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## 30-Day Jump Start Recipe Guide Tips:

In this guide you will find a fantastic selection of delicious, nutritious and easy-to-prepare recipes. Be adventurous and try a few of them; you never know which one may become your new favorite!

### Helpful Tips:

Use your menu planner and look ahead at the week, filling in which recipes from this guide you'd like to prepare as well as any of your own.

Make sure to read through all recipes before making your shopping list, there are many ingredient "options" that you may already have on hand or want to substitute.

Prepare your shopping list for 2-3 days in advance and get all the shopping done.

It's a great idea to prepare larger batches of things like oatmeal, brown rice and quinoa ahead of time. You can store it in the fridge for up to 3 days and this is a huge time saver. Tip: *Cook brown rice and quinoa in vegetable broth/stock for added flavor!*

Wash and prepare any vegetables/fruits ahead of time and store in airtight containers or bags in fridge.

Double up and make some of the "dressings" in advance. Store in a mason jar or glass container in the fridge.

Double up recipes so you can heat them up for lunch or dinner the next day.

If you don't have a lemon squeezer/press, it's an inexpensive addition to your utensils, and it's another time-saver.

Get creative with recipes and add or omit any ingredients that don't "work" for you. Ex: Cilantro doesn't work for everybody. You can also add any ingredients that you love.

Have fun and be bold! Get the family involved in the shopping and preparation.

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Switch up the recipes to suit your own taste.

Take the time to set the table and make the meal an event to enjoy; not only good food, but also quality time together.

## Breakfast

### Oatmeal Breakfast Bowl

Serves: 2

Ingredients:

- 1 cup steel-cut oats cooked according to package directions. (*Tip: You can cook ahead of time and double or triple up the batch for a quick breakfast bowl during the week.*)
- Sprinkle of nuts or seeds (about 1 tablespoon) - pumpkin, sunflower, almonds, chia, walnuts (any nuts/seeds you like or have on hand)
- 1/2 cup berries
- 1/8 to 1/4 cup warmed, unsweetened almond, coconut or organic milk for each bowl (optional)
- Stevia or a little honey or agave to taste
- Dash of cinnamon (optional)

To Prepare:

- Combine all ingredients in a bowl and serve warm.
- Pour on extra “milk” if adding
- Top with berries, sprinkle of Stevia/honey/agave and dash of cinnamon.

### Mushroom & Asparagus Frittata

Serves: 2

Ingredients:

- 6 egg whites, lightly beaten in bowl
- 1 cup sliced fresh mushrooms
- 1 cup asparagus spears, sliced diagonally into 2 inch pieces
- 1 green onion, white and green parts chopped fine

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- Olive oil spray or one tablespoon olive oil
- Sea salt & fresh ground pepper to taste
- 2-3 tablespoons chopped fresh basil (use 1-2 tablespoons dried if you don't have fresh)
- Fresh melon, seasonal fruit slices or sliced tomatoes (optional for side garnish.)

To Prepare:

Preheat oven to 350 degrees

- In a non-stick oven-proof skillet, heat oil and sauté mushrooms and asparagus until asparagus starts getting crisp (about 3-4 minutes.)
- Add in green onion and continue to sauté another minute.
- Salt and pepper lightly then pour in the egg whites.
- Sprinkle the basil on top.
- Place the skillet into oven and bake for about 5 minutes until center of frittata is “set” and the edges easily pull away from the skillet.
- Remove skillet and slide frittata onto plate or cutting board.
- Let cool for a few minutes then slice into wedges.
- Serve with sliced fruit or tomatoes on the side.

## Porridge Parfait

Serves: One

Ingredients:

- 1/2 cup cooked quinoa/brown-rice/oatmeal
- 1/4 teaspoon cinnamon
- 1/4 to 1/2 cup chopped strawberries or bananas OR mixture of both
- 1/2 cup low sugar plain organic Greek yogurt
- Drizzle of honey/agave
- 1 tablespoon chopped walnuts, almonds, etc.

To Prepare:

- Fill bottom of bowl with quinoa.
- Sprinkle with cinnamon and a drizzle of honey/agave
- Add layer of yogurt
- Add layer berries/banana
- Sprinkle with nuts

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- Add another little drizzle of honey/agave

## Organic Egg-Veggie Scramble

Serves: 1

Ingredients:

- 2 organic, cage free eggs or egg whites
- 1 tablespoon olive oil
- 2 tablespoons onion, chopped
- 1/4 cup mushrooms, sliced
- 1/4 to 1/2 cup spinach
- 1-2 tablespoons fresh chopped or dried chives
- Sea salt & pepper to taste

Directions:

- In a bowl, whisk eggs for 15 seconds (don't over-beat)
- Heat oil over medium heat.
- Add onions, cook for several minutes, making sure not to burn.
- Add mushrooms and spinach and cook for another minute.
- Stir in eggs and continue to stir in pan, scrambling all ingredients together until desired doneness.
- Add a little more olive oil during cooking if needed.
- Salt & pepper to taste and sprinkle on chives.



