

ARUGULA, FIELD GREEN & KALE SALAD

CATHY

INGREDIENTS

¼ cup extra-virgin olive oil

2 tsp. balsamic vinegar

1 cup baby arugula

2 cups kale

1 tbsp. red wine vinegar

½ tsp. sea salt

2 cup field greens

DIRECTIONS

In the bottom of a salad bowl, using a fork, gently mix together the olive oil, red wine vinegar, and balsamic vinegar. Mix in the sea salt.

Add the arugula, field greens and kale but do not toss. Just before serving, toss to coat the greens with vinaigrette. Serve at once.

ARTICHOKES WITH CREAMY GARLIC DIP

DEBBIE

INGREDIENTS FOR THE ARTICHOKES

2 artichokes, trimmed

2 cloves garlic, halved

1 bay leaf

INGREDIENTS FOR THE DIP

2 tbsp. plain yogurt

1 tbsp. mayonnaise

1 tsp. dijon mustard

2 tsp. lemon juice

1-2 cloves garlic, pressed

DIRECTIONS

Place artichokes in steamer. Put halved garlic cloves and bay leaf in steaming water. Cover, bring to a boil, and steam over medium heat for 35 to 45 minutes, or until an artichoke leaf can be removed easily.

Whisk together dip ingredients. Serve with hot or cold artichokes.

AVOCADO WITH SESAME SOY DRESSING

CATHY

INGREDIENTS

1 tbsp. soy sauce

1 tsp. sesame oil

1 chilled ripe avocado

1 tsp. sesame seeds, toasted

2 tsp. fresh lemon juice

1/8 tsp. sugar

4-6 leaves soft leafed lettuce

DIRECTIONS

In a small bowl whisk together soy sauce, lemon juice, oil, sugar, and a pinch of salt until sugar is dissolved.

Slice avocado and turn in dressing.

Line 2 plates with lettuce and divide avocado and dressing between them. Sprinkle with sesame seeds.

BLACK BEAN SOUP

LESLIE

INGREDIENTS

1 tbsp. olive oil	1 (10½ oz.) can chicken broth
1 cup onion, chopped	½ cup Pace picante sauce
2 garlic cloves, minced	2 tbsp. lime juice
2 (15 oz.) cans black beans, drained	1 tsp. ground cumin
1 (14½ oz.) can stewed tomatoes, undrained	½ - 1 cup fresh cilantro, chopped

DIRECTIONS

Sauté onions and garlic in olive oil. Add remaining ingredients and simmer 15 minutes covered.

BUTTERNUT SQUASH SOUP

DEB

INGREDIENTS

1 sweet onion, chopped

2 tbsp. olive oil

8 cups vegetable broth

2 small butternut squash, peeled, chopped

2 tbsp. butter

8 fresh sage leaves

salt and pepper to taste

fresh cracked pepper, for garnish (optional)

sage butter, for garnish (optional)

heavy cream, for garnish (optional)

DIRECTIONS

Sauté onion in olive oil. When soft add broth and squash. Cook for 30 to 40 minutes until squash is soft. Add sage leaves that have been sautéed in butter, salt and pepper. Cook a few more minutes then blend in a blender.

Serve with fresh cracked pepper, sage butter (sage and butter sautéed and blended) or a splash of cream.

CAULIFLOWER TOTS

DEB

INGREDIENTS

2 cups cauliflower, steamed, shredded

1 large egg

8 tbsp. parmesan cheese, shredded

salt and pepper to taste

1 tbsp. butter

DIRECTIONS

Preheat oven to 425 °F.

Combine all ingredients and mix well. Using a tablespoon, measure out little tots from the mixture. Arrange them on a cookie sheet. Refrigerate tots for 10 minutes to allow to firm up.

Bake in oven for 18 minutes, or until golden and crispy.

CHOCOLATE ALMOND BUTTER BARS

YVETTE

INGREDIENTS FOR LAYER 1

¾ cup protein powder

¼ cup almond milk

2 tbsp. xylitol

¼ cup almond butter

1 tbsp. cocoa powder

½ tsp. vanilla extract

INGREDIENTS FOR LAYER 2

4 tbsp. coconut oil

¼ cup honey

⅓ cup dark chocolate

½ walnuts

DIRECTIONS

Combine all ingredients for layer 1 in a bowl until it forms a dough ball. Sweeten to taste. Press into 8x4 loaf pan and chill in the fridge for 15. minutes.

