to talk about good food.

Awesomticity: authenticity at its best. We aim for awesome authenticity in every bite we take.

Wholemade: made from whole food, not just homemade from a box.

Healthify: adding something to food to "kick" it up a notch (e.g., adding something healthy like sea kelp, or fresh herbs like cilantro).

Remarkable Moments: "aha" moments where you learn something about how food affects your body, or how you react to a food.

JUNC Food: Just undernourished carbohydrates.

Processed food - Food that is manipulated, processed, highly heated and preserved for a long shelf life.

Transitional foods - foods that bridge you to a whole food eating such as convenient gluten free products.

Seasonal foods - foods that are readily available in the season from local sources or food like citrus is available from our east coast growers.



Instructions for Digging In:

- 1. Commit** to the process over the next 10 weeks.
- 2. Read our daily touchstones.** Set aside a few minutes each day to open our daily touchstones. They might include some inspiration or a new recipe to help keep you on track over the 10 weeks.
- 3. Watch our weekly videos.** We'll give you the weekly strategy and show you some cooking techniques.
- 4. Do the work.** We'll ask you to do some exercises to help you take stock, such as filling out goals and intentions, getting a reading on how much sugar you are eating, and coming up with a plan to change some habits.
- 5. Plan ahead.** The biggest facet of eating real food is planning ahead. Use the menu planners we've included or create your own. (See the menu planning tips on this page.)
- 6. Engage with others.** We are here to support you, but we also want you to support each other. This is where the magic is. When we come together on Facebook or meetups with one common goal, we are all strengthened by the dynamics of helping each other. We'll give you some ideas for engagement each week.
- 7. Get connected.** Your body speaks a language that only you can understand. You have to tune in and listen. Fill out the Food and Mood Journal because once you hear the tune that makes you happy, you will want to listen to it all the time!

Sample Menu Plan #1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Family Table	Leftovers	Meatless	Comfort Food	Pantry Meal	Fish on Friday	Mix and Match
Breakfast	Cheese Omelet with Savory Breakfast Sausage	Granola with Milk	Overnight Steel Cut Oats	Granola with Milk	Dropped Eggs on Sweet Potato Hash	Granola with Milk	Smoothie and Apple Cranberry Muffins
	White Bean Salad with Cumin	Greens with White Bean Salad	BYO Salad & Leftover Soup	Leftovers Tofu & Vegetables	Greens with over Wild Rice Salad	BYO Salad	Roasted Root Vegetables with Bacon-Shallot Dressing w/ LO Fish Stew
Lunch	Roasted Chicken & Vegetables	Leftover Chicken & Salad with Smoky Pumpkin Soup	Stir-Fried Tofu & Vegetables	Black Bean Burgers	Pantry Meal or Leftovers	Rustic Fish Soup	Flank Steak & Roasted-Salt- and-Vinegar Potatoes
	Make Chicken Stock	Soak Steel Cut Oats	Soak Black Beans for Veggie Burgers	Plan for Next Night's Meal	Put "Buy Fresh Fish" on Your To Do List for Tomorrow	Check Schedule for Weekend Farmer's Markets	Roast Extra Vegetables for the Week
Preparation	Bake Granola						

Sample Menu Plan #2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Family Table	Leftovers	Meatless	Comfort Food	Pantry Meal	Fish on Friday	Mix and Match
Breakfast	Breakfast Vegan Irish Hash	Eggs with Honey Oatmeal Bread	Quinoa Porridge	Leftover Quinoa Porridge	Oatmeal	Leftover Oatmeal and Cashew Elixir	Eggs and Greens
Lunch	Greens with Wild Winter Rice Salad	BYO Salad with Roasted Veggie Salad	Provencal Lentil Rice Salad	Provencal Lentil Rice Salad	Leftover Chili	BYO Salad	Citrus Salad
Dinner	Pot Roast w/ Roasted Vegetables	Leftover Pot Roast with Vegetables & Roasted Salt-and-Vinegar Potatoes	Savory Apple Ginger Stuffed Cabbage	Turkey Chili	Pantry Meal or Leftover	Herb-Crusted Salmon	Cauliflower Pizza
Preparation	Make Homemade Salad Dressing for the Week	Prepare Lentil Rice Salad for Lunch Tomorrow		Soak Oats for Breakfast Tomorrow	Soak Cashews		

Sample Menu Plan #3

Meal Plan Overview							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Category	Family Table	Leftovers	Meatless	Comfort Food	Pantry Meal	Fish on Friday	Mix and Match
Breakfast	Breakfast Tofu Scramble	Quinoa Porridge	Vanilla Cinnamon Almond Milk & Quinoa Porridge	Eggs with Greens	Oatmeal w/Almond Milk	Oatmeal w/ Almond Milk	Winter Granola w/Almond Milk
Lunch	Provencal Lentil Rice Salad & Apple Cranberry Muffins	BYO Salad with Turkey	BYO Salad with L/O Soup	BYO Salad with L/O Risotto	BYO Salad or Wrap with Pork Tenderlion Wrap	BYO Salad with Leftover Vegetables	Sweet & Citrusy Kale Salad
Dinner	Baked Turkey and Whole Roasted Squash	Roasted Squash & Wild Rice Bisque	Simple Risotto with Sautéed Greens	ork Tenderloin with Apples & Onions	Stir-Fried Tofu & Vegetables	Red Sauce Over Spaghetti Alternative	Chorizo Lentil Soup & Salad
Preparation	Make Extra Squash for Soup Tomorrow	Soak Nuts for Almond Milk (Make Extra Almond Milk for the Week)					

Sample Menu Plan #4

21-Day Real Food Challenge					
	Sunday	Monday	Tuesday	Wednesday	Thursday
Week 4 Breakfast. Food Elimination = Wheat, Corn, Soy, Dairy. Cut Alcohol & Caffeine in half					
Week 4: Breakfast ONLY REAL FOODS	Eggs with Savory Breakfast Sausage	Winter Granola with Almond Milk	Cinnamon Apple Smoothie with Chia	Oatmeal with Coconut Oil and Maple Syrup	Basic Grain-Free Bread with Smoothie
Evening Preparation:	Make Winter Granola to Replace Cereal. Soak Almonds for Milk		Soak Oatmeal	Bake Grain-Free Bread for Breakfast	
Week 5 Lunch. Food Elimination = Wheat, Corn, Soy, Dairy. Cut Alcohol & Caffeine in half again					
WEEK 5 Breakfast and Lunch ONLY REAL FOODS	Sweet & Citrusy Kale Salad	Left Over Citrusy Kale Salad	Save the Tuna Salad	BYO Salad with Leftovers	Wild Rice Salad with Greens
Evening Preparation:					BYO Salad with Fresh Fruit
Week 6: Dinner. Food Elimination = Wheat, Corn, Soy, Dairy. No Alcohol & Caffeine					
WEEK 6 Breakfast, Lunch and Dinner ONLY REAL FOODS	Red Sauce (With Spaghetti Alternatives)	Southwestern Turkey Chili	Herb Crusted Salmon	Slow Cooked Chicken	Scrambled Eggs with Sautéed Greens
Evening Preparation:					Fish Stew with Black Bean Veggie Burger

Sample Menu Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Table	Leftovers	Meatless	Comfort Food	Family Favorites	Fish on Friday	Mix and Match	
Breakfast							
Lunch							
Dinner							
Preparation							

Real Food Checklist

1st Choice	2nd Choice	Avoid
Fruits		
Seasonal fruits, apples, citrus, pomegranate, and pears	Frozen whole fruits and berries	Canned, imported fruits. Jams, jellies with sweeteners
Vegetables		
Beets, broccoli, Brussels sprouts, burdock, cabbage, carrots, celeriac, collards, daikon, garlic, herbs, kale, leeks, onions, parsnips, potatoes, pumpkins, radishes, shallots, spinach, Swiss chard, turnips, winter squash	Frozen vegetables, homemade canned vegetables such as tomatoes	Canned vegetables with high sodium, and other additives and preservatives
Dehydrated Vegetables & Herbs		
Spices, sun-dried tomatoes		Packaged vegetables with MSG, yeast extracts, and fillers
Beans & Legumes		
Adzuki, black, black-eyed peas, chickpeas (garbanzo), kidney, lentils, navy, pinto, split peas	Frozen peas, green beans. Low-sodium canned beans	Canned beans with high sodium, and other additives and preservatives. Instant mixes. Refried beans with added fillers
Grains		
Whole grains: Amaranth, brown rice, buckwheat, millet, oats, popcorn, quinoa, wheat berries, wild rice	Barley, couscous, farro, jasmine rice, sprouted grain breads. Processed grains	Processed breads/crackers, white rice/pasta. Refined flours
Nuts		
Almonds, Brazil nuts, pecans, pine nuts, pistachios, walnuts	Macadamia nuts, peanuts	Nuts that are highly salted or covered in oils and preservatives
Seeds		
Chia, flax, hemp, pumpkin (pepitos), sesame, sunflower, cashews		Seeds that are salted or covered in oils and preservatives
Dairy Products		
Organic whole, full fat cheese and milk; cottage cheese, yogurt, kefir (from both goats and cows) from grass fed cows and goats	Antibiotic- and hormone-free dairy products	Dairy products with added sugars and sweeteners

1st Choice	2nd Choice	Avoid
Meat & Fish		
Local organic meats or grass fed: Beef, bison, chicken, lamb, pork, turkey, venison, duck	Lunch meats like whole roasted turkey breast, or baked ham. Antibiotic- and hormone-free meats without nitrates.	Foie Gras, veal, factory-farmed meats with added hormones and antibiotics or preservatives, processed lunch meats.
Fish: Seasonal and local fish, including Bluefin tuna, bluefish, cod, dogfish, flounder, haddock, hake, crab, lobster, mackerel, monkfish, Pollock, skate, scallops, squid, shrimp	Frozen filets	Processed and battered fish sticks, and shrimp
Oils/Fats		
Extra virgin olive oil, walnut oil, lard, coconut oil, grass fed butter	Peanut oil, safflower, sesame oil, organic canola oil	Soybean oil, canola oil, processed salad dressings, hydrogenated oils
Vinegars		
Raw apple cider vinegar	Balsamic vinegar, Sherry vinegar, white wine vinegar	White vinegar
Other		
Condiments: Mustard	Mayonnaise, tamari, relish (if not high in sugar), ketchup	Mayonnaise blends with preservatives and added fillers, added food dyes, fake sweeteners, high fructose corn syrup
Sweeteners: Maple syrup, honey, dates	Agave, brown rice syrup, coconut sugar, stevia	Corn syrup, white or brown sugar
Flours: Almond flour, coconut flour, buckwheat	Oatmeal flour, garbanzo flour, spelt flour, brown rice flour	Highly processed white flours including barley, potato, white rice, and rye
Chocolate: Dark chocolate (70%+) cacao, raw cacao (unheated)	Milk chocolate	Processed chocolate and candy bars with added sugars, soy fillers
Eggs (pasture & organic) Coconut Milk, homemade nut milks		

Recipe Notes:

We don't include the word organic, but recommend local and organic products when possible.

- Serving sizes: The serving size for meat is approximately 4 ounces. For fish, it is 4–6 ounces. Adjust the recipes as needed for your family size.
- Oils: We recommend extra virgin olive oil for salad dressings and sautéing on low to medium heat. For recipes which require higher temperatures we suggest coconut oil.
- Classics: These are Kath & Tracey's favorite year-round basic recipes.



Rise & Shine

Breakfast Drinks

Start the day with a cup of water to hydrate your body after a long night sleep and then enjoy one of these smoothies, or some warm tea to let your body know you want to have a great day!

Almond Butter & Banana Smoothie

This protein rich smoothies will give you energy for hours.

Serves 1

1 medium banana, frozen, cut into chunks
1 tablespoon almond butter
1 cup nut milk
 $\frac{1}{8}$ teaspoon vanilla extract
1 teaspoon maple syrup

Mix all ingredients in blender, and pour in your favorite glass. Makes one generous serving or two medium servings.