*Note: Get creative and use fresh veggie ingredients on hand.*

## Easy Tofu/Seitan Scramble

Serves: 2

Make this your own by adding any veggies you like. This is a basic go-to recipe.

Ingredients:

- 1 block tofu, drained and pressed **OR** 1 cup seitan strips, chopped into bite-size pieces
- 1/2 small onion, diced
- 1 clove minced garlic or 1/2 teaspoon of garlic powder

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- 1/2 green, red or yellow bell pepper, diced
- 2 tablespoons olive oil
- 1 tablespoon soy sauce (optional-go for organic, gluten-free, low-sodium options like Tamari)
- 2 teaspoons nutritional yeast (optional)
- 1/2 teaspoon turmeric (optional)
- sea salt and pepper to taste
- 2 whole wheat, whole grain or gluten-free tortillas
- 2 tablespoons salsa - go for natural, no added sugar (optional, for topping tortilla)
- 2 tablespoons shredded dairy or vegan cheese (optional, for topping tortilla)

To Prepare:

*If using tofu:* Slice the tofu into one-inch cubes. Using either your hands or a fork, crumble it slightly.

Directions:

- Heat oil and sauté onion, pepper and crumbled tofu or seitan for 3-5 minutes, stirring often.
- Add remaining ingredients, reduce heat to medium and allow to cook 4-7 more minutes, stirring frequently and add more oil if needed.
- Season with salt and pepper to taste.
- Divide the mixture and wrap in warmed tortilla.
- Top with salsa and cheese if adding.

## Quick and Easy Huevos Rancheros

Serves: 2

Ingredients:

- 2-4 organic eggs or egg whites
- Olive oil spray (or 1 tablespoon olive oil)
- Two cups whole grain or rice tortilla chips (about 8 chips for each serving)
- 1/4 to 1/2 cup shredded Mexican cheese or vegan cheese
- 2 tablespoons sour cream (optional)
- 2 tablespoons fresh, natural salsa (no sugar added)
- Hot sauce (red or green - optional)
- 1-2 tablespoons chopped cilantro (optional)

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To Prepare:

- Spray skillet with olive oil spray or coat with olive oil.
- Cook eggs to desired doneness (over-easy, sunny-side up, etc.)
- Sprinkle cheese evenly on both eggs and add pan cover to let cheese melt for a minute or so, lower heat a bit.

Meanwhile, divide the chips onto 2 plates

- Divide eggs on top of chips.
- Top with salsa and sour cream, if using.
- Sprinkle a little hot sauce and/or cilantro if desired.

## **Smoothie!**

(Choose a smoothie from the Smoothie Guide or create your own!)

## ***Quick “out the door” breakfast options***

- One piece of whole grain/sprouted grain toast with nut butter or hummus.
- One piece of whole grain/sprouted grain toast with 1/2 mashed avocado and sprinkle of chia/sesame seeds.
- Organic brown rice cake with nut butter.
- Low sugar Greek yogurt with berries and nuts/seeds mixed in.
- Banana with smear of nut butter.
- Whole grain/sprouted grain bread with one scrambled egg or sliced hard boiled egg on top, side fresh greens with drizzle of olive oil/vinegar.

# LUNCH

## Super Salad

Makes 2 servings

Salads, and what you dress them with, are full of wonderful, nutritional ingredients that are vital to a healthy body. This recipe is a *guide*, but think about using up the odds and ends in the fridge.

If you don't have exactly what's on the list, improvise! You could add some tuna, grilled chicken or beans for a protein punch.



### Ingredients:

- 4-6 cups fresh salad greens like butter lettuce, red-leaf lettuce, spinach or romaine, mix it up!
- 1 small to medium handful of arugula or kale
- 1/2 avocado, peeled and diced (or use the whole avocado if you like!)
- 1/2 (or more) tomato, diced OR hand full chopped cherry tomatoes
- 1/2 medium cucumber, chopped into bite-size pieces
- 4 dandelion greens (optional)
- handful of shredded red/green cabbage (about 1/2 cup)
- 1/2 carrot, chopped or grated
- 3-4 chopped fresh basil sprigs
- 4-5 chopped fresh cilantro sprigs
- 1 teaspoon hemp seeds (optional)
- 2 tablespoons toasted sunflower seeds or almonds (spread on a baking sheet and roast at 300 for just a few minutes, they toast fast so keep an eye on them!) OR add them in raw.

