

## Winter Vegetable Soup

- 3 tablespoons olive oil
  - 3 leeks, white parts only, chopped
  - 1 sweet onion, diced
  - 4 cloves garlic, minced
  - Kosher salt
  - 4 carrots, peeled and sliced into rounds
  - 1 butternut squash, peeled and chopped into half-inch dice
  - 8 cups chicken or vegetable broth
  - 2 14-ounce cans whole tomatoes
  - 2 sprigs thyme
  - 1 tablespoon fresh rosemary, chopped
  - 2 tablespoons fresh oregano, chopped
  - ½ teaspoon freshly ground black pepper
  - 1 teaspoon sea salt
  - 2 cups fresh spinach leaves, packed
  - Juice from half a lemon
1. In a large stockpot, heat the olive oil over medium heat. Add the leeks, garlic and onion and cook until the onion is translucent, about 5 minutes.
  2. Add the carrots and butternut squash and cook an additional 5 more minutes, stirring to keep the vegetables from sticking to the bottom of the pot.
  3. Pour in the stock and bring the soup to a boil. Add the tomatoes, thyme, rosemary, oregano, pepper and salt. Turn the heat down to low and simmer until vegetables are tender, about 30 minutes. Stir in the fresh spinach and lemon juice. Serve hot.

## Avocado and Grilled Corn Salad with Cilantro Vinaigrette

- 5 Ears Corn, husk removed, brush with olive oil and grilled, remove corn with sharp knife
  - 2 Avocado's, diced and sprinkled with lemon juice to prevent browning
  - 2 C. Tomatoes, red and yellow cherry variety or equivalent
  - 1 Small red onion, finely diced
  - ¾ C. Feta, crumbled
  - 1 ½ C. English cucumber, skin on and chopped small dice
- Add to a large bowl and refrigerate until ready to use.

### **Cilantro Vinaigrette**

6 T. Olive oil  
2 T. Sherry vinegar  
1 t. Garlic powder  
2 T. Fresh cilantro, minced  
½ t. Salt

10 Grinds of fresh ground pepper

Add all of the above ingredients in a small glass jar with a lid. Shake really well. Taste and adjust seasoning and ratios of oil and vinegar as you desire.

When ready to serve salad, add the dressing and gently toss.

### **Berry Green Smoothie**

1 cup unsweetened almond milk  
2 handfuls fresh spinach (or about 1 cup frozen)  
½ cup frozen blueberries  
1 cup frozen strawberries  
½ banana  
Add ice or more almond milk as desired

Place all items in a blender and blend until smooth.

### **Date Honey**

1 cup pitted dates (about 6-8 Medjool or 18-20 Deglet Noor)  
1 cup water  
½ teaspoon cinnamon

Pour dates and water into a small saucepan, making sure dates are completely covered (add additional water if necessary). Bring to a boil over high heat. Reduce heat to low and simmer 45-60 minutes or until dates are very soft and broken down. Remove from heat, and allow to cool slightly for about 15 minutes. Pour mixture (including liquid) into a blender or food processor and puree until completely smooth. Sprinkle in cinnamon and stir well. Store in a sealed container in refrigerator.

Yield: 12 servings (serving size: about 1 tablespoon)

## Apples with Date Honey

Apples, sliced

Date Honey (recipe above)

Toppings: Finely chopped pecans or walnuts and unsweetened shredded coconut.

Spread Date Honey on one side of each apple slice. Serve as is, or press into chopped pecans or shredded coconut or both.

Recipe Notes

- You may also use sliced bananas or pears.

## Quinoa Salad

### ***FOR THE QUINOA:***

2 cups Uncooked Quinoa

4 cups Water

2 cans (15 Oz. Size) Black Beans, Drained

1 bag (12 To 16 Oz. Size) Frozen White Corn

2 whole Orange Bell Peppers

2 whole Red Bell Peppers

1 bunch Chopped Cilantro

### **FOR THE DRESSING:**

1-½ Tablespoon Red Wine Vinegar

1 teaspoon Black Pepper

1 teaspoon Kosher Salt

⅓ cups Fresh Lime Juice

⅓ cups Olive Oil

1 teaspoon Kosher Salt

### ***Preparation***

1. Cook the quinoa and water in a covered saucepan over medium for about 12-15 minutes. (Cook just as you would rice and follow the directions on whichever quinoa box or bag you choose to use.) Allow quinoa to cool.
2. While the quinoa is cooking, drain the black beans in a strainer and give them a quick rinse under the faucet. Shake dry and put into a large bowl. Pat them with a paper towel to dry them out further if they are still really wet.
3. Add thawed corn to the bowl, all the finely chopped bell peppers, and chopped cilantro. (Add as much as you like. I use about a handful.) Again, pat dry with a paper towel if everything is still a little too damp.
4. In a second bowl whisk together the dressing ingredients. Pour onto quinoa and toss. I always like to taste and add more salt/pepper and lime juice. Enjoy!