Helpful Tip

Add chia seeds to your smoothie for more good fats and fiber!

Almond Milk

Homemade almond milk is easy to make, and it's so much better tasting than the store-bought varieties. Soaking the almonds also makes them more digestible.

Serves 2-3

1 cup almonds
Water for soaking
Pinch of sea salt
4 cups water for blending
Cheesecloth or fine mesh strainer

Rinse almonds and soak them in clean water with a pinch of good sea salt overnight or for approximately 8 hours. Strain. Rinse well. Place almonds in blender with 4 cups water and mix on high until pulverized. Pour mixture in cheesecloth or fine mesh strainer to remove pulp. Store in sealed glass container for up to 4 days.

Cashew Elixir

Cashews are actually a seed, not a nut. They make a simple milk because you don't have to strain them. This creamy cashew drink is great for breakfast or a snack. Keep it in the fridge as a go-to snack.

Serves 4

1 cup cashews, soaked for at least 2 hours and rinsed
3 or 4 dates
4 cups water
1 teaspoon vanilla extract (or almond extract)
1 pinch cinnamon
Pinch of salt
3 tablespoons chia seeds

Blend all ingredients, except chia seeds, in blender until smooth, 1-2 minutes. Pour into a large glass jar and add chia seeds. Chill in refrigerator. Will store for up to 4 days. Sip on this drink when your stomach grumbles and you need a little fix!

Cinnamonny Apple Smoothie

The taste of the season in a delicious smoothie that will fuel your busy day with energy.

Serves 2

2 cups unsweetened almond milk or coconut milk
1 apple, cored, rough chopped
½ teaspoon ground cinnamon
1 tablespoon peanut butter
2 frozen bananas

Mix all ingredients in blender and enjoy!

Kale Apple Smoothie

2 leaves lacinato kale
1/8 cup fresh parsley
1 green apple
1/2 inch square of ginger
1 cup water or handful of ice

Mix all ingredients in blender and enjoy!

Coconut Milk

This coconut milk is sooo creamy!

Serves 3 - 4

1 cup dried unsweetened shredded coconut, soaked in water overnight, drained
4 cups filtered water
1 tablespoon maple syrup
Small pinch of fine grain sea salt
Place shredded coconut in a bowl and cover with water. It's preferred to soak them overnight (for 8-12 hours) in the water.

Rinse and drain the coconut and place into a blender along with filtered water, maple syrup and salt.

Blend on highest speed for 1 minute or so.

Place a nut milk bag, or cheesecloth in a mesh strainer, place over a large bowl and slowly pour the coconut milk mixture into the bag. Gently squeeze the bottom of the bag to release the milk. This takes about 3-5 minutes to get all the milk out.

Pour into a glass jar to store in the fridge for up to 3-5 days. Shake jar very well before using as the mixture separates when sitting.





Warming Teas

Lemon-Ginger-Honey Nectar

Warming and so soothing for your throat and sinuses.
Makes one delicious mug.

Serves 2

1 inch ginger
½ a lemon
2 teaspoons of honey
12 ounces of water

Bring water to a boil. Pour water over the ginger, lemon and honey in a saucepan; let the mixture steep for 10 minutes. Strain and enjoy

Nettle Chai Tea

Visit your local health food store and stock up on these warming herbs and spices. Bulk herbs and spices are so economical. They are great to have on hand to cook with, and they make a delicious cup of tea.

Serves 2

2 cups water
1 tablespoon fresh ginger, grated
½ cinnamon stick
Pinch of salt
¼ teaspoon freshly ground pepper
1 tablespoon dried nettle leaf
1 teaspoon cardamom seeds

Splash of your choice of milk
Sweetener of choice (honey or maple syrup)

In a small saucepan add water, ginger, cinnamon stick, salt, and pepper. Bring to a boil for 1 minute. Crush cardamom seeds and add with nettles to tea mixture. Cover and let steep for 10 minutes. Strain and add milk and sweetener to taste.

Tummy Tea

Take this tea an hour before or after meals, or throughout your meal to aid in digestion.

Serves 4-6

1 teaspoon cumin seeds
1 teaspoon coriander seeds
1 teaspoon fennel seeds
1 quart of water

Bring water to a boil in a small saucepan. Add seeds and boil for 15 minutes. Strain and serve warm.



Amazing Grains

Cereals are highly processed grains that offer very little nutrition and are loaded with sugar and other preservatives. Start the day with whole grains which are loaded with fiber to keep your blood sugar level in check and keep you satisfied until lunch. Try Kath's homemade Winter Granola as a cereal alternative.

When oats are harvested, they are in the "oat groat" form. The groats are cut to make steel cut oats, or they are steamrolled to make rolled oats. Both types are good for you. Avoid instant packaged oats, which have added sugars and are highly processed.

The best and easiest way to have oats for breakfast is to soak them overnight in the amount of liquid required to cook them. Be sure to add a squeeze of lemon juice to help make the oats more digestible. In the morning, bring the mixture to a boil, then lower heat to a simmer and cook them till desired done-ness. You may need to add just a little extra water.

Top your oatmeal with your favorite sweetener, spices, fruits, and nuts.

Some of our favorite combinations are:

- Coconut oil, maple syrup, cinnamon
- Apples, cinnamon, maple syrup, raisins
- Dates, unsweetened shredded coconut, sunflower seeds
- Banana, yogurt, honey



How to Cook Perfect Quinoa

2 cups water
1 cup quinoa

Rinse quinoa. Bring water to boil. Add quinoa and salt. Simmer 7 minutes with lid on. Turn off heat and let sit 13 minutes with lid on. Remove from heat and take quinoa out of hot pan to stop cooking. One cup of quinoa makes about 3 cups of cooked quinoa.

Basic Oatmeal

Serves 2

2 cups water
Pinch of salt
1 cup rolled oats
Squeeze of lemon

Soak your oats with water and a squeeze of lemon overnight. Cook for 5 to 7 minutes on medium to low heat till water is absorbed. Cover with a lid and turn off heat. Let sit for 10 minutes.

Overnight 10 minute Steel Cut Oats

This oatmeal requires an overnight soak that makes the morning meal quick, easy, and nourishing.

Serves 6-8

4 cups water, divided
1 cup steel cut oats
1/4 teaspoon salt

In a small saucepan with a lid, bring 3 cups of water to a boil. Remove pan from heat and stir in oats and salt. Cover and let sit overnight.

In the morning, stir in remaining 1 cup of water. Return pan to stove and bring to a boil over medium-high heat stirring often.

Reduce heat to medium and cook, stirring occasionally until oats are softened and mixture thickens, 4-6 minutes. Remove from heat, cover, and let sit for 5 minutes.

Overnight Cinnamon Apple Steel Cut Oats

Apples and warming cinnamon are a beautiful way to start the day!

Serves 4-6

3 cups water
1 cup apple cider
1 cup steel cut oats
1/2 teaspoon salt
1 peeled, grated apple
2 tablespoons maple syrup
1/2 teaspoon ground cinnamon

In a small saucepan with a lid, bring 3 cups of water to a boil. Remove pan from heat and stir in oats and salt. Cover and let sit overnight. In morning stir in 1 cup of cider, grated apple, maple syrup and cinnamon, bring to a boil over medium high heat stirring often. Reduce heat to medium and cook, stirring occasionally until oats are softened and mixture thickens, 4 to 6 minutes. Remove from heat, cover and let sit for 5 minutes. Serve with a drizzle of maple and nut milk or butter.

Quinoa Porridge - *Classic*

Quinoa is a gluten free, low-calorie, high-protein grain that can be eaten at breakfast, lunch and dinner. Its mild taste pairs well with the cinnamon, vanilla and sweet maple syrup in this scrumptious warm breakfast cereal.

Serves 2

1 cup cooked quinoa
1/2 cup unsweetened nut milk, divided in two
3/4 teaspoon vanilla extract
1 teaspoon coconut oil
1/4 teaspoon cinnamon
1 teaspoon maple syrup
Pinch salt

Heat cooked quinoa on medium in a small saucepan with 1/4 cup almond milk, vanilla, coconut oil, sea salt, and cinnamon until almond milk is reduced for 4-5 minutes. Serve with maple syrup and the remaining 1/4 cup almond milk.

Winter Granola

We do a big batch one evening during the week, which becomes "Granola Night." The oven warms the kitchen, and the sweet maple and cinnamon scent fills the air. When I have it for breakfast I like to add dried fruit and nuts and then soak my granola in simple almond milk for about 10 minutes before eating. It's also delicious with plain whole- milk yogurt drizzled with honey.

Servings 16-20

I use a 12-inch cast iron skillet, which allows for even heat, but two large baking sheets will do, just stir often.

2 pounds bag gluten free rolled oats (Bob's Red Mill)
2 cups organic sunflower seeds
2 cups unsweetened shredded coconut
3 teaspoons cinnamon
3/4 cup maple syrup
3/4 cup coconut oil
1 teaspoon salt

Preheat oven to 350°F.

Pour ingredients into large bowl or 12-inch cast iron skillet and mix well. Place in preheated oven, stirring from the edges every 15 minutes. Bake till toasted golden brown, approximately 45 minutes.

Cool and place in an airtight jar. Pair with whole milk yogurt & honey for a nutritious and dense meal. Enjoy!



Try these hearty breakfasts to really carry you through the day. We offer some vegetarian options using tempeh and tofu. (See page 39 on purchasing soy.) These are also great recipes for a warm brunch on a cold winter day.

Breakfast Vegan Irish Hash

Bake the potatoes the night before and enjoy this dish for brunch or a vegan Irish dinner. Serve with French toast or a vegan scramble; this dish will compliment any breakfast fix-in's.

Serves 4-6

8 ounces tempeh, cubed
1/4 cup coconut oil, divided
1 tablespoon soy sauce

1 onion, diced
1 cup bell pepper, diced
1 teaspoon dried thyme
1 teaspoon rubbed sage
1/2 teaspoon dried dill
1/2 teaspoon dried oregano
1 pinch dried red pepper flakes
4-6 baked potatoes, peeled and cubed
2 tablespoons nutritional yeast
Salt and pepper, to taste

Preheat oven to 350°F. Toss the tempeh with 2 tablespoons coconut oil and soy sauce. Spread the tempeh on a cookie sheet, and bake for about 15 minutes. Set aside.



The Incredible Egg

The question of whether or not eggs are healthy has evolved over the past fifty to sixty years, but current research shows that these protein-packed powerhouses are a great replacement for refined carbohydrates like waffles and cereal, and will help you feel full for longer.

Eggs from chickens that forage for bugs and grass have more flavor, vitamins and Omega 3 fatty acids than eggs from confined factories. Eggs are also one of the few foods that contain Vitamin D.

An "organic" label means that the chickens are offered access to the outdoors, but it doesn't guarantee that the chickens go outside. It does mean that the chickens were fed certified organic feed without hormones or antibiotics. "Cage free" and "free-range" are also marketing terms, but they are not regulated, so it doesn't mean the chickens ever left the coop!

In a large skillet at medium-high, heat the remaining 2 tablespoons coconut oil. Add the onions, bell pepper, thyme, sage, dill, oregano, and red pepper flakes and cook until onions are translucent, about 5 minutes.

With temperature on the high side, add the potatoes, tempeh, and nutritional yeast; cook 2-3 minutes more. Add salt and pepper and adjust spices to taste. Serve immediately.

BREAKFAST

Breakfast Tofu Scramble

This classic vegan favorite is a great light way to start the day.

Serves 3-4

1/4 cup olive oil
1/2 onion minced
1 teaspoon salt
1 teaspoon rubbed sage
1 teaspoon dried thyme
1 red bell pepper diced
2, 8oz. cubes of firm tofu, pressed to remove moisture
1/4 cup nutritional yeast
1 tablespoon soy sauce
1/4 teaspoon turmeric

Heat a large skillet to medium high, add oil and onion, salt, sage, thyme and sauté for 3 minutes. Add minced pepper and sauté 3 more minutes, keeping heat up to a medium high sizzling pan. Crumble tofu into onion and pepper mixture, sprinkle on nutritional yeast, soy sauce and turmeric. Cook moisture out of tofu and cook till tofu is golden brown.