Combine coconut oil and dark chocolate, then add honey. It will look like a sticky frosting. Spread over the first layer. Sprinkle with walnuts. Chill in the fridge for 15 minutes and cut into bars.

DJADJIK

ALEXIA

INGREDIENTS

1 cucumber, finely chopped or grated

salt to taste

fresh dill, finely chopped or dried dill

32 oz. Greek yoghurt

2-3 tbsp. cream cheese

2-3 tbsp. olive oil

1 small garlic clove, minced

mint, chopped (optional)

DIRECTIONS

In a bowl, put the chopped cucumber and add salt and dill. Let it rest.

In another bowl, put the Greek yoghurt and add the cream cheese. Mix very well with a spoon, then add the olive oil and the garlic. Mix again.

Drain the cucumber (if needed) and add to the yoghurt mix. Mix well and enjoy!

Better if prepared in advance.

EGG FRITTATA MUFFINS

BETSY

INGREDIENTS

6 eggs

½ cup milk

¼ tsp. salt

⅛ tsp. pepper

cheddar cheese, shredded

bell pepper, chopped

onion, chopped

other vegetables or meats (optional)

DIRECTIONS

Preheat oven to 350 °F. Grease standard muffin pan.

Beat eggs, milk, salt and pepper in medium bowl until well blended. Add, cheese, bell pepper, onion and other ingredients and mix well. Spoon mixture into muffin cups, about ¼ cup each.

Bake until set, about 2 to 22 minutes. Cool on wire rack 5 minutes. Remove from muffin pan and serve warm.

FRENCH LENTILS

DEB

INGREDIENTS

½ lb. french green lentils

2 cups onion, chopped

1 tsp. fresh thyme

¾ tsp. ground black pepper

1½ cups celery, chopped

1½ cups chicken or vegetable broth

2 tbsp. red wine vinegar

¼ cup olive oil

2 cups leeks, chopped

2 tsp. kosher salt

1 tbsp. garlic, minced

1½ cups carrots, chopped

2 tbsp. tomato paste

DIRECTIONS

Place lentils in a dish covered by boiling water, set aside 15 minutes then drain.

Sauté onions, leeks, thyme in oil for 10 minutes, add garlic salt and pepper and cook 2 more minutes.

Add drained lentils, carrots, celery, broth and tomato paste. Cover and simmer 20 minutes.

Add vinegar and season to taste.

HUMMUS

DEB

INGREDIENTS

2 (15 oz.) cans chickpeas, mostly drained

½ cup tahini

½ cup olive oil

2-4 garlic cloves

2 lemon, juice only

2 tsp. salt

fresh vegetables for serving

DIRECTIONS

Place ingredients in a food processor and pulse until smooth. Serve with fresh vegetables like cucumber, carrots and celery.

MEDITERRANEAN LENTIL SALAD

LOUISE

INGREDIENTS FOR THE SALAD

1 cup green lentils, uncooked

1 cup cherry tomatoes, quartered

¼ cup parsley, chopped

⅓ cup feta cheese, crumbled

1 cup cucumbers, diced

¼ cup red onion, diced

¼ cup kalamata olives, chopped

INGREDIENTS FOR THE VINAIGRETTE

1 tbsp. olive oil

1 tbsp. lemon juice

1 tsp. honey

salt and pepper to taste

1 tbsp. red wine vinegar

2 tsp. dijon mustard

1 tsp. dried oregano

DIRECTIONS

Add the dry lentils to a mesh strainer and rinse with water. Place them in a medium sized saucepan with 3 cups of water and bring to a boil. Once boiling cover with a lid, reduce the heat and simmer for 20 minutes or until tender, but not mushy. Drain the lentils of any excess water and add them to a serving bowl, letting them cool while you prepare the remainder of the salad.

Whisk together the ingredients for the vinaigrette and set aside.

Add the remaining salad ingredients to the cooled lentils along with the vinaigrette. Gently stir everything together until combined. Taste for seasoning and serve or cover and refrigerate until ready to serve.

MISO SMOKED SALMON

MARIAH

INGREDIENTS

½ cup sugar substitute brown sugar

¼ cup sake

¼ cup salt

½ cup white miso

2 tbsp. soy sauce

3 lb. salmon fillet

¼ cup mirin

DIRECTIONS

Combine salt, sugar, soy sauce, mirin, sake and miso. Marinate the salmon in the mixture, refrigerating for 24 hours.