### To Prepare:

Get a big salad bowl with lots of room. Add the lettuce, arugula, kale, avocado, tomato, and cucumber and whatever other veggies you're playing with. Top with the dandelion greens, carrot shavings, and herbs. Sprinkle with the seeds and nuts. Lightly salt & pepper if you like.

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Drizzle the dressing (ideas below) directly onto the salad and toss. And voila! Your super salad is ready for you.

### **Dressing Ideas:**

Apple Cider Vinaigrette:

- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon dijon mustard
- Whisk all together in a bowl until creamy.

**OR:**

Oil/Citrus Dressing

- 2 1/2 tablespoons infused olive oil (basil, etc.) OR extra-virgin olive oil
- 1 1/2 tablespoons balsamic vinegar
- Juice of 1/2 lemon
- Juice of 1/2 orange (or a little more lemon if you don't have orange)
- 1/2 teaspoon grated vegan parmesan cheese (optional)
- whisk together until creamy.

**OR:**

Avocado dressing

- 1 large ripe avocado
- 1 garlic clove
- 1/4 teaspoon hot pepper flakes
- 2 tablespoon lime juice
- 2 teaspoon olive oil
- 1/2 cup water

Place all the ingredients in a blender and process until smooth. Adjust the amount of liquid to obtain nice creamy dressing. Enjoy!

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## Veggie Bowl With or Without Chicken

Serves 2-4 (depending on if being served as a main or side dish)

### Ingredients:

- One cup quinoa or brown rice, cooked according to package directions (*Tip: cook in vegetable broth instead of water for fuller flavor.*)
- 1 1/2 cups broccoli florets, chopped
- 1 1/2 cups cauliflower, chopped
- 1 cup carrots, peeled and diced
- 1 cup spinach, coarsely chopped
- 1 red pepper, chopped (you can use yellow or orange peppers as well, or a mixture)
- 1/4 to 1/2 cup fresh parsley, finely chopped (optional but so healthy)
- 1/4 to 1/2 cup sunflower seeds, pumpkin seeds or a mixture
- Juice of 1/2 lemon
- Sea salt and pepper to taste
- Drizzle of olive oil
- Dash cayenne (optional-if you like a little kick!)
- 1/2 to 1 pound cooked, diced organic chicken breast (optional, if you want the extra protein.)

### To Prepare:

- Steam broccoli, carrots, and cauliflower for 5-7 minutes, (depending on your desired tenderness) adding in peppers for the last 2-3 minutes.
- In a large mixing bowl, toss together cooked quinoa or brown rice, steamed vegetables, spinach, red pepper, and parsley.
- Add the raw seeds and drizzle with lemon juice, oil and salt & pepper to taste.
- Serve warm or room temperature

## Curried Tuna or \*Mock Tuna Muffins

Serves 4-6

### Ingredients:

- Three (6 oz.) cans chunk white albacore (dolphin free) tuna OR if looking to make vegetarian you can use one (16 oz.) can of chick peas/garbanzo beans, drained and mashed with a fork or masher
- 6 oz. shredded Swiss cheese or vegan cheese
- 12 slices whole wheat or multi-grain bread, crusts cut off
- 2-3 tablespoons olive oil OR organic butter, room temperature
- 2-3 tablespoons mayonnaise or vegan mayo
- 1 1/2 teaspoon curry powder (a little more or less depending on taste)
- 2 tablespoons dried cranberries or raisins
- Non-stick olive oil cooking spray
- Sea salt & pepper to taste



### To Prepare:

- Preheat oven to 375 degrees. Coat muffin tray (for 12 muffins) with olive oil cooking spray.
- Drizzle or lightly brush one side of bread with olive oil or a little butter and press oil/buttered side up into muffin cups.
- In a bowl combine tuna or mashed chickpeas, 1 tablespoon olive oil, mayo, cheese, curry powder, cranberries or raisins, and salt & pepper to taste. Mix well. (Add more mayo/curry etc. to taste.)
- Divide mixture into each bread-lined muffin cup.
- Top with shredded cheese.
- Bake for 15 minutes or until filling is bubbly hot and top browning.