Dropped Eggs on Sweet Potato Hash

This classic combination that's sure to please the beginner. One of Kath's family favorites! This savory dish is a treat for breakfast or dinner any day of the week!

Serves 4

1/4 cup coconut oil
1 yellow onion, diced
4 garlic cloves, minced
1 green pepper, diced
2 sweet potatoes, peeled and diced
Dash of hot sauce (optional)
1 teaspoon salt
8 eggs

Preheat oven to 400°F.

In a large, oven-proof skillet, preferably cast iron, heat coconut oil on medium-high heat and add onion, minced garlic cloves, green peppers and salt. Sauté for 5 minutes. Add sweet potatoes, toss, and put skillet into preheated oven. Stir every 5 minutes or so. Bake until potatoes are fork tender: 15–20 minutes.

Pull skillet from oven and put back onto stovetop at medium heat. Crack eggs on top of hash and cover for approximately 5 minutes or until as done as you like. Scoop and serve with a dash of hot sauce if you like a little heat!

Savory Breakfast Sausage

Making your own sausage gives you a large range of meats to choose from and flexibility with flavors.

Serves 6-8

2 pounds ground meat: any combination; turkey, pork, chicken
1 tablespoon olive oil
2 tart apples, diced
1 bunch scallion greens, thinly sliced
1/2 teaspoon rubbed sage
1/2 teaspoon dried thyme
1/2 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon fennel seed
1/8 teaspoon cayenne pepper

In a 10" heavy bottomed skillet, over medium heat sauté apple and scallion till golden, 5 – 8 minutes, cool. In a large bowl combine all ingredients. Form into 12 patties or cook as a scramble. Sauté in cast iron cookware for approximately 10-15 minutes or until meat is golden and cooked through.

Simple Cheese Omelet

Making a great omelet requires focus and a delicate hand, but in a few minutes you will have a nourishing, beautiful meal. A critical component is a heavy-bottomed, well-seasoned pan. A 7-inch pan is perfect for a single omelet, while a 10- to 14-inch pan works well for an omelet for four. Finish the omelet under the broiler to make it golden brown.

Omelets are a great vehicle for leftovers; just pick four or five components that go together. Cooked veggies, leftover potatoes, and cooked meats are great additions. It's best to add cooked veggies directly to the egg mixture. For the fillings, cheese, greens, and tender vegetables are a nice complement to the texture.

Here is a recipe for a simple cheese omelet.

Serves 1 generous portion

3 eggs

Pinch of salt and pepper

2 tablespoons butter (or extra virgin olive oil for dairy-free)

2 ounces of cheddar cheese, shredded

Preheat oven broiler.

In a medium bowl, whisk eggs, salt, and pepper till frothy. Place a heavy-bottomed pan on medium high heat. Add butter. Carefully watch butter melt till frothy; do not let it brown. (If butter burns, it is worth starting over.) Pour eggs in, tilting pan back and forth to ensure that the egg mixture reaches the edges of the pan. Gently use a fork to guide egg mixture, pulling cooked egg from center and allowing egg to form a light custard. Top with cheese and place under broiler for a minute or so till omelet has lifted and is golden, and cheese has just melted. Gently flip in half, slide on plate, and add toppings if desired.





Baked Goods

Bake these special treats on the weekend and enjoy them through the week! You can also freeze them and toast them in the morning.

Apple Cranberry Muffins

These muffins are nutrient dense and are a perfect thing to give the kids to eat on the bus, or at snack time.

Makes 12 muffins

1 cup almond flour
¼ cup brown rice flour or oat flour (or any gluten-free flour)
¼ teaspoon fine sea salt
1 teaspoon baking powder
½ teaspoon baking soda
2 teaspoons ground cinnamon
½ cup organic canola oil or coconut oil
½ cup maple syrup
1 large egg, at room temperature
½ cup grated apple
½ cup dried cranberries

Place an oven rack in the center of the oven. Preheat the oven to 350°F. Line 12 regular-size muffin cups. Set aside.

In a medium bowl, mix the flours, salt, baking powder, baking soda, and cinnamon. In a separate bowl, whisk together the oil, syrup, and egg. (If the coconut oil has solidified, warm it up so that it is not chunky.) Add the dry ingredients and mix well, then mix in the apple and cranberries. Fill approximately ¾ of an inch from the top.

Fill the muffin tins approximately ¾ cup full with the batter and bake for 20–25 minutes until golden brown. Cool and enjoy!

Basic Grain-Free Bread

This basic almond bread can be used during the elimination weeks to help you get through any bread cravings. It is made with almond flour which is low in sugar and high in protein. Serve it with eggs, or peanut butter for a quick, healthy breakfast. You can try the following variations to give it additional texture:

½ cup walnuts, ½ cup dried cranberries, zest of ½ lemon OR
½ of a banana, mashed, ½ cup chopped pecans

Makes 1 (9" x 5") loaf

3½ cups almond flour
¾ teaspoon baking soda
4 eggs
2 tablespoons honey
1 teaspoon raw apple cider vinegar

Preheat oven 325°F.

Grease a 9" x 5" pan. Combine flour and baking soda. Whisk eggs, honey, and apple cider vinegar. Blend dry and wet mixes and pour in greased pan. Bake for 30 minutes. Reduce heat to 300°F and bake another 15 minutes or so till golden brown and firm in center.

Preheat oven to 400°F.

In a large, oven-proof skillet, preferably cast iron, heat coconut oil on medium-high heat and add onion, minced garlic cloves, green peppers and salt. Sauté for 5 minutes. Add sweet potatoes, toss, and put skillet into preheated oven. Stir every 5 minutes or so. Bake until potatoes are fork tender: 15–20 minutes.

Pull skillet from oven and put back onto stovetop at medium heat. Crack eggs on top of hash and cover for approximately 5 minutes or until as done as you like. Scoop and serve with a dash of hot sauce if you like a little heat!

Honey Oatmeal Bread

This fragrant loaf is a treat to bake on a cool day.

3 ¼ cups oat flour (I ran whole oats to a coarse flour in food processor)

2 tablespoons active yeast
1 ½ cups warm water
¼ cup olive oil
¼ cup plus 2 tablespoons honey
¼ cup tapioca flour
½ cup rice flour
2 teaspoons xanthan gum
1 teaspoon salt
4 eggs

Grease a 10 inch bread pan, preheat oven to 350°F.

In a large bowl, combine yeast and warm water, let proof for a few minutes. Add oil, honey, tapioca and rice flour, xanthan gum and oats beat well. Add salt and eggs and beat well. Pour batter into bread pan and allow to rise for 45 minutes. Sprinkle a few whole oats on top and bake at 350 for 45 minutes.

Let cool before cutting.





Lift up your lunches with these fresh salad recipes or Build Your Own Salad (see page 28). Prepare a salad over the weekend and enjoy through the week for lunch (or breakfast!)

Cabbage & Apple Slaw

This deep winter vegetable salad is an easy, hearty accompaniment to any meal. This salad can be made ahead and kept chilled for your next meal.

Serves 6-8

6 cups red cabbage, rough chopped (about $\frac{1}{2}$ medium cabbage)
1½ teaspoons salt
2 tablespoons cider vinegar
1 apple minced
½ cup dried cranberries, chopped
½ cup hulled pumpkin seeds, rough chopped
2 tablespoons capers
3 tablespoons olive oil
1 teaspoon hot sauce

Place chopped cabbage in a medium size bowl. Add salt and cider vinegar, and mix well. Let rest 5-10 minutes.

Add remaining ingredients and stir. Let marinate for 5 minutes.

Cabbage Tip

The humble cabbage is one of the oldest known vegetables, utilized since the time of the Romans. Rich in vegetables, fiber and only 35 calories in a cooked cup, cabbage is considered one of the world's healthiest vegetables.

- Full of vitamin K and anthocyanin that help with mental function. Red cabbage has the highest content of these nutrients.
- Cabbage is high in sulfur which helps fight infection and is essential to produce keratin, a protein necessary for healthy skin and hair.
- Cabbage is a great source of vitamin C more available than citrus, which helps the body detoxify.
- Cabbage is high in potassium helps open blood vessels reducing blood pressure.

So enjoy this winter vegetable and reap the many benefits.

Citrus Salad

Let the braised and baked foods of winter make way for the advent of seasonal citrus. It is not often we take full advantage of the citrus available in deep winter and early spring. Take this opportunity to lighten your palette. You may also substitute arugula, napa cabbage, or radicchio for the greens, and walnuts, cashews, and smoked almonds for the nuts.

Serves 4-6

2 red grapefruits
3 navel oranges
1 teaspoon maple syrup
1 teaspoon salt
1 teaspoon unsalted butter
½ cup pecans, chopped coarsely
3 tablespoons extra virgin olive oil
1 teaspoon mustard
1 small shallot, minced, or scallions
4 ounces (4 cups) watercress, torn into bite-size pieces
⅔ cup dried cranberries, divided
Salt and pepper, to taste

Cut away peel and pith from grapefruits and oranges. Cut each fruit in half from pole to pole, then slice crosswise into ¼-inch-thick pieces.

Transfer fruit to bowl and toss with maple syrup and ½ teaspoon salt. Set aside for 15 minutes.

Melt butter in 8-inch skillet over medium heat. Add pecans and ½ teaspoon salt and cook, stirring often, until lightly browned and fragrant, 2–4 minutes. Transfer pecans to paper towel-lined plate and set aside.

Drain fruit in colander set over a medium mixing bowl, reserving 2 tablespoons juice. Transfer fruit to platter, arrange in even layer, and drizzle with oil.

Whisk shallot, mustard, and reserved juice together in medium bowl. Add watercress, ⅓ cup cranberries, and ¼ cup pecans, and toss to combine.

Arrange watercress mixture over fruit, with remaining cranberries and pecans. Season with salt and pepper to taste. Serve immediately.

Adjust seasoning to taste. Serve immediately.

2 tablespoons maple syrup (or honey)

½ raw apple cider vinegar

2-3 grated medium carrots

2 teaspoons celery seeds Salt and pepper to taste

Whisk the mayonnaise, raw apple cider vinegar and maple syrup together in a large bowl until creamy and smooth. Add cabbage, onion, and carrots and toss until evenly coated. Season with salt and pepper. Cover and serve chilled so it is nice and crunchy

Provencal Lentil Rice Salad

This hearty lentil salad is a great staple to have on hand. Lentils and brown rice form a delicious combo, especially when paired with something off the grill!

Serves 8 as a side dish or 4 as a main course

Salad

2 tablespoons extra virgin olive oil
1 medium yellow onion, chopped
Pinch of herbs de provence
1 cup green or brown lentils
¾ cups water, divided
1 cup long-grain brown rice

Dressing

½ red onion, minced
⅓ cup extra virgin olive oil
½ teaspoon salt
½ cup balsamic vinegar
1 tablespoon hot sauce

Topping

⅓ cup minced parsley
1 tablespoon olive oil
2 teaspoons red wine vinegar
1 teaspoon black pepper
1 (1 ounce) package goat cheese, cut into 8 slices

In extra virgin olive, sauté onion on medium with a pinch of herbs de Provence until onions are clear. Add lentils and ¼ cup water and sauté another 5 minutes. Add rice and remaining 3 cups of water. Bring to a boil and reduce heat to low. Cover and simmer for 1 hour.

Prepare dressing by whisking all ingredients together. Add to salad while hot. Let mixture stand to cool for 10 minutes. Place into bowls. Combine first four topping ingredients, reserving goat cheese. Top each serving with a generous tablespoon of topping and a slice of goat cheese.