Rinse the mixture off the salmon with cold water. Smoke or bake at 185-225°F for 4-6 hours or until the thickest part of the fish registers 150° F.

QUINOA TABBOULEH

DEB

INGREDIENTS

1 cup quinoa, rinsed	2 tbsp. lemon juice
1 garlic clove, minced	½ cup olive oil
1 large cucumber, diced	1 pint cherry tomatoes, halved
⅔ cup fresh parsley, chopped	½ cup fresh mint, chopped
2 green onions, thinly sliced	salt and pepper to taste

DIRECTIONS

Bring quinoa, ½ teaspoon salt and 1¼ cups water to a boil in a medium saucepan over high heat. Reduce heat to medium-low, cover, and simmer until quinoa is tender, about 10 minutes. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork and allow to cool completely.

Meanwhile, whisk lemon juice and garlic in a small bowl. Gradually whisk in olive oil. Season dressing to taste with salt and pepper.

Transfer quinoa to a large bowl and mix in ¼ cup dressing. Add cucumber, tomatoes, herbs, and green onions and toss to coat. Season to taste with salt and pepper. Drizzle remaining dressing over.

RAW CHOCOLATE BALLS

YVETTE

INGREDIENTS

1 cup almond flour

3 tbsp. raw honey

pinch sea salt (optional)

walnuts or other garnish (optional)

¼ cup dark cacao powder

1 tsp. coconut oil

almond milk or water (optional)

DIRECTIONS

Mix dry ingredients in a bowl together. If too dry to roll, add a dash of water or nut milk. Roll manually into balls. Refrigerate until firm.

ROOT VEGETABLE COUSCOUS

DEB

INGREDIENTS

pinch saffron	3 tbsp. boiling water
1 tbsp. olive oil	1 sweet onion, sliced
2 garlic cloves, minced	1-2 red chilies, seeded, chopped (optional)
½ tsp. ground ginger	½ tsp. cinnamon
14 oz. canned chopped tomatoes	1¼ cups vegetable broth
4 carrots, peeled, sliced	2 turnips, peeled, cubed
1 lb. sweet potatoes, peeled, cubed	2 parsnips, peeled, sliced
⅓ cup raisins	2 zucchini, sliced
14 oz. canned chickpeas drained, rinsed	3 tbsp. fresh parsley, chopped
3 tbsp. fresh cilantro, chopped	salt and pepper to taste
1 lb. couscous or quinoa, cooked	

DIRECTIONS

Put saffron in boiling water and let infuse 10 minutes.

Heat oil in a large saucepan. Add onion, garlic and chilies. Sauté 5 minutes.

Add tomatoes, stock, saffron water, sweet potatoes, turnips, parsnips, carrots and raisins. Simmer 25 minutes.

Add zucchini, parsley and cilantro cook 10 more minutes.

Season with salt and pepper to taste. Serve over prepared couscous or quinoa.

SUMMER ROLLS

JULIE

INGREDIENTS

½ lime	2 tbsp. canola oil
1 tbsp. rice vinegar	½ tsp. sugar-free mustard
½ tsp. soy sauce	1 tsp. monk fruit
2 avocados	10 6" whole grain, sugar-free tortillas
10 green lettuce leaves	1 bunch fresh basil, cleaned, trimmed
2 carrots, shredded	1 bunch fresh mint, cleaned, trimmed
½ cucumber, cut into strips	15 chopped almonds

DIRECTIONS

In a small bowl, mix lime juice, oil, vinegar, mustard, soy sauce and monk fruit.

Peel and dice avocados. Center a lettuce leaf on top of a tortilla. Starting about one-third in from the edge, arrange a few of the basil and mint leaves in a line across the lettuce. Top with a small row each of carrot, cucumber and avocado; be careful not to overstuff the roll. Lift the bottom edge of the tortilla up and over the filling and then roll once to form a tight cylinder. Fold in the sides of the tortilla and continue to roll into a tight cylinder. Set seam side down. Cut each roll in half crosswise and arrange, on a platter. Place the sauce alongside for dipping and serve immediately.