*Idea: Serve with a green salad and chopped apple on the side.*

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## **Greens & Berry Salad with Grilled Salmon**

Serves: 2

Fish:

- 8-10 oz. of salmon or other wild fish, divided into two pieces
- 1 tablespoon olive oil
- Sea salt & pepper to taste
- Juice of 1/2 lemon

To Prepare Fish:

- Salt & pepper fish
- Lightly drizzle olive oil over fish
- Squeeze half the lemon over fish
- Grill or broil for 3-4 minutes on each side (until done to your preference.)
- Remove and squeeze remaining lemon over fish

Salad:

- 4 cups spring, spinach or red leaf mixed greens
- 1 cup garbanzo beans, drained and rinsed
- 1 pear or apple, cored and chopped very fine
- 1/2 cup strawberries or blueberries (or mixed!)
- 1 tablespoons balsamic or raw apple cider vinegar
- 2 tablespoons olive oil
- Sprinkle of sliced almonds (or other nuts, optional)

Complete dish:

- Add beans and fruit into greens and toss lightly.
- In separate small bowl whisk together vinegar and olive oil. (Double recipe if you'd like more dressing to drizzle on.)
- Add fish on top of salad and drizzle with dressing
- Sprinkle on nuts
- Adjust salt and pepper to taste

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## Sweet and Sexy Kale Salad

Serves: 2

Ingredients:

- 4-6 cups washed and dried finely chopped Kale
- 1 cup cherry tomatoes, (go for mix of red and yellow for extra flavor) sliced in half
- 1/2 cup feta cheese
- 1/4 cup dried cranberries
- 1 green or red apple cut into small strips
- 1/4 cup walnuts, broken into pieces
- Sea salt and pepper to taste

Dressing:

Apple Cider Vinaigrette:

- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon dijon mustard
- Whisk all together in a bowl until creamy.

Mix all together in a roomy salad bowl and toss with dressing.

## Veggie Burger with Apple Cider Vinaigrette

Serves: One

This warm veggie sandwich is great for a quick lunch or a snack.

*Tip: Keep a stash of veggie burgers in the freezer so you can whip one up anytime.*

Ingredients:

- 2 slices sprouted grain or whole grain bread
- 1-2 tablespoons olive oil
- One frozen veggie patty/burger (check labels to find a brand that's right for you like Amy's Kitchen or Dr. Praeger's)



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- 2-3 avocado slices
- Sliced mushrooms (about 2 tablespoons)
- Several pieces spinach or salad greens
- Sliced cheese or vegan cheese (optional)

Dressing:

- 1 tablespoon apple cider vinegar
- 1 tablespoon dijon mustard
- 2 tablespoons olive oil
- *Whisk all together in a small bowl until creamy*

Preparation:

- Toast bread.
- Heat oil in skillet and cook patty.
- Moisten toast with a little olive oil then drizzle on dressing.
- Add patty and start building your sandwich with veggies (avocado, lettuce, mushrooms)
- Drizzle on the rest of dressing.
- If adding cheese, leave off top half of bread and melt cheese under broiler or in toaster oven.
- Add a pinch of salt and pepper and top with remaining bread slice.
- Serve with some fresh cut seasonal veggies on the side.

## Sides And Vegetarian Options

### Roasted Zucchini and Cherry Tomatoes

Serves 4

Ingredients:

- 2 yellow zucchini (cut into bite size pieces)
- 2 green zucchini (cut into bite size pieces)
- 1 pint cherry tomatoes
- 1/4 cup chopped basil (optional)
- 1-2 tablespoons chopped rosemary (fresh or dried)
- 2 tablespoons olive oil
- Sea salt & pepper to taste



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To Prepare:

- Preheat oven to 350 degrees.
- In a large bowl combine chopped zucchini, cherry tomatoes, olive oil, rosemary, salt & pepper, toss to coat all.
- Spread veggies out on large baking sheet and roast for about 10-15 minutes, or until tomatoes start to burst.
- Drizzle a little olive oil on veggies while baking, if needed.
- Transfer to serving bowl and garnish with chopped basil.
- Salt and pepper to taste.
- Serve warm or delicious at room temperature.

## **Sautéed Swiss Chard**

Serves 2-4

Ingredients:

- 1 tablespoon organic butter
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 dash crushed red pepper (more or less depending on taste)
- 2 full bunches Swiss Chard. (Washed, dried, trim off stems and cut into 1/2 inch pieces.)
- Juice of 1/2 lemon (optional)
- Sea salt to taste

To Prepare:

- Heat large skillet pan over medium to low heat, add butter and oil and melt.
- When butter/oil is melted add garlic and cook 1-2 minutes, stirring gently and making sure not to burn.
- Add Swiss Chard leaves and stir to coat.
- Continue cooking for 8-10 minutes, stirring occasionally to coat.
- Season with sea salt to taste.

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## Edamame & Corn Succotash

Serves: 4

This is great as a side dish or on top of fresh greens for a yummy salad. Serve warm or at room temperature.