Coleslaw

This crunchy and sweet coleslaw goes great with the earthy flavors of the black bean and pulled pork. This recipe is super simple and can be made ahead so when the pork and black beans are done, all you have to do is eat!

1 medium green cabbage (or do half green and half purple)
1 small onion, diced
¾ cup mayonnaise

LAUDABLE LUNCHES & SIDE SALADS

Quinoa Salad with Fresh Cranberries

This recipe calls for fresh cranberries instead of dried, and Serrano peppers, which pack a real punch. It makes a great alternative to stuffing as a side dish for Thanksgiving.

Serves 4

3 cups cooked quinoa
4 tablespoons honey
6 tablespoons fresh lime juice
2 tablespoons rice wine vinegar
1 clove garlic, finely chopped
1½ teaspoons Serrano peppers, seeded (take out the seeds or it will be very hot!)
1½ cups whole raw cranberries
¼ cup finely chopped red onion (or shallot)
3 tablespoons finely chopped cilantro
Salt and pepper to taste

Blend the honey, lime juice, rice vinegar, garlic, and Serrano peppers in a food processor. Then, add the cranberries and pulse until the cranberries are chopped well, but still a bit chunky. Add the cranberry mixture to the quinoa. Add the cilantro, red onion or shallot, and salt and pepper to taste. Toss and chill until ready to serve.

Save the Tuna Salad

Make a change and find your protein and fats in seeds and nuts when you can! This delicious, tuna-free, prepared salad is great as a spread, dip, or served with a green salad.

Serves 4-6

1 cup sunflower seeds, soaked for 10–12 hours
1 cup almonds, soaked for 10–12 hours
1½ tablespoons fresh dill, minced
1 tablespoon fresh oregano, minced
1 teaspoon fresh sage, minced
2 tablespoons lemon juice
1 tablespoon kelp granules
½ tablespoon salt
1 teaspoon black pepper
⅓ cup celery, minced
¼ cup red onion, minced
⅓ cup pickles, diced

Drain seeds and nuts. Blend together in a food processor or a high-powered blender until they combine and begin to smooth.

Transfer to a large mixing bowl and mix in the remaining ingredients with a strong spatula, or by hand. Enjoy!

How to Sprout Lentils

When winter is upon us, and the ground no longer supports our gardens, we all crave a little green. Just as citrus brightens the short days and long nights of winter, so can green vegetables.

Sprouting can be a great way to not only add extra nutrients to your diet, but also create an indoor “winter garden.” Sprouts are a refreshing reminder that new life can spring up, under the right conditions. Eventually the snow will melt and the world will be green again. Sprouts take up very little time and space, and they just require a simple routine.

You can sprout almost any seed or bean with the right instructions, but a favorite of ours are lentils. Almost fail-proof, lentils seem to spring up overnight, growing a pretty little tail in the process.

For any sprout (except for a few trickier beans, like garbanzos), the process is generally the same. To begin, you need a jar, a sprout bag (a light bag made of durable flax fibers), and a sink! (You can find sprout bags at health food stores or on Amazon.com)

Start by putting 1 to 2½ cups of lentils in a large jar. The sprouts will expand to 3 times their original size. Soak the lentils 8 to 12 hours, or overnight, after filling the jar completely with pure water.

Pour soaked lentils into a sprout bag. Immerse the bag in pure water twice daily for 30 seconds each time. Make sure to let the sprouts drain after each rinsing by placing the bag on a clean dish rack or hanging it on a hook.

If the weather is hot, you may wish to rinse your seeds 3 times. Throughout the process, always keep your sprouts in a medium-warm spot on your countertop on a bowl or strainer in a warm spot in your house.

Lentils should be fully sprouted within 4 or 5 days of starting the process.

Enjoy your lentil sprouts with every meal! Sprouts will keep in the refrigerator for 5-7 days.

Sprouted Lentil Salad

Another great, nutrient dense alternative to traditional prepared salads. This particular mixed salad is delicious atop a bed of greens or in your favorite wrap!

Serves 4

1 cup lentil sprouts
1 avocado, cored, peeled and chopped
1 tablespoon diced red onion
½ cup diced tomato
½ teaspoon salt
1 tablespoon fresh lime juice
pinch of cayenne pepper

Gently toss the avocado, red onion, and tomato. Mix in the lentil sprouts, salt, lime, and cayenne. Enjoy immediately or keep refrigerated.

Sweet and Citrusy Kale Salad

Everyone will love this sweet kale salad with dried fruit and pomegranates. Because the kale is dense, it will keep in the refrigerator for up to three days.

Serve 4-5

2 bunches kale
Juice of one orange
Juice of one lemon (Meyer lemons are nice and sweet if you can find them)
¼ cup extra virgin olive oil
Salt and pepper to taste
½ cup pomegranate seeds
1½ cups dried cranberries or cherries (or a combination of both)
½ cup (or more) of raw pumpkin seeds (pepitas)

Clean kale and dry it well. Chop it into small pieces (approximately 1-inch square). Whisk the fresh lemon and orange juice with the olive oil to blend well. (Or put liquids in a jar and shake.) Pour over kale and toss. Add salt and pepper to taste. Add in pomegranate seeds and dried fruit and toss. Meanwhile, heat dry skillet and heat pumpkin seeds until they start to turn brown. Stir frequently and be careful not to burn. Add the pumpkin seeds to the salad and mix on well. Enjoy your greens!

White Bean Salad with Cumin

Serves 4

2 cups great northern beans, dried
2 bay leaves
1½ teaspoons salt
½ large red onion, thinly sliced
½ cup chopped fresh Italian parsley
6 tablespoons olive oil
5 tablespoons fresh lemon juice
1 teaspoon ground cumin
½ teaspoon cayenne pepper
Salt and pepper to taste
8 large lettuce leaves

Place beans in large bowl. Add enough cold water to cover by 2 inches. Let beans soak overnight.

Drain beans. Place in heavy large saucepan. Add bay leaves and enough cold water to cover by 2 inches; bring to boil. Reduce heat to medium-low and simmer 30 minutes. Add salt and continue to simmer until beans are tender but still hold shape, about 15 minutes longer.

Drain beans and place in large bowl; discard bay leaves. Add onion and parsley. Whisk oil, lemon juice, cumin, and cayenne in medium bowl. Season dressing with salt and pepper.

Pour over bean salad; toss gently to combine. This can be made 2 hours ahead. Let stand at room temperature. Arrange lettuce leaves on individual plates or on large platter. Spoon bean salad into lettuce and serve. From www.epicurious.com. Add tuna for more protein.

Wild Winter Rice Salad

Serves 4

2 cups water
1 cup wild rice
1 shredded carrot
¼ cup minced red onion (or the sweetest onion you can find)
1 apple, rough chopped (no need to peel, unless you desire)
1/3 cup dried cranberries
1/3 cup pumpkin seeds
Salt and pepper to taste

Dressing:

½ cup extra virgin olive oil
1/3 cup apple cider vinegar
1-2 cloves garlic, minced
1 tablespoon maple syrup
1 tablespoon Dijon mustard (Gray Poupon)
salt and pepper

Boil water, and add rice. Cook for approximately 45 minutes or until done. Let rice cool. To make dressing, combine all ingredients and shake well. Combine the rice and the other ingredients and toss well. Then, add the dressing and toss until everything is well coated. Season with salt and pepper.

Build your own salad and ...

For the build-your-own (BYO) salad, try toppings you've never used before. Be creative! Here are some ideas: (Share your own ideas with us on Facebook.)

Nuts & Seeds (toasted):

- Almonds
- Cashews
- Pecans
- Sesame seeds
- Pumpkin seeds
- Sunflower seeds

Greens:

- Chard
- Chicory
- Endive
- Frisée
- Chicory
- Kale
- Mâche
- Mesclum
- Spinach

Dried fruit:

- Dates
- Cranberries
- Raisins
- Gojiberries

Fresh fruit:

- Apples
- Avocado
- Cranberries
- Goji berries
- Pomegranate
- Pears
- Citrus

Cheese:

- Parmesan
- Cheddar
- Goat

Protein:

- Hard boiled eggs
- Chicken
- Fish
- Beans

Veggies:

- Beets (shredded raw)
- Broccoli
- Butternut Squash
- Cauliflower
- Celery
- Carrot
- Celeriac
- Parsnip
- Scallions
- Onion

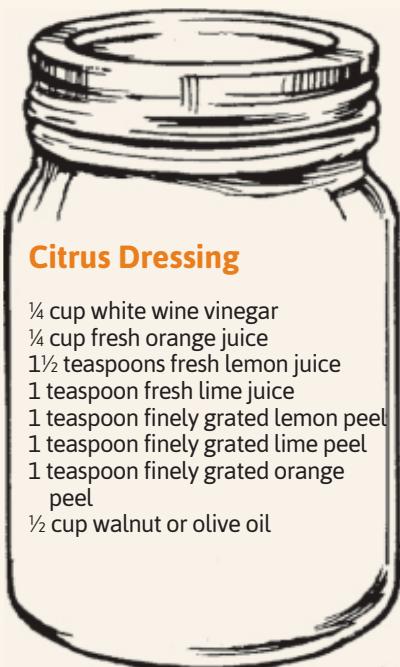
Herbs:

- Basil
- Chives
- Cilantro
- Parsley



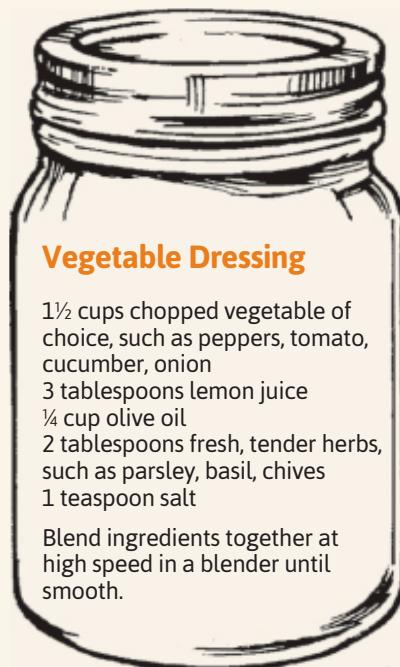
Salad Dressings

Use the end of a jelly, mustard, or mayonnaise jar to make a simple dressing. Play with flavored vinegars or nut oils to enhance flavors. For each recipe place all ingredients in the jar and shake vigorously. Season to taste. If you don't have a leftover jar, either whisk in a small bowl or blend in a blender, place in dressing bottle and serve.



Citrus Dressing

1/4 cup white wine vinegar
1/4 cup fresh orange juice
1 1/2 teaspoons fresh lemon juice
1 teaspoon fresh lime juice
1 teaspoon finely grated lemon peel
1 teaspoon finely grated lime peel
1 teaspoon finely grated orange peel
1/2 cup walnut or olive oil



Vegetable Dressing

1 1/2 cups chopped vegetable of choice, such as peppers, tomato, cucumber, onion
3 tablespoons lemon juice
1/4 cup olive oil
2 tablespoons fresh, tender herbs, such as parsley, basil, chives
1 teaspoon salt

Blend ingredients together at high speed in a blender until smooth.



Dijon Vinaigrette

2 teaspoons Dijon mustard
1/4 cup raw apple cider vinegar
3/4 cup extra virgin olive oil
1 teaspoon raw honey
3 drops of hot sauce
Pinch salt



Creamy Tahini

3 tablespoons sesame seeds
1/2 cup tahini
1/4 cup lemon juice
1/4 cup sesame oil
1/4 cup olive oil
1/4 cup soy sauce
Dash of bottled hot pepper sauce or pinch of cayenne
1 teaspoon dried dill weed
1/4 cup water

SOUPS



Soups

Every soup starts with a good stock! Try these homemade soups and share with friends to really warm their soul.