Note: In the picture I used red, yellow, and orange bell peppers. You can really play with this recipe and use whichever colors you prefer.

## **Healthy White Bean Dip**

1 can (15-oz) cannellini beans, drained and rinsed  
2 Tbsp. fresh lemon juice  
2 Tbsp. olive oil  
1 small clove garlic, minced  
1 tsp. fresh rosemary, chopped  
1/8-1/4 tsp. red pepper flakes  
2 Tbsp. water  
salt and pepper, to taste

### **INSTRUCTIONS**

1. Combine all ingredients in a food processor and process until smooth, about 1 minute. Transfer to a small bowl and serve alongside crackers, veggie chips or vegetable sticks. Enjoy!

## **Garlic Kale Chips**

1 bunch of fresh kale  
Garlic powder  
Salt and Pepper  
Olive Oil

Preheat oven to 350 degrees. Chop kale up into 1-inch size pieces. Spread evenly across cookie sheet. Spray lightly with olive oil. Sprinkle garlic powder, salt and pepper. Bake for 10-15min until edges are lightly browned. Let cool and enjoy!

## **5 Ingredient Fruit Smoothie**

1 scoop gluten free whey vanilla protein powder  
1cup ice  
1 banana  
1cup frozen mixed fruit of choice  
1cup all natural apple juice (no sugar added)

Combined all ingredients into blender. Blend until desired consistency. Drink and enjoy!

## Grilled Veggie Salad

Chopped leaf lettuce  
1 Green bell pepper  
1 Yellow bell pepper  
1 Red bell pepper  
1 Sweet onion  
1 Tbsp grapeseed oil  
2 Tbsp lime juice  
3 Tbsp olive oil  
1 garlic clove, minced  
1/2 teaspoon salt  
1/2 teaspoon ground cumin  
1/2 teaspoon chili powder  
1/2 jalapeno, seeded and minced  
1/4 cup chopped cilantro  
Fresh Salsa of your choice

Mix lime juice, olive oil, garlic, salt, cumin, chili powder, jalapeno and cilantro together. Chop Bell peppers and onions into thin strips and place into marinade. Marinade for 30min or more. In a cast iron skillet, heat grapeseed oil on high heat for one to two minutes. Place veggies into pan evenly to cook undisturbed for about 2 minutes. This will brown the veggies. Flip veggies to other side and repeat until desired darkness. Place veggies onto a bed of chopped leaf lettuce and top with fresh salsa of your choice. Serve immediately and enjoy!

## Veggie Spaghetti

2 large (32 oz) cans crushed tomatoes (no sugar added)  
4 tablespoons extra virgin olive oil  
4 cloves fresh garlic (chopped)  
1 cup chopped onions  
1 package mushrooms  
1 green pepper  
2-3 zucchini  
2-3 yellow squash  
1 spaghetti squash

Cut spaghetti squash in half length wise. Place flat side up on a cookie sheet, sprinkle with salt and pepper and roast at 350 degrees for about 30-45 minutes (depending on the size of the squash).

In a large pan, saute the chopped garlic and onions in the olive oil until tender. Add the cans of crushed tomatoes. Next, chop the green pepper, zucchini and squash to desired size and add, along with the mushrooms, into the sauce.

Let sauce simmer until all of the veggies are cooked thoroughly. Remove spaghetti squash from the oven. To ensure it is fully cooked make sure you can shred the squash with a fork. Scoop out the seeds and finish shredding the squash with a fork (which looks like “spaghetti”). Pour the sauce over the “spaghetti” squash and enjoy.

### **3- Bean Vegetarian Chili**

4 tablespoons extra virgin olive oil  
4 cloves fresh garlic (chopped)  
1 cup chopped onions  
2 (16 oz) cans dark red kidney beans  
1 (16 oz) can navy beans  
1 (16 oz) can black beans  
2 (16 oz) cans diced tomatoes  
1 package of chili seasoning

In a large pot, sauté the chopped garlic and onions in the olive oil until tender. Drain the cans of beans and add into the pot. Next, add in both cans of diced tomatoes (do not drain). Add in package of chili seasoning, stir and let simmer on low for 1-3 hours, stirring occasionally. Once the chili has reached desired consistency, remove from heat and enjoy.