Ingredients:

- 1 10 oz bag frozen organic corn\*
- 1 10 oz bag frozen organic edamame (or lima beans if you prefer)
- 1 small/medium whole chopped red pepper (seeds and membrane removed.)
- 1-2 tablespoons honey (depending on how sweet you like it)
- 1 pat organic butter (optional)
- Sea salt and pepper to taste



\*If fresh seasonal organic corn is available, cook 3 ears in boiling water for 5-10 minutes (really fresh corn doesn't take long) let cool and scrap it right off in to the mixture. Sweet and delicious!

To Prepare:

- Cook corn and edamame in separate pans according to package directions.
- Halfway through cooking the lima beans/edamame, add the red pepper to the water and continue cooking until done.
- Drain all and add together to medium to large size bowl.
- Stir in honey and add pat of butter.
- Mix together well and salt and pepper to taste.

*Note: This is great at room temperature and tossed into salads the next day.*

## Cauliflower Mashed With \*Roasted Garlic

This is a simple, delicious and healthy alternative to mashed potatoes and comes in at about 1/4th the calories. It also has more vitamins and minerals and we all know how good garlic is for us. \*(You can always whip this up without the garlic, still delicious, healthy and quick!)

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Ingredients:  
(serves 2-4)

- 1 large head cauliflower, cut into florets
- 1-2 tablespoons organic butter
- 1/4 to 1/2 cup organic whole milk OR if you don't do dairy, try coconut or almond milk
- one head of garlic (*if making with roasted garlic*)
- drizzle olive oil
- fresh chopped chives (optional)
- sea salt and pepper to taste

Instructions:

***\*(If adding garlic - if not, skip ahead to: "To Prepare" section.***

- Preheat oven to 400 degrees F.
- Peel away the outer layers of the garlic bulb, then cut off the very top of the head of garlic to expose the individual garlic cloves.
- Place in aluminum foil and drizzle with olive oil. Seal the foil around the garlic. Bake for 25-30 minutes (until the cloves are soft)
- Allow garlic to cool, then squeeze the roasted garlic cloves out of the skin and set aside (or you can squeeze right into the pot when you blend it all together.)

To Prepare:

- Place about 3 inches of water into a large pot and bring to boil.
- Place a steamer insert and then cauliflower florets into the pot and cover. (If you don't have a steamer, just plop the cauliflower right into the water, but steamed retains more of the nutrients and flavor).
- Steam for 12-16 minutes, until completely tender and soft, you want to be able to easily blend.
- Drain and return to pot.
- Add roasted garlic, (if adding) butter, and salt to the cauliflower.
- Slowly pour in a little of the milk as you are mixing, using a blender, immersion blender or food processor, combine ingredients until smooth.
- Top with chives (optional) and freshly ground pepper and extra salt to taste.

## White Bean And Escarole Salad

Serves: 4 as side dish - 2 as a main course

### Ingredients:

- 1 head escarole, (two if they are on the small side) washed and chopped/torn into medium size pieces
- 1-2 cloves garlic, chopped (depending on how much you like garlic!)
- 1 can organic Cannellini beans or white kidney beans (undrained)
- Pinch red pepper flakes (optional, if you don't like spicy)
- Sea salt & pepper to taste
- 2-4 tablespoons olive oil
- 1/4 cup chopped parsley (optional)



### To Prepare:

- Heat 1 to 2 tablespoons of the oil in wok or pan and add escarole, turning in pan, coating with the oil.
- Add salt, pepper and red pepper flakes, turning in pan to coat with oil and spices.
- Leaves will begin to wilt. If you're adding parsley add it about half-way through cooking.
- Stir occasionally and cook for about 10-15 minutes or until escarole is tender.
- Meanwhile, in another pan heat 1-2 tablespoons of oil then add chopped garlic.
- Cook for several minutes then add entire can of beans (including juices) and simmer for about 10-15 minutes.
- Add cooked escarole to white bean mixture, stirring together gently and adjust seasonings.
- Continue to heat a few more minutes while blending mixture and beans absorb seasonings.

## Veggie Quinoa

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4 servings (Note: double up the recipe for more servings during the week!)

#### Ingredients:

- 1 cup quinoa, cooked according to package directions (*try cooking with vegetable broth/stock instead of water for added flavor.*)
- 1 red onion, chopped
- 2-3 tablespoons olive oil
- 1 red or yellow pepper chopped, or a combo of both
- 1 small carrot, chopped
- 2 cup broccoli florets
- 2 garlic cloves, minced
- 2-3 tablespoons fresh basil (or 1-2 tablespoon dried basil)
- Sea salt & ground pepper to taste
- Juice of 1/2 lemon (optional, for a zesty kick)



#### Directions:

- In a large sauté pan, heat olive oil over medium heat.
- Add onions and sauté 2 minutes. (Make sure not to “burn” onions.)
- Add in garlic and sauté 2 more minutes.
- Add veggies and sauté another 3-5 minutes or until desired tenderness.
- Add basil (reserving one tablespoon for garnish) for another minute or so.
- In large bowl combine veggie mixture to cooked quinoa, toss gently
- Salt and pepper to taste.
- Add in a few splashes of vegetable broth or water if you want more moisture.
- Squeeze on lemon juice for a zesty, refreshing burst.
- Sprinkle on remaining chopped basil.