Basic Chicken or Turkey Stock - *Classic*

1 (3–4 pound) chicken, cut into pieces or whole
2 tablespoons raw apple cider vinegar
2 stalks celery
2 carrots
2 onions
2-3 cloves garlic
1 cup chopped parsley

Place chicken in pot and cover with cold water. Add vinegar. Let sit for 30–60 minutes. Add celery, carrots, onions, and garlic. Bring to a boil and skim the white frothy foam off the top. Adjust heat to low and simmer for 6–24 hours. During the last 10 minutes of cooking, add chopped parsley.

Strain the stock into a large bowl and cool in the refrigerator until the fat rises to the top and congeals. Skim off the fat. Store for 3–4 days in the refrigerator or freeze.

Carrot Apple Parsnip Soup

This vibrant soup will warm you on the chilliest of days.

Serves 8

1/4 pound butter (or nondairy alternative)
1 large onion cut in eighths
3 pounds carrots, cleaned, unpeeled and cut in 1-inch chunks
1 pound parsnips, unpeeled and chopped
2 cups apple cider
4 cloves garlic, roughly chopped
1 1/2 teaspoons salt
1 tablespoon maple syrup
Salt, to taste
Pinch of cayenne pepper
2 tablespoon parsley, chopped

In a heavy-bottomed soup pot, melt butter over medium-low heat. Add chopped onion and one cup of water. Simmer for 10 minutes until onions are clear and fragrant

Add carrots, parsnips, apple cider, garlic and salt. Raise temperature to bring mixture to a sweat, stirring occasionally. Add water as needed to keep from browning.

When mixture is steaming, add enough liquid to cover the ingredients, cider, and maple syrup. Simmer at a gentle boil, uncovered, for 1 hour.

Cool to room temperature. In a food processor, puree in batches (half broth mixed with half veggies), running each batch about 30 seconds.

Return to soup pot and heat over low temperature for serving. Adjust salt and cayenne to taste. Add chopped parsley and enjoy!

Chorizo Lentil Soup

This smoky hearty soup is aromatic and as delightful to prepare as it is to eat.

Serves 6-8

1 large onion, diced
3/4 cup olive oil
4 cloves garlic, minced
1 1/2 pounds chorizo sausage
1/4 cup sherry
4 carrots, diced
4 stalks celery, diced
1 pound green or brown lentils, cleaned
1 bay leaf
2 tablespoons smoked paprika
7 cups vegetable or chicken stock
2 teaspoons balsamic vinegar
1/4 cup minced parsley

In a large, heavy-bottomed soup pot on medium-high heat, sauté onion and oil, for about 5 minutes till onions are translucent. Add garlic and sausage to onion mix; cook till sausage is lightly browned.

Add sherry and gently scrape bottom with a wooden spoon to deglaze pan.

Add carrot and celery to onion mix and cook for another 5 minutes.

Add lentils, bay leaf, smoked paprika, and vegetable stock. Bring to a boil, and then reduce to medium heat. Simmer for about an hour, till lentils are tender. Serve garnished with parsley.



SOUPS

Roasted Squash & Wild Rice Bisque

One of Kath's classic soups!

Serves 4

1 medium butternut squash (or kabocha or red kuri squash)
2 bulbs garlic with tops trimmed off
2 medium yellow onions, peeled and halved
1 medium sweet potato, quartered
Olive oil, for drizzling
6 cups water, divided
1 cup wild rice
6 ounces cream
 $\frac{1}{4}$ cup sherry
2 tablespoons dry parsley
2 teaspoons salt
1 tablespoon maple syrup
pinch of nutmeg and ginger

Preheat oven to 375°F. Bake squash whole for 45 minutes then add vegetables and bake for 45 minutes. Remove from oven and cool slightly.

While squash is roasting, add rice and 3 cups water to sauce pan. Bring to a boil over high heat. Reduce heat and simmer for 45 minutes.

In a food processor, blend roasted squash, garlic, onion, and sweet potato until smooth. Pour in a large pot on stove and turn heat to medium. Add cooked rice, remaining 3 cups of water, and cream. Stir until blended, keeping heat at a low simmer. Add cream, sherry, parsley, salt, maple syrup, and spices. Adjust seasonings to taste.

Rustic Fish Stew

This flavorful, colorful dish is an easy stovetop dinner that warms the soul as the cold air starts nudging its way into the fall.

Serves 4

3 tablespoons olive oil
1 shallot, minced
2 cloves garlic, minced
1 onion, minced
 $\frac{1}{2}$ cup dry white wine
1 cup vegetable or chicken stock
1 cup clam juice
1 (15-ounce) can diced tomatoes
1 teaspoon dried thyme
1 bay leaf
1 $\frac{1}{2}$ pounds fish or shellfish (e.g., cod, snapper, shrimp)
2 tablespoons butter (or ghee)
2 tablespoons minced parsley
Sea salt and pepper, to taste

In a heavy-bottomed soup pot, heat oil on medium-high. Add shallot, garlic, and onion. Sauté till onion is just clear, about 5 minutes. Add white wine, stock, clam juice, diced tomatoes, salt, pepper, and herbs and simmer at medium-high for 10 minutes. Increase heat slightly and add fish. Cover and let cook for 5 minutes, till fish is just flaky or shrimp is bright pink. Remove from heat. Gently stir in butter and parsley. Salt and pepper to taste.

Smoky Pumpkin Soup

There are times that winter comforts can only be found in soup. We love this soup for its use of pumpkin, a fall and winter favorite, as well as the rich bacon. Try to find bacon from a local farmer with heritage breed hogs—you will notice the difference in flavor! Also, save and toast the pumpkin seeds for a garnish or mid-winter snack.

Serves 6

6 slices of bacon, diced, cooked crisp (reserve fat for use in step 1)
4 tablespoons unsalted butter
 $\frac{1}{2}$ cup Marsala
2 teaspoons dried thyme
6 cups chicken or vegetable stock
6 cups pumpkin puree
Salt and pepper, to taste

Heat the bacon fat and butter in a heavy-bottomed soup pan over medium-high heat. Once you start to see crisp, brown bits forming on the pan, deglaze with Marsala and add thyme. Pour in stock and pumpkin puree and simmer for 10 minutes.

Remove from heat. Add the salt and pepper to taste. Add bacon. Return to stove on medium heat and simmer for 10 minutes. Serve immediately



Southwestern Turkey Chili

An easy family friendly favorite. Bake cornbread and have a salad for a complete meal.

Serves 6-8

½ cup olive oil
¼ cup chili powder
1 large onion, diced
2 teaspoons salt, divided
6 cloves garlic, minced
1 green pepper, diced
1 jalapeno pepper, minced
1 bunch cilantro (mince stems, reserve chopped leaf for garnish)
1½ pounds ground turkey
1 (28 ounce) can crushed tomato
1 (14 ounce) can diced tomato
2 teaspoons balsamic vinegar
1 sweet potato, cubed
¹/₈ teaspoon cayenne pepper
3 cups cooked pinto beans or 1 (28 ounce) can
2 teaspoons salt
¹/₈ teaspoon cayenne pepper

Preheat a heavy-bottomed stainless soup pot and add olive oil, chili powder, onion, and one teaspoon of salt. Sauté for 5 minutes till onion is clear.

Add garlic, green pepper, jalapeno, and minced cilantro stem to the onion mix and sauté for another 5 minutes on medium-high heat.

Pull vegetables to the edge of the pan, opening up the center; crumble ground turkey into center of pan and cook till just browned.

Add crushed and diced tomato, balsamic vinegar, and sweet potato. Bring heat up to almost a boil, and then reduce to a simmer for 20 minutes till sweet potato is tender. Add the pinto beans and combine, bringing up to temperature.

Add one teaspoon of salt, cayenne, and cilantro leaf. Taste and adjust seasonings.

¼ ounce dried shiitake mushrooms, rinsed
4½ cups water, divided, plus more as needed
1 sprig fresh thyme
1 bay leaf
5 garlic cloves, peeled (1 whole and 4 minced)
1½ teaspoons salt, divided
¼ teaspoon baking soda
1 cup wild rice
4 tablespoons unsalted butter
1 pound cremini mushrooms, trimmed and sliced ¼-inch thick
1 onion, chopped fine
1 teaspoon tomato paste
1 teaspoon pepper
¼ cup dry sherry
4 cups chicken broth
1 tablespoon soy sauce or tamari
¼ cup cornstarch
½ cup heavy cream
¼ cup minced fresh chives
¼ teaspoon finely grated lemon zest
Salt and pepper, to taste

Adjust oven rack to the middle position and heat the oven to 375°F. Grind shiitake mushrooms in a spice grinder or blender until finely ground. You should have roughly 3 tablespoons. Set them aside.

Bring 4 cups water, thyme, bay leaf, whole garlic clove, ¾ teaspoon salt, and baking soda to a boil in a medium saucepan over high heat. Add rice and return to boil. Cover saucepan, transfer to oven, and bake until rice is tender, 35–50 minutes.

Strain rice through fine-mesh strainer over a 4-cup liquid measuring cup; discard thyme, bay leaf, and garlic.

Add enough water to reserved cooking liquid to measure 3 cups. Melt butter in Dutch oven over high heat.

Add cremini mushrooms, onion, tomato paste, minced garlic, 1 teaspoon pepper, and ¾ teaspoons salt. Cook, stirring occasionally, until vegetables are browned and dark layer develops on the bottom of the pot, about 15 minutes.

Add sherry, deglazing the pan and scraping up the browned bits. Cook until liquid is reduced and pot is almost dry, about 2 minutes.

Add broth, soy sauce, ground shiitake mushrooms, and reserved rice cooking liquid and bring to a boil. Reduce heat to low and simmer, covered, until onions and mushrooms are tender, about 20 minutes.

Whisk cornstarch and ¼ cup water together in a small bowl. Stir cornstarch slurry into soup and return to simmer. Cook until thickened, about 2 minutes. Off heat, stir in cream, chives, lemon zest, and cooked rice. Cover and let stand for 20 minutes. Season with salt and pepper to taste and serve.

Wild Rice and Mushroom Bisque

Wild rice and mushrooms promise an earthy union when married in soup. This rich, complex soup is no different. When the chill of winter gets in your bones, there is nothing nearly as satisfying as warming up the kitchen with a pot of soup from scratch. White mushrooms can be substituted for the cremini mushrooms.

Serves 6-8

ROAST IT WHOLE



Roast It Whole!

Butternut • Pumpkin • Kabocha • Potato • Carrot • Parsnip • Onion

Who knew! If you take a whole squash, root vegetable, or hearty root and just cook it whole, the vegetables skin seals in the juices, it slowly caramelizes, and you have a delicious stock of vegetable "meat," for so many uses.

The craft to roasting whole vegetables lies in paying attention to the main ingredient. Choose a vegetable that has the stem intact and is free of blemishes. Note: I will cook a slightly blemished vegetable and cut that section out after cooking.

Roasted Whole Butternut

Preheat oven to 400°F. Wash squash, keeping stem intact. Pierce squash about five times with paring knife to create vent holes. Place in heavy-bottomed pan, such as cast iron, enameled cast iron, or Pyrex.

Bake at 400°F for 15 minutes, then reduce heat to 350°F for about 1 hour, or till tender to touch, golden, and puffed up.

Remove from oven and let cool for at least 15 minutes.

Cut with care to let steam release. Scoop out seeds (reserve for roasting if you wish). Mash squash and use as desired.

Roasted Whole Cauliflower

Whole roast this simple brassica and enjoy the sweet flavors that develop as cauliflower caramelizes and transforms to its sweet self. Try variations listed in hearty side dishes.

1 head cauliflower (about 2 pounds), washed and de-leaved
1/4 cup olive oil, divided
Salt and pepper

Preheat oven to 425°F.

Cut base of cauliflower so it sits flat. Place in a heavy-bottomed pan, such as cast iron. Rub 2 tablespoons of olive oil and cover with aluminum foil. Bake for 15 minutes and remove foil. Bake an additional 30–40 minutes till cauliflower is fork tender and golden.