TURKISH RED LENTIL SOUP

DEB

INGREDIENTS FOR THE SOUP

1 cup red lentils	2 tbsp. olive oil
1 large onion, finely diced	1 large carrot, diced
1 heaping tbsp. tomato paste	1 tsp. cumin
1 tsp. paprika	½ tsp. dried mint
½ tsp. thyme or oregano	¼ tsp. black pepper
¼ tsp. red pepper flakes (Turkish pul biber)	4 cups water
4 cups vegetable broth	½ tsp. sea salt (or more to taste)

INGREDIENTS FOR THE PAPRIKA OIL

3 tbsp. olive oil	1½ tsp. paprika
¼ tsp. red pepper flakes	

DIRECTIONS FOR THE SOUP

Clean and rinse and lentils 2 or 3 times, drain, and set aside.

In a large pot over medium-high heat, sauté olive oil and onions with a pinch of salt for 3 minutes. Add carrots and sauté for another 3 minutes.

Add tomato paste and stir for 1 minute. Add cumin, paprika, mint, thyme, black pepper, and red pepper and sauté for 10 seconds. Immediately add lentils, water, broth, and salt.

Bring to a boil. Then reduce heat to medium, cover pot halfway, and cook for 15-20 minutes or until lentils have fallen apart and carrots are completely cooked.

Blend the soup to reach the consistency you desire. Season and salt to taste.

Serve the soup with a drizzle of paprika oil, lemon wedges, and extra mint and red pepper.

DIRECTIONS FOR THE PAPRIKA OIL

Swirl together ingredients in a small sauce pan over medium heat. Remove from the heat when it begins to bubble

TZATZIKI

DEB

INGREDIENTS

1 cucumber, seeded, finely chopped or grated	1 tbsp. fresh dill, chopped
½ tsp. sea salt	1-2 tbsp. fresh lemon juice
2 cups full-fat plain Greek yogurt	1 tbsp. olive oil
2 garlic cloves, minced	¼ tsp. fresh cracked black pepper

DIRECTIONS

Combine cucumber and salt in a strainer and allow to drain for at least 30 minutes. Squeeze out juice before combining with the other ingredients.

Stir all ingredients together until combined. Taste and adjust seasoning if needed.

Serve immediately, or refrigerate in a sealed container for up to 2 days.

VEGETABLE BEAN CHILI

BETSY

INGREDIENTS

1 tbsp. olive oil	1-2 tbsp. chili powder
1 medium onion, diced	2 (15 oz.) cans kidney or black beans, rinsed
1 medium carrot, diced	1½ cups water
1 garlic cloves, minced	1 (28 oz.) can tomatoes, chopped, with juice
salt and fresh cracked pepper to taste	fresh cilantro, chopped (optional)
1 medium bell pepper, diced	limes, quartered (optional)
1 medium zucchini, diced	cheddar cheese, shredded (optional)
other vegetables (optional)	sour cream (optional)
2 tsp. ground cumin	

DIRECTIONS

Heat olive oil in a large pot with a tight fitting lid, over medium heat until simmering. Add the onions, carrots and garlic and season with salt and pepper. Cook stirring occasionally, until onions have softened, about 5 minutes.

Add the bell pepper, zucchini, and any additional vegetables to the pot and season with salt and pepper. Add the cumin and chili powder and stir to incorporate. Cook, stirring occasionally, until the carrots are knife tender, about 8-10 minutes.

Add the beans, water, and tomatoes with their juices and stir to combine. Increase heat to high and bring to a boil. Reduce heat to low and gently simmer until the vegetables are soft and the flavors have melded, about 15 minutes. Taste and season with additional salt and pepper, if necessary.

Serve with cilantro, limes, cheddar cheese and sour cream.

You can also add ground turkey or shredded chicken for more protein. Cook turkey in the olive oil before adding the onions. Add already cooked chicken along with the beans.

ZA'ATAR MUSHROOMS

MARIAH

INGREDIENTS

4 portobello mushrooms

2 garlic cloves, minced

1 tbsp. white wine vinegar

olive oil

salt and pepper to taste

1 yellow onion, sliced

1 lemon, juice & zest

za'atar seasoning blend

2 cups brown rice, cooked

DIRECTIONS

In a large frying pan, heat olive oil and add onions. Cook until well caramelized. Add garlic, mushrooms and lemon. Cook until mushrooms begin to brown on all sides. Season generously with za'atar and deglaze with white wine vinegar. Toss rice with olive oil and za'atar and top with mushrooms. Salt and pepper to taste.