## Dinner

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## Chicken Breasts With Tomato, Basil & Arugula/Spinach

This easy, healthy recipe for boneless chicken breasts with fresh tomatoes, basil and arugula and/or spinach will become one of your favorite dishes for friends and family!

Serves 4

Ingredients:

- 4 organic, skinless, boneless chicken breasts (about 1.5 to 2 pounds)
- 1/4-1/2 cup thinly sliced packed fresh basil leaves
- 1 pound ripe tomatoes (plum, beefsteak, whatever looks fresh and preferably local) diced into 1/2 inch cubes.
- 4-6 cups baby arugula or spinach (or a combination of both-washed and air or spun dried)
- 5-6 tablespoons extra-virgin olive oil
- 2 1/2 tablespoons balsamic vinegar
- 1-2 cloves garlic, finely chopped
- Sea salt and freshly ground black pepper to taste



To Prepare:

- Wash and pat dry chicken breasts and season with salt and pepper.
- Heat 2 tablespoons of the oil in large skillet over medium-high heat until just shimmering.
- Cook chicken on one side for 8-10 minutes (depending on how thick breasts are) until golden-brown then flip and continue to cook on other side another 8-10 minutes, scraping together any brown bits. (Add a little extra olive oil if needed and cook a few minutes longer if needed at a medium heat—always check to make sure chicken is cooked thoroughly!)

As the chicken is cooking:

- In a medium size bowl, combine and toss together tomatoes, basil, garlic, vinegar, 3 tablespoons of oil and about 1/4 teaspoon salt and pepper (to taste).

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- Let the chicken cool a few minutes then slice into 2 inch strips (or you can serve the breasts whole, whatever you fancy!)
- On a large platter make a bed with the arugula or spinach mixture.
- Arrange the chicken on top and spoon on the tomato mixture and drizzle the juice over all.

## “Creamy” Spinach Soup

You won't believe how creamy this vegan soup is. It is so healthy, delicious and “creamy” without the cream! Full of fresh spinach, zucchini, and cauliflower, it's sure to become one of your favorites and it's so easy to make.

Serves: 8

Ingredients:

- 1-2 tablespoons olive oil
- 1 large onion, diced
- 3 cloves garlic, sliced thin
- 3 zucchini, quartered and cut into 1/2 inch pieces
- 1 large potato, diced
- 1 head cauliflower, washed and chopped or broken into pieces
- 3-4 cups tightly packed spinach (washed, dried, stems removed)
- 8 cups low-sodium organic vegetable broth
- Sea salt and pepper to taste



To Prepare:

- Add olive oil to pre-heated soup pot.
- Add onion and cook over medium heat for 5-10 minutes until translucent (Don't let it brown.)
- Add sliced garlic and continue to cook for another 5 minutes.
- Add zucchini and continue cooking another 5 minutes or so, stirring to mix.
- Add vegetable broth, potatoes and cauliflower and bring to boil and simmer for about 30 minutes. (Until potato and cauliflower pieces are completely cooked and soft to touch.)
- Add spinach leaves, stirring in and cook another 3-5 minutes.

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To Complete:

- Transfer broth mixture to a blender, immersion blender or food processor. Puree all of the ingredients together. (I like to use my immersion blender so I keep all the action right in the soup pot.)
- Return mixture to pot if using blender/food processor, and adjust seasoning, adding salt and pepper as desired.

*(This soup heats up well so you can enjoy it for a few days!)*

## **Asian Stir-Fry with Zucchini Noodles**

Serves: 4

Ingredients: *(note: you can omit the chicken and add in another cup of veggies for vegetarian/vegan option)*

- 1 1/2 pounds organic chicken breasts cut into bite-size pieces
- 2-4 tablespoons olive oil
- 3 cloves chopped garlic
- 1 red onion, chopped
- 3-4 cups chopped broccoli, carrots, cauliflower, red pepper, and/or mushrooms (get creative here and add veggies that you like or have on hand. Think about adding green beans, snow peas, chopped bok choy, etc.)
- 3 tablespoons grated fresh ginger
- One small can well-drained water chestnuts (optional)
- 1/4-1/2 cup Tamari organic low-sodium soy sauce (you can use another brand, but this one is so tasty)
- 1-2 tablespoon organic brown sugar (optional, but really adds a nice “sweet” and sour taste and per serving still keeps it very low in sugar)
- Juice of 1/2 lemon (optional)
- 3 medium to large zucchini (for “noodles”)
- 1 finely sliced green onion top for garnish

*Note: for gluten free option, use Bragg’s liquid aminos or use a gluten free soy sauce*

To Prepare:

- In medium bowl add chicken and 2 tablespoons grated ginger and stir to coat with 2-4 tablespoons of the soy sauce. Set aside.