Cut into wedges, drizzle with olive oil, salt, and pepper, and enjoy.

Roasted Whole Pumpkin

In the early winter I love to roast a compact sweet pie pumpkin. If I can find a large "maxima" squash I am thrilled and roast a big 10 pounder for a lighter flavor and tender texture of cooked pumpkin puree for so many uses. And it freezes beautifully for later use.

So roast the whole beauty and delight in its vitamin rich flavor! Dig it in a smoothie, a soup, pie, bread or a sweet pumpkin butter!

The craft is in paying attention to the vegetable. Chooses a vegetable with stem intact and free of blemishes. Note: I will cook a slightly blemished vegetable and cut out after cooking.

Rule of thumb / 2 pounds of pumpkin yields 2 cups of puree

Preheat oven to 400°F

Wash pumpkin well, keeping stem intact. Pierce about five times with paring knife to create vent holes.

Place in heavy bottomed round cast iron skillet or enameled cast iron or Pyrex are good.

Bake at 400°F for 15 minutes, then reduce heat to 350°F for about one hour, or till tender to touch, golden and puffed up.

Remove from oven and let cool for at least 15 minutes. Cut with care to let steam release. Scoop out seeds (reserve for roasting). Mash squash and use as desired. You can simply add butter salt and pepper it's gorgeous on its own.

It is best to utilize oven time and roast your chicken or other vegetables at the same time.



Roasted Root Vegetables with Bacon-Shallot Topping

If you want to support more local farmers this time of year, root vegetables are your best bet! While some Winter farmer's markets can be very impressive, you are almost always going to find an array of root vegetables. In fact, after the first frost, vegetables like carrots and parsnips begin to sweeten more.

Serves 6

Roasted Vegetables

1 celery root (14 ounces), peeled, cut into $\frac{3}{4}$ pieces
4 carrots, peeled and cut into 2-inch lengths, halved or quartered lengthwise if necessary to create pieces $\frac{1}{2}$ to 1 inch in diameter
12 ounces parsnips, peeled and sliced 1 inch thick on a bias
5 ounces small shallots, peeled
Salt and pepper, to taste
12 ounces turnips, peeled, halved horizontally, and each half quartered
3 tablespoons coconut oil
2 tablespoons chopped fresh parsley, tarragon, or chives

Bacon-Shallot Topping

4 slices bacon, cut into $\frac{1}{4}$ -inch pieces
1 cup water
2 tablespoons minced shallot
1 tablespoon sherry vinegar
2 tablespoons minced fresh chives

Adjust oven rack to the middle position, place rimmed baking sheet on rack, and heat oven to 425°F

Bring 2 quarts of water to boil in a large pan add celery root, carrots, parsnips, and shallots with 1 teaspoon salt and pepper to taste. Cook for about 12 minutes till just tender. Drain vegetables well. Return vegetables to bowl, add turnips and oil, and toss to coat.

Working quickly, remove baking sheet from oven and carefully transfer vegetables to baking sheet: spread into even layer. Roast for 25 minutes. Using thin metal spatula, stir vegetables, and spread into even layer. Rotate pan and continue to roast until vegetables are golden brown and celery root is tender when pierced with tip of paring knife, 15-25 minutes longer. Transfer to platter and sprinkle with parsley. Serve or set aside while cooking Bacon-Shallot Topping.

In a small skillet place bacon pieces and water, bring to a boil, reduce heat to medium. Water will evaporate, cook bacon till crispy, this should take 8 to 10 minutes. Transfer bacon to paper to drain, reserving bacon fat. Add shallots to bacon fat in skillet and sauté on medium heat for a couple of minutes. Remove from heat and add vinegar. Add shallot mixture to bacon bits along with chives, stir and toss and roasted vegetables.

ROAST IT WHOLE



Roasted Salt-and-Vinegar Potatoes

I have a hard time resisting salt and vinegar chips at the store? Sometimes you can feel hard-wired to crave certain snack foods. Here's a great recipe for a side, especially if salt and vinegar snacks are your Achilles heel.

Serves 4

6 tablespoons olive oil
2 pounds small red potatoes, unpeeled
1¼ cups salt...really!
3 tablespoons malt vinegar
Pepper

Preheat oven to 450°F.

Oil baking sheet and set aside.

Bring 2 quarts of water to boil. Stir in potatoes and salt, cook till potatoes are fork tender, about 25 minutes. When cooked through drain and let dry for 10 minutes.

Transfer potatoes to oiled sheet. Flatten each potato with the underside of a measuring cup until ½ inch thick. Brush potatoes with ½ of vinegar and sprinkle of pepper. Roast potatoes till crispy and browned, 25 to 30 minutes. Brush with remaining vinegar. Serve and enjoy!



Roasted Spaghetti Squash

This squash makes a scrumptious base for any savory topping.

1 spaghetti squash sliced lengthwise, deseeded
1 tablespoon olive oil
Salt and pepper, in taste

Preheat oven to 375°F. In a large baking dish, place squash flat side down. Pour ¼ inch of water in pan. Place in oven and bake for 45 minutes till tender to touch.

Turn squash over. With a fork, pull the flesh of the squash into "pasta." Drizzle with olive oil, salt, and pepper.

VEGETARIAN DINNERS



Vegetable Toppings

mushrooms, peppers, onion, garlic, broccoli, arugula, spinach, leeks

Vegetarian Dishes

Black Bean Veggie Burger

Serves 4

3 tablespoons ground flaxseed
1/3 cup warm water
1 (15 ounce) can black beans, drained and rinsed
1 cup grated carrots
1/3 cup finely chopped fresh parsley or cilantro
2 cloves garlic, minced
1/2 cup sunflower seeds
1 cup gluten-free rolled oats, ground into a flour (food processors work well for this)
1/2 tablespoon extra-virgin olive oil
2 tablespoons soy sauce
1 teaspoon chili powder
1 teaspoon dried oregano
1 teaspoon sea salt
Freshly ground black pepper to taste

Preheat the oven to 350°F. Line a baking sheet with parchment paper. In a small bowl combine the flaxseed with 1/3 cup warm water and set aside for 5–10 minutes, until thickened.

In a large bowl, mash the black beans into a paste, leaving a few beans intact for texture. Stir in the rest of the ingredients and the flaxseed mixture. Adjust the seasonings to taste. Mix well until combined.

With slightly wet hands, shape the dough into 8 patties. Pack the dough tightly to help it hold together during cooking, and place the patties on the prepared baking sheet. Bake the patties for 15 minutes. Gently flip them and bake for another 15–20 minutes, until patties are firm and golden brown.

Cauliflower Pizza (Crust) - *Classic*

This pizza uses cauliflower as the crust, but you can also use broccoli instead of the cauliflower.

1 small head of cauliflower, leaves and stems removed, about 4 cups
1 teaspoon dried basil
1 teaspoon oregano
1 teaspoon parsley
1 teaspoon salt
1 cup shredded cheese (blend is best—mozzarella, Parmesan, Asiago)
3 eggs
Cornmeal
1 cup marinara sauce
1 cup shredded mozzarella cheese
Vegetables for topping: mushrooms, peppers, onion, garlic, broccoli

Heat the oven to 350°F. Mince the cauliflower florets into a fine meal. Put the cauliflower into a large bowl. Add the herbs and salt, then the cheese and eggs.

Spread a tablespoon or so of cornmeal over a pizza stone (or cookie sheet). Place the cauliflower mixture (note—this won't resemble a ball of dough) on the middle of the stone, and use your hands to press it into a circle about 1/4 inch thick. Bake for 20 minutes at 350°F, then an additional 10 minutes at 400°F. Crust will be done when it turns a golden brown.

Remove the crust from the oven. Change the temperature to 450°F. Add the sauce, cheese, and whatever toppings you like. Bake again for about 5 minutes or until the cheese on top is melted.

VEGETARIAN DINNERS

Lovely Lentil Loaf

Try this recipe for a vegetarian version of the popular family comfort food of meatloaf. Serve it with green peas and mashed cauliflower for a healthy spin on the traditional meal.

Serves 4

1½ cups lentils
3½ cups vegetable broth or water
1 onion, diced
1 carrot, peeled and chopped
2 cloves garlic, minced
3 tablespoons olive oil
2 cups precooked rice (great use of leftovers!)
½ teaspoon salt
¼ cup tomato paste, ketchup or barbecue sauce (plus extra for topping)
1 teaspoon Italian seasoning

Preheat oven to 350°F. Grease 9" loaf pan with natural cooking spray or butter. In a large saucepan over low-medium heat, simmer the lentils in vegetable broth or water until cooked, about 30 minutes. Drain thoroughly, then partially mash the lentils. In a small frying pan, sauté the onions, carrots, and garlic in olive oil over medium heat for 3–5 minutes, or until soft.

In a medium mixing bowl, combine the onions, carrots, garlic, and olive oil with the mashed lentils. Add the rice, salt, paste (or ketchup or sauce), and Italian seasoning.

Gently press the mixture into the greased loaf pan. Drizzle a bit of extra paste or sauce on top if desired. Bake for 1 hour. Allow to cool slightly before serving, so the loaf will have time to firm up.

Savory Apple Ginger Stuffed Cabbage

A great vegetarian escape from the ordinary. Particularly at this time of year where you may find hearty cabbage locally, this dish provides a nice, sweet and savory, option for dinner that is also lighter than other seasonal fare.

Serves 6

1 large head green cabbage
¼ cup butter
1 cup onion, minced
1 small clove garlic, minced
1 stalk celery, minced
1 small carrot, minced
¾ cup cashews, soaked overnight and minced
¼ cup sunflower seeds
Salt and pepper, to taste
2 cups (1 pound) ricotta cheese
1 small tart apple, finely chopped
¼ cup raisins
3-4 tablespoons lemon juice
1-2 tablespoons soy sauce
1 tablespoon honey

Preheat oven to 325 degrees

Bring a large pot of lightly salted water to a boil. Core head of cabbage and carefully lower into boiling water. Reduce to simmer and slowly cook for 10 to 15 minutes until leaves are tender enough to roll. Take your 12 best leaves and set aside. Chop the leftover for base of dish.

Meanwhile place butter in a heavy bottomed skillet on medium high heat, add butter, onion, celery, and carrot. Sauté for about 10 minutes till tender. Add nuts, seeds, salt and pepper. Set aside to cool.

In a medium size bowl mix ricotta, apple, raisin, lemon juice, soy sauce, honey and cooled vegetable sauté. Mix well.

Spoon 4 tablespoons of filling onto the base of each cabbage leaf and roll, folding sides at the halfway mark.

In a casserole dish place chopped cabbage, then add cabbage rolls on top. Cover and bake for 30 minutes.

Simple Risotto

Everyone should know how to make risotto from scratch. It is a delicious, gluten-free side that pairs flawlessly with countless meals. Risotto shines when accompanied by roast chicken or grilled salmon. Once you have mastered this risotto, consider broadening the flavor with the addition of mushrooms, peppers, or a dash of saffron.

Use a wooden spoon when stirring the rice in this recipe, as it helps to keep the kernels intact.

Serves 4-6

5 cups vegetable stock
2 tablespoons vegetable oil, butter, or a combination of the two
1 small yellow onion, finely minced
1½ cups Arborio rice
½ cup dry white wine
1 cup freshly grated parmesan cheese

Bring the vegetable stock to a boil in a small pan. Lower the heat and maintain a simmer.

Heat the oil and/or butter in a large, heavy-bottomed saucepan on medium heat.

Sauté the onion, stirring occasionally, for 2–3 minutes, until translucent but not browned. Add the rice and stir for 1 minute, thoroughly coating the rice with the oil. Add the wine to the rice and continue to stir until it has been completely absorbed. Pour the simmering stock over the rice mixture, ½ cup at a time, stirring well after each addition.

Continue to add stock as the rice dries, about every 2 minutes. Cook time for the rice should take roughly 18–20 minutes. Limit the amount of stock and increase the frequency of the additions as you near the end of cooking. Taste every few minutes until the rice is tender, but al dente.