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- In large skillet, heat about 2 tablespoons of the olive oil until just shimmering.
- Add garlic and red onion and cook 3-5 minutes, making sure it doesn't burn.
- Add mixed veggies and cook over medium heat another 5 minutes, stirring occasionally and adding a little more oil if needed and a few splashes of soy sauce. (Make sure to not "burn" or brown the veggies, you want them to stay a little crisp.)
- Push the veggies around to the outer edges of the pan and add chicken to the middle.
- Let chicken sit and cook in the middle for 3-5 minutes.
- Begin to move and mix the chicken and veggies together, adding in a few more splashes of soy sauce. Add in a little more oil if needed.
- Continue cooking another 5-7 minutes (or until chicken is cooked through) stirring gently.
- Add in the remaining ginger and sprinkle in the sugar (if adding) and stir it all up.
- Squeeze the lemon over all ingredients if you like.
- Add sea salt and pepper to taste. (TIP: Be aware that the soy sauce can be salty, so taste before adding the salt.)

For Zucchini Noodles:

- Using a mandoline slicer with a julienne blade.
- Slice zucchini lengthwise into "noodles." OR use a knife to cut it lengthwise into thin noodle like strips.
- Steam or sauté until tender, about 3-5 minutes.
- Drain gently.
- These noodles are great as a substitute for pasta and other recipes.

To Serve:

Serve stir-fry over bed of zucchini noodles and sprinkle with green onions.

## Butternut Squash Vegan Soup

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This is an easy to prepare, delicious healthy soup that everyone will love! Feel free to play around with vegetables you like ~ this recipe is a basic guide to create a hearty, warming, vegan soup.

Serves: 4-6

Ingredients:

- 1/2 to 1 whole butternut squash, diced (about 1 and 1/2 cups, use more or less depending on your taste)
- 1 large golden potato, diced (about 1 cup)
- 1 yam or sweet potato, diced
- 1/2 green cabbage, diced/shredded (about 1 cup)
- 1-2 carrots, chopped into chunky bite-size pieces
- 1-2 tablespoons extra-virgin olive oil
- Small white onion, diced
- 1/2 red bell pepper, diced
- 2 cloves garlic, chopped
- 32 ounces of low-sodium vegetable stock/broth OR use half vegetable stock and half water (about 15 ounces each)
- 2 teaspoons fresh chopped rosemary (or more to taste-use dried if you don't have fresh available.)
- 2 teaspoons fresh chopped thyme (or more to taste-use dried if you don't have fresh available)
- 1 tablespoon dried basil
- 1/2 teaspoon sea-salt (more or less, to taste)
- 1/2 teaspoon cracked black pepper (more or less, to taste)

To Prepare:

- Heat olive oil in a large, heavy bottomed soup pan on medium heat.
- Add onion, garlic, red pepper and sauté until translucent. (About 3-5 minutes, make sure not to "burn" onions.)
- Add all the vegetables, seasonings and veggie stock.
- Bring to a gentle boil then lower to a simmer.
- Cook until all the vegetables are tender but not mushy.
- Stir occasionally for about 30 minutes.
- Add a little water or broth if needed.
- Adjust seasonings and serve with a nice, crusty multi-grain or vegan bread.

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## Black Bean and Corn Chili

Serves: 6

Ingredients:

*(Please note: there is a vegetarian option, a red meat option or white meat option)*

- 1 and 1/4 pounds organic ground sirloin, turkey or chicken OR if going total vegetarian one can of red kidney beans, drained and rinsed (instead of meat)
- 1 large onion, chopped (reserve two tablespoons for garnish, if desired)
- 3-4 cloves garlic, minced
- 2 tablespoons olive oil
- 1 15 oz can organic black beans, drained and rinsed
- 1 15 oz. can organic whole kernel corn, drained
- 1 28 oz. can chopped tomatoes
- 1 15 oz. can tomato sauce
- 1/2 teaspoon ground cumin
- 3 tablespoons chili powder
- 2-3 tablespoons dried oregano
- 1/4 teaspoon salt
- 1-2 tablespoons dark brown sugar (depending on sweet you like it)
- Dash cayenne (to taste)
- 1-2 cups prepared brown rice or quinoa according to package directions to serve chili over. **Tip:** *Try using vegetable broth instead of water for more flavor.*
- 1 to 2 cups cooked brown rice or quinoa - prepared according to package directions.

For garnish:

- Reserved chopped onion
- 1/4 cup chopped fresh cilantro (optional)
- Sour cream (full fat or non-dairy option)
- Shredded cheese/vegan cheese

To Prepare:

- Heat oil in large, heavy bottom soup-style pan.
- Cook onion and garlic about 5 minutes, making sure not to brown, until onion is clear.
- Add 2 tablespoons oregano (crush with palms to release flavor)
- Stir with onion and garlic and cook another minute.
- Add \*meat and break apart into pan, stirring all together *\*(IF adding meat, if not, add can of red beans.)*

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- Cook approx. 8 minutes, stirring and blending (if using only beans you can cook for about 4 minutes.)
- Cook until meat is done then drain off any excess fat that has accumulated.
- Add tomatoes and tomato sauce, stirring all together.
- Add all remaining dry seasonings keeping in mind you can always adjust seasonings as you go. (Go light on the cayenne until you've given it the taste test.)
- Simmer at low heat another 3-5 minutes.
- Add in black beans and corn, continue to simmer several more minutes, blending all together gently.
- Taste and add one tablespoon dark brown sugar at a time if you'd like it a little sweeter. Do this by stirring it into chili with a wooden spoon for several minutes, allowing it to dissolve.
- Continue to simmer and adjust seasonings, adding in more salt, sugar, oregano, cayenne, etc. if needed.

Serve over brown rice or quinoa, garnish with cilantro, onion, sour cream and/or cheese and serve with a nice green side salad full of fresh veggies.

## **Baked Salmon Teriyaki With Sautéed Baby Bok Choy with Garlic & Ginger & Brown Rice/Quinoa**

Serves: 4

*Note: Salmon needs at least two hours to marinate.*

*Cook quinoa or brown rice as a nice companion for a complete meal.*

Ingredients for Brown Rice/Quinoa:

Cook 2 cups brown rice/quinoa according to package directions.

Ingredients for Salmon:

- 4 (6 ounce) salmon steaks
- 1/4 cup sesame oil (If you don't have on hand, use olive oil)
- 1/4 cup lemon juice
- 1/4 cup organic low-sodium soy sauce like Tamari (or gluten free soy sauce)
- 2 tablespoons brown sugar, or more to taste OR 2-3 tablespoons honey.
- 1 tablespoon sesame seeds
- 1 teaspoon fresh dijon mustard or ground mustard
- 1 teaspoon ground ginger
- 1-2 cloves minced garlic or one teaspoon garlic powder

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- 4 lemon slices for garnish (optional)

To Prepare Salmon:

- Mix oil, lemon juice, soy sauce, brown sugar/honey, sesame seeds, mustard, ginger, and garlic powder in a small saucepan over low heat.
- Bring to a simmer, stirring until sugar has dissolved.
- Set aside 1/2 cup of marinade for basting.
- Let cool for a few minutes then pour remaining marinade into a resealable plastic bag and place salmon into the marinade.
- Squeeze excess air out of the bag, seal, and marinate the salmon steaks for at least 2 hours. Drain and discard used marinade.
- Place oven rack about 4 inches from the heat source and preheat the oven's broiler.
- Put salmon steaks into a broiler pan and broil for 5 minutes.
- Brush with reserved marinade, turn, and broil until fish is opaque and flakes easily, about 5 more minutes.
- Baste again with marinade in pan if you like.

## Sautéed Baby Bok Choy with Garlic and Ginger

Serves: 4

Ingredients:

- 4-5 bunches of baby bok choy OR 2 large bunches, chopped and rinsed well (*they can be gritty so make sure to pull apart leaves and rinse well.*)
- 1 tablespoon olive oil
- 4 garlic cloves, smashed
- 2 slices of fresh ginger, peeled and smashed
- Sea salt and pepper to taste
- 1 tablespoon (splash) of organic low-sodium soy sauce like Tamari (or liquid aminos or gluten free soy sauce)



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To Prepare:

- Heat the oil in heavy bottom skillet or wok pan.
- Add garlic and cook for 4-5 minutes.
- Add bok choy and ginger and cook until tender, stirring and coating all.
- Add a splash or two of the soy sauce.
- Season with sea salt and pepper to taste.

On a plate, arrange salmon, bok-choy and brown rice/quinoa, and add lemon wedges for garnish.