Remove the risotto from the heat. Quickly stir in the last hot ¼ cup of stock and grated parmesan until you have a smooth risotto. Serve immediately.

Stir-fried Tofu & Vegetables

This recipe is not only a god-send on a tight budget, but allows you to utilize fresh vegetables all year round. This particular recipe is made with vegetables found in your common North American market, but if you are feeling inspired try more seasonal, Asian vegetables in their place.

Serves 4

1 pound medium-firm tofu, cut into $\frac{1}{2}$ -inch cubes
3 tablespoons soy sauce
1 teaspoon rice vinegar
 $\frac{1}{4}$ teaspoon ground cumin
2 cloves garlic, minced or pressed
 $\frac{1}{2}$ teaspoon grated fresh ginger or $\frac{1}{4}$ teaspoon ground ginger
3 tablespoons coconut oil
1 large carrot, chopped
2 cups thinly sliced broccoli stems and bite-sized flowerets
1 cup mung bean sprouts
1 cup mushrooms, sliced
 $\frac{1}{2}$ cup thinly sliced green onions, including tops
3 tablespoons minced fresh cilantro

Place tofu in a shallow bowl. In another bowl, mix soy, vinegar, cumin, garlic, and ginger; drizzle over tofu. Set aside while you preparing remaining ingredients for cooking.

Heat oil in a wok or wide frying pan over high heat. Add carrot and stir-fry (cook, stirring constantly) for 1 minute; add broccoli and continue stir-frying for 2 more minutes. Then mix in bean sprouts mushrooms, and green onions. Stir-fry for 30 more seconds, then reduce heat to medium-high. Add tofu mixture and cook, stirring gently, just until tofu is heated through but vegetables are still crisp (1-2 minutes.) Garnish with coriander.

Tofu Almond Balls

Yields 24 small balls

Ingredients

1 cup toasted almonds
1 tablespoon olive oil
2 cups diced onions
3 garlic cloves, minced or pressed
1 teaspoon salt
1 tablespoon nutritional yeast
 $\frac{1}{2}$ teaspoon ground black pepper
16 ounces firm pressed tofu
 $\frac{1}{4}$ cup chopped fresh basil or 2 tablespoons dried basil

Preheat the oven to 400°F. Spread the almonds on an ungreased baking sheet and bake in the oven until fragrant and toasted, about 5-7 minutes. Cool for a few minutes, then grind in a food processor or a blender until finely chopped. Set aside.

In a small saucepan, warm the oil. Add the onions, garlic, salt,

nutritional yeast, and pepper. Cover and cook on low heat for 10-15 minutes, stirring occasionally. When the onions are juicy and very soft, remove them from the heat and set aside.

Mash the tofu in a bowl with a potato masher or fork, or crumble by hand and squeeze it.

Mix in the seasoned onions, ground almonds, and basil. Shape the mixture into balls using $\frac{1}{4}$ cup for each one, and place them on a greased baking sheet.

Bake for 30-40 minutes, until firm and golden brown. To help them hold their shape, cool on the baking sheet for 5 minutes before removing.

About Soy

Soy and the use of tofu are controversial issues these days. While soy has a long history of bringing sustenance to the human race, primarily in Asia, some modern practices of farming and preparation have given soy a bad rap.

We recommend that if you do choose to enjoy soy with your meals, you should look for fermented products like tempeh, soy sauce, and miso. Fermentation deactivates the trypsin inhibitor that is found in soy, which can slow the breakdown of protein. Tempeh is a great meat alternative, and unlike its tofu cousin, tempeh has a distinct texture that is often a terrific substitute for meat. Tempeh is made up of cakes of cooked and fermented soybeans, and it can be found at stores or prepared at home with a little tenacity.

Tofu can also be found in our recipes. While tofu is not a fermented soy product, when it is sourced diligently it is still a great meat substitute. Try to look for organic, non-GMO brands.

It's also important to consider how you are consuming the tofu. Cultures that traditionally prepare and eat tofu on a regular basis are not known to treat it as the main source of sustenance. Instead, they often combine pickled and fresh vegetables, starches, and/or rich broths with tofu and other soy-based products. It is the concentration of soy protein in high protein/low carb diets that seems to cause the most trouble.

If you are looking to include tofu in your diet, or any soy product, remember to use everything in moderation. Greens should be gracing the bulk of your plate at mealtime, and the introduction of soy should be no exception.

DEPENDABLE DINNER



Family Table

Gather round the table to enjoy a good meal.

Dinner time is when the family comes together to share the events of the day and connect. Sundays are a good day to slow down and bring your family or friends together for a slow meal on a cold afternoon. Leftovers from roast turkey, chicken or pork, can provide the protein for meals later in the week.

The recipes aim to give you enough for leftovers for an additional two meals. Depending on the size of your family, you may need to adjust the recipes, especially if you want leftovers.

Favorite Family Meals

Make a list of your favorite dinners here to have it handy when you plan your meals. Add to the list as you find new favorites or "healthify" old ones.

Pot Roast - *Classic*

Pot roast is one of America's classic dishes, but conventional meat is not raised in a way that is sustainable or that respects the animal. We support farming methods that let the animals graze on grass in the fresh open air, and not in industrial feed-lots. When cows eat grass, the meat is higher in Omega 3 fatty acids and in general have less fat. This means that the meat requires a lower cooking temperature so the meat doesn't dry out.

Serves 4-6 with leftovers

1 (3- to 3½ lb) pot roast, boneless chuck roast or shoulder roast
1 tablespoon fat (coconut oil, beef tallow, grass-fed butter, ghee, or lard)
3 large carrots, peeled
2 large parsnips (about 1 pound), peeled
1 ½ pounds fingerling potatoes, sweet potatoes or butternut squash)

Preheat the oven to 250°F. Pat the beef dry and season it with sea salt and pepper on all sides. Heat the oil in a large Dutch oven on medium high heat. When the oil is hot, place the beef in the pan and brown it for about 10 minutes on each side. (Note: Don't move it around, or you'll interrupt the browning.)

Once the meat is fully browned, keep it in the pan. Add one cup liquid (stock, wine or water) and the rosemary and thyme. Cook at 250°F for one hour, then add the vegetables and raise the temperature for an hour. Check the meat after an hour and it is tender, it's done. Otherwise, you can reduce temp to 225°F again and give it another 30-60 minutes.

Roasted Chicken - *Classic*

Small chickens (4 to 6 pounds) are easily roasted without a stuffing. Our philosophy is that you should either roast a large enough bird for two or three meals or roast two birds at a time. Three pounds of chicken, bone in, contains enough protein for one meal for a family of four. By roasting two, four-and-a-half-pound chickens, you can feed a family of four at least three meals.

Serves 4.

1 (4½ pound) roasting chicken (or 2 if you want leftovers)
½ teaspoon sea salt
pepper to taste
1 small onion, whole
3 garlic cloves, whole
2 tablespoons butter
2 teaspoons savory mixed herbs (e.g., thyme, sage, rosemary)

Preheat oven to 425°F. Rinse and pat dry chicken. Sprinkle inside with salt and pepper. Place onion and garlic in the cavity. Place whole chicken breast side up in a shallow roasting pan. Rub with butter and sprinkle with herbs, salt, and pepper.

Place chicken in oven. Allow chicken to brown lightly for 10 minutes. Then reduce heat to 350°F. Baste every 20 minutes.

Roast for 1 hour and 30 minutes, till juices run clear and temp is approximately 165°F. To test, insert a thermometer into a meaty part of the leg (avoiding the bone). When the temperature reaches 165°, pull the bird from the oven. Let rest 10 minutes. (Note, the temperature will continue to rise after you take the bird out of the oven.) If desired, vegetables may be strewn around chicken at start of roasting time. Great choices include halved potatoes and onions, whole carrots, and parsnips.

Roasted Turkey - *Classic*

When you are roasting a turkey there are two "rules of thumb." First, calculate your cooking time by multiplying the number of pounds by 15 minutes per pound. For example, a 15-pound turkey will roast for 225 minutes (15 lbs. x 15 mins), which equals 3 hours and 45 minutes. Second, for each full meal, plan a pound of turkey (with bone in) per person. So a family of four wanting to get three meals from the bird will need a 12+ pound turkey.

1 bone-in turkey, fresh or defrosted
1 onion, whole
3-4 garlic cloves, whole

Position rack in oven to lowest level; preheat oven to 325°F. Rinse bird and pat dry. Place giblets and bird in a large roasting pan. Place onion and garlic cloves in cavity. Cover loosely with foil. Place in oven and roast, basting every 45 minutes. Remove foil for final 45 minutes. To test, insert a thermometer into a meaty part of the leg (avoiding the bone). When the temperature reaches 165°, pull the bird from the oven. Let rest 10-15 minutes. (Note, the temperature will continue to rise after you take the bird out of the oven.) Turkey is done when internal temp reads 170-175°F.

Note: One hour before your bird is done, you may wish to boil potatoes and/or squash for mashing. Or, you can put root vegetables

When done place on carving board. Reserve drippings for a simple gravy (See below). Serve with roasted vegetables and a homemade cranberry or apple sauce.



THE FAMILY DINNER

Simple Gravy

Pan drippings with giblets
½ cup white wine
3 cups chicken stock
2 teaspoon fresh thyme
1 teaspoon fresh sage
½ cup heavy cream (optional)
1 teaspoon salt

Note: This is a simple, reduction-style gravy.

Use ½ cup wine to deglaze the roasting pan with pan drippings. Add chicken stock and herbs (and cream if desired). Bring to a boil until stock reduces by half. Add salt, adjust seasoning, strain, and serve. (To deglaze a pan means adding liquid such as stock or wine to a pan to loosen and dissolve food particles (called fond) that are stuck to the bottom.)

Flank Steak with Garlic-Ginger Sauce

When fresh, sustainable, grass-fed beef is available, it should be celebrated. We find this recipe compliments a rare or medium-rare steak nicely. Do not hesitate to try the garlic-ginger sauce on other favorite proteins as well!

Serves 6

Sauce

1 cup olive oil
8 cloves garlic, finely minced
4 tablespoons fresh ginger root, chopped
1 red bell pepper, minced
5 scallions, sliced from the bottom to two inches up the green stalk
1 cup white wine
½ cup water
Pinch red pepper flakes
½ cup chopped fresh Italian parsley
Salt and fresh pepper, to taste

1 2-pound flank steak
1 tablespoon soy sauce
1 tablespoon sesame oil

Heat the olive oil in a medium-sized skillet over medium heat. Add the garlic, ginger, and bell peppers, and sauté for 10 minutes. Stir in the scallions and sauté for 2 minutes more. Add the wine, water, and red pepper flakes. Simmer uncovered over low heat for 30 minutes. Stir in the parsley, salt, and pepper, to taste.

Preheat the oven's broiler setting. Sprinkle both sides of the steak with soy sauce and sesame oil, rubbing into the meat.

Broil 6 inches from the heat for 5-7 minutes per side, depending on desired doneness. Cut the steak diagonally into thin slices. Overlap 5 or 6 slices on each serving plate and top with several spoonfuls of the sauce. Serve immediately.

Pork Tenderloin with Apples and Onions

This one-pot meal is simple and flavorful. Use a heavy cast iron pan, or a pan that can be used in the oven.

Serves 4-5

1 (3- or 4-pound) pork tenderloin
Salt and pepper, for seasoning
3 tablespoons extra virgin olive oil, divided
1 apple, cut in small chunks
1 large sweet potato, cut in small chunks
1 large onion, thinly sliced
½ cup apple cider or apple juice
2-3 cloves garlic, sliced
1 tablespoon grain mustard or Gray Poupon
½ teaspoon thyme

Preheat oven to 350°F.

Sprinkle the tenderloin with salt and pepper. Place 2 tablespoons olive oil in an oven-ready pan and heat on stovetop on medium until pan is hot. Brown tenderloin in oil on all sides (3-4 minutes per side). Remove from pan and set aside.

Using same pan, sauté onions for 5-8 minutes, until they start to soften. Arrange apple and sweet potato chunks on top of onions in pan. Drizzle with remaining extra virgin olive oil and the cider or apple juice.

Cut slits in the top of the tenderloin and push garlic cloves inside. Place on top of onions and sweet potatoes in the pan. Spread mustard over the top and then sprinkle with thyme. Bake for 45-55 minutes, until internal temperature has reached 155-160°F.



Slow Cooked Chicken

Pull out the slow cooker for this deeply flavored dish. For a savory base, start a pot of brown rice one hour before the chicken is set to be done. Serve chicken with brown rice, winter coleslaw, and greens for a tasty winter meal.

Serves 4

1 onion, minced
4 cloves garlic, minced
3 tablespoons olive oil
1 teaspoon salt
1 cup crushed tomato puree
½ cup tomato paste
1 tablespoon plus 2 teaspoons chili powder
½ cup maple syrup
2 tablespoons Dijon mustard
1 tablespoon apple cider vinegar
1 tablespoon hot sauce
1 teaspoon smoked paprika
4 pounds thighs and leg meat, on the bone

In a medium-sized saucepan, sauté onion and garlic in olive oil with salt for 2–3 minutes. Whisk in tomato puree and tomato paste, chili powder, maple syrup, Dijon, vinegar, hot sauce and paprika.

Place chicken in a slow cooker set on low. Pour sauce over chicken and toss to cover chicken. Cover and cook on low until chicken shreds easily with a fork, about 5–5½ hours.

Remove chicken and let it cool till you can handle it. Remove skin and pull meat with long pulls. Place meat back in sauce in slow cooker. Salt and pepper to taste.

Herb-Crusted Salmon

When wonderful, freshly caught wild salmon is in season, take advantage of it. Salmon has great flavors baked on its own, however it is always fun to have a fancier preparation up your sleeve. This recipe works for other hearty fish such as steelhead trout. Dill or basil can be substituted for the tarragon.

Serves 4

Salt and pepper
4, (6-8 ounce) center-cut, skin-on salmon fillets
2 tablespoons unsalted butter
2 teaspoons minced fresh thyme
¼ cup chopped fresh tarragon
2 tablespoons whole-grain mustard
¼ cup mayonnaise
Lemon wedges

Adjust oven rack to the middle position and heat oven to 325°F. Dissolve 5 tablespoons salt in 2 quarts water in large container. Submerge salmon in brine and let stand at room temperature for 15 minutes. Remove salmon from brine, pat dry with paper towels, and set aside.

While salmon brines, melt butter in 10" skillet over medium

heat. Add 1/8 teaspoon salt and season with pepper to taste: cook, 4-5 minutes. Transfer to bowl and let cool completely. Stir tarragon, mustard, and mayonnaise together in second bowl.

Set wire rack in rimmed baking sheet. Place 12"x8" piece of aluminum foil on wire rack and lightly coat with vegetable oil. Evenly space fillets, skin side down, on foil. Using spoon, spread mayo-tarragon mixture evenly over top of each fillet. Bake until center of thickest part of fillet is still translucent when checked with tip of paring knife and registers 125°F, 18–25 minutes. Transfer salmon to serving platter and let rest for 5 minutes. Serve with lemon wedges.

Red Sauce for Spaghetti

The Italians call tomato sauce with meat a Sunday Gravy. It's the ultimate comfort food.

It's easy to grab a jar of prepared sauce at the grocery and it's great for a quick meal but there is nothing better than a homemade pasta sauce. This version includes meat, but you can easily skip it and go vegetarian. See some alternatives for pasta below as well.

1 pound hamburger or sweet Italian sausages (or hot is good too!)
1/4 cup extra virgin olive oil
1 medium onion, chopped
2 cloves garlic, minced
1 teaspoon dried basil
1 teaspoon oregano
1 cup red wine (or chicken stock)
1 28-ounce can crushed tomatoes
Salt and pepper to taste

Cook the hamburger or sausage in a heavy sauce pan with half the olive oil until brown. Transfer the meat to a platter. Add the remaining olive oil and add the onions, garlic and seasonings. Cook until transparent (about 10 minutes) on medium heat.

Add the seasonings and cook for an additional 5 minutes to infuse the flavors. Add the tomatoes, wine, tomato paste and salt and pepper.

Simmer for at least 20 minutes covered, or ideally for 1-2 hours to let the flavors get happy. Serve with a whole grain, or gluten free pasta or try an alternative.

Pasta Alternatives.

White pasta has little nutritional value, it's really just a vessel for flavor. Try some pasta alternatives such as:

- Spaghetti squash: See page 36
- Soba noodles: These thick noodles made out of buckwheat are loaded with fiber and have a nice flavor.
- Quinoa/Brown Rice: Enjoy your sauce over a big plate of quinoa or brown rice instead of noodles.
- Spiralizer: Spiralizers take your favorite vegetable and make them into homemade noodles. Try zucchini, parsnips, or even butternut squash!

Travel & Snack Pack

Wherever we are, we need to be prepared to face the day by having foods around that are nutritious, fresh, and convenient. Whether it's a day trip to the slopes or traveling with family here are some simple tips to ensure that you eat wisely will save you from the pitfalls of living in our fast food nation. Here are some ideas that might help make this time away from your own kitchen easier.

- If traveling far, pack enough food and beverage for your travel day.
- Start your travel day with a protein-rich breakfast like an omelet with veggies; yogurt and granola. Pack dried nuts and seeds, such as cashews, walnuts, almonds, pumpkin seeds, and sunflowers seeds.
- Pack dried fruit such as apricots, raisins, mango, and papaya.
- Bring a full water bottle. Add lemon juice to keep it fresh.
- Pack firm fruits such as apples and oranges.
- Buy or create individual packages of nut butter.
- Pack pre-cut veggies; like celery and carrots.
- Pack an avocado or two. (You can cut avocados in half and scoop out the meat right out of the skin!)
- Bring home-popped popcorn.
- When eating out, order salad with protein, but watch the dressings as they are loaded with junk. Ask for plain extra virgin olive oil and vinegar.
- Pack a small cooler with yogurt, boiled eggs, string cheese, and vegetables.
- Use HappyCow.com to find healthy restaurants and whole food markets.
- Find the local health food stores and coops in the area you are traveling to. This is also a great place to ask if there are any good healthy eating places nearby.
- If staying in a hotel, utilize refrigeration in your room to store cooler items and health store finds
- Plan ahead!





Snacks & Treats

Think of snacks as carry over meals and not as "treats" that are sweet and sugary.

If you eat a "treat" every day such as a cookie with even just 12 grams of sugar that adds up to 4,380 grams of added sugar per year!! Instead of eating packaged treats between meals, try eating leftover vegetables, nuts, fruit or some yogurt.

For some fun treats for parties or entertaining, aim for higher protein and gluten free flours such as almond flour, quinoa flower, or try these recipes using black beans or chick peas. These treats are both sweet and savory and a healthy choice for entertaining.



Black Bean Brownies

These brownies have been a favorite for years among children and parents alike. The black beans add extra protein and fiber, without affecting the wonderful rich chocolate flavor.

Serves 12

4 cups cooked black beans
6 eggs
2 tablespoons sunflower oil
1 cup maple syrup
 $\frac{1}{2}$ cup cocoa powder
1 teaspoon salt
1 tablespoon vanilla extract
1 cup chocolate chips

Preheat oven to 325°F.

Grease 9" X 13" pan.

Puree beans in a food processor until smooth (you may need to do so in batches).

Add remaining ingredients, except the chocolate chips, and blend until smooth. If you are working in batches, be sure to give the whole batter a good mix in a mixing bowl so ingredients are evenly dispersed.

Pour batter into greased pan, and sprinkle with chocolate chips.

Bake for 30–40 minutes, or until the center is firm but spongy.

Fruit & Nut Bon Bons

5 whole dates pitted
1/2 cup of raisins (or blend of dried fruit, such as apricots)
1/4 cup raw hulled pumpkin seeds (or sunflower)
1/4 cup raw walnuts, (or pecan)
1/2 cup dried unsweetened coconut

Chop all ingredients, except coconut, finely and blend ingredients to form a sticky ball. Measure in 1 tablespoon increments and form ball and roll in dried coconut. Let sit for 30 minutes. Store in refrigerator. Keeps 2-3 weeks in fridge.



Ginger Cookies

2 1/2 cups blanched almond flour
1 teaspoon arrowroot powder
1/2 teaspoon celtic sea salt
1 teaspoon baking soda
1 tablespoon ground ginger
1 tablespoon fresh grated ginger
1/2 cup coconut oil
1/4 cup molasses
1/2 cup honey or maple syrup
1 teaspoon lemon zest

In a large bowl, combine almond flour, arrowroot salt, baking soda and ginger. In a medium bowl, combine coconut oil, molasses agave and lemon zest. Mix the wet ingredients into the dry.

Scoop one tablespoon of dough at a time onto a parchment paper lined baking sheet. Bake at 350° for 7-10 minutes, until tops start to crack. Cool and serve.

Raw Chocolate Pudding

This dairy-free delight is creamy and so satisfying. A real crowd pleaser.

2 cups raw cashews, soaked overnight, drained
1 cup water
1/4 cup agave or maple syrup
1 tablespoon coconut oil
1 1/2 teaspoon vanilla extract
1/3 cup raw cacao or cocoa powder

Place cashews, water, sweetener, oil and extract in blender or Vitamix. Blend till creamy, about two minutes. Add cocoa and pulse till fully incorporated. Pour into serving bowl and chill for at least two hours.

Simple Applesauce

A delicious basic recipe that can be used in Apple Cinnamon Baked Oatmeal or for a light dessert. This is a chunky sauce, so puree when cooled if desired. If a sweeter applesauce is desired, add 1 tablespoon maple syrup and $\frac{1}{4}$ teaspoon ground cinnamon.

Serves 6

6 apples (a variety is best), peeled and cut in 2" chunks
½ cup water or cider

Place prepared apple in heavy-bottomed saucepan along with liquid. Cover with tight lid and bring to a boil. When it has reached a boil, reduce to low and simmer for 10 minutes. Stir occasionally to ensure sauce does not stick.

Strawberry Delight

A touch of sunshine, this naturally sweetened dessert is the perfect vegetarian treat.

Serves 4

1 (10.5 ounce) package of soft tofu, drained
3 tablespoons honey
2 ½ cups frozen strawberries, partially thawed

In a blender or food processor, combine the tofu and honey. Blend until smooth and creamy. Add the thawed strawberries in $\frac{1}{2}$ cup increments. Allow some berries to remain chunky for texture.

Pour into stemmed glasses. Chill and serve.



Winter Fruit Compotes

These compotes are a wonderful sweet treat to be paired with fresh fruit, yogurt, oatmeal, or buckwheat crepes. Fresh peaches, pears, and other soft fruits complement these compotes delightfully.

Each recipe serves 2 generous servings

Winter Berry Compote

This is the simplest, and most naturally sweetened compote.

3 cups mixed frozen Italian cherries, raspberries, blueberries, and strawberries
2 tablespoons water

Place frozen berries in a small, heavy-bottomed saucepan with a lid. Add water and let simmer on low heat until soft. Pour into a small bowl and embrace the flavors of summer.

Winter Pear Compote

3 cups dried pears
½ cup maple syrup
¾ cup water
Dash of salt

Place the pears, syrup, and water in a heavy-bottomed saucepan. Simmer, uncovered, over very low heat until soft. Add salt. Puree in a blender until smooth. Cool completely.

Apricot Compote

3 cups dried apricots
½ cup honey
¾ cup water
Dash of salt

Place the apricots and honey in water in a heavy-bottomed saucepan. Simmer, uncovered, over very low heat until soft. Add salt. Puree in a blender until smooth. Cool completely.

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