

## Quinoa Mushroom Frittata with Fresh Herbs

Makes 1 frittata



Used as healing compounds since the early days of medicine, herbs have strong scents and flavors that indicate the presence of unique phytonutrients. Study after study shows that traditional healers were right: these plants are medicine. This simple dish brings some serious plant power with the fresh herbs, mushrooms, olives and quinoa. Mushrooms also contain unique phytonutrients, helping you round out this meal. For your next brunch, serve up some healing!

¾ cup uncooked quinoa (1  
½ cup cooked)  
6 large pasture raised  
eggs  
½ cup grated Parmesan  
cheese  
¼ cup chopped fresh basil

2 tbsp chopped fresh  
chives or tarragon  
1 tsp minced fresh thyme  
leaves  
¼ tsp freshly ground black  
pepper  
4 green onions or garlic  
scapes, thinly sliced

1 cup sliced mushrooms  
such as maitake, shiitake,  
or chanterelle, brushed  
clean and sliced  
Olive oil  
1 ¼ cup assorted, pitted  
olives, whole or chopped

Cook the quinoa according to package instructions. Set aside.

In a large bowl, whisk the eggs, then stir in the quinoa. Parmesan, herbs, pepper, green onions or garlic scapes, and mushrooms.

Coat a medium, ovenproof skillet with a thick layer of olive oil. Place over medium-high heat, add the egg mixture and sprinkle with the olives. Cook for 2 to 3 minutes without stirring.

Preheat the broiler with the rack in the second position from the top. Broil the frittata until the top is lightly browned and the eggs have firmed up in the center, 3 to 4 minutes.

Remove the frittata from the oven and let it rest for 3 minutes. Loosen the edges with a spatula and cut into 6 wedges. Serve immediately.

## Buttermilk Strawberry Smoothie



Buttermilk, a cultured dairy product, adds zip to this berry delicious smoothie that's high in vitamin C and key minerals. Including cultured dairy in your diet benefits your health by adding good bacteria to your microbiome. If you can't do dairy try cultured coconut yogurt instead.

1 cup 2 percent buttermilk  
1 cup plain kefir  
3 cups fresh strawberries  
¼ cup almonds

2 tbsp pumpkin seeds  
1 tsp pure vanilla extract  
8 ice cubes

Place the buttermilk, kefir, strawberries, almonds, pumpkin seeds and vanilla in a blender along with the ice cubes. Process until smooth, adding a few tablespoons of cold water to adjust the consistency if necessary. Divide evenly between two glasses and serve immediately.

## Green Shakshuka

Serves 4

This dish delivers ample choline and B vitamins—key for stable moods and a calm mind. Start the day with eggs and greens? Yes, please! Make this year-round using any leafy green that you love...collards in the wintertime, Swiss chard and kale in the spring, and spinach in the summer, or use a combination. Serving this dish with crusty bread or pita is a fabulous way to scoop up all of the saucy greens and egg yolk, but the crunchy seeds provide a great texture and bite without the bread. To make a traditional tomato-based shakshuka but still get tons of greens in, use one 14.5-ounce can of diced tomatoes instead of the vegetable broth. Simmer until thickened to the consistency of a marinara sauce, then season to taste. Crack the eggs into this mixture.

2 tablespoons olive oil  
2 large bunches Swiss chard (about 1 1/2 pounds), stems and leaves coarsely chopped and kept separate (about 9 packed cups)  
1 medium yellow onion, diced

3 garlic cloves, minced  
1 teaspoon ground cumin  
Kosher salt  
1/2 teaspoon smoked paprika  
1/4 teaspoon red pepper flakes  
1/4 teaspoon ground turmeric  
1/3 cup low-sodium

vegetable broth  
8 large eggs  
3 ounces feta cheese, crumbled (about 3/4 cup)  
2 tablespoons chopped fresh cilantro  
2 tablespoons chopped pepitas (pumpkin seeds)

Warm the olive oil in a 12-inch skillet over medium-high heat. Add the Swiss chard stems only and onion. Cook, stirring often, for 4 to 5 minutes, until tender.

Add the garlic, cumin, 3/4 teaspoon salt, the paprika, red pepper flakes, and turmeric and cook, stirring, for 1 more minute, or until very fragrant. Stir in the Swiss chard leaves and vegetable broth and cook for 2 to 3 minutes, until the leaves are tender and most of the broth has evaporated.

Reduce the heat to medium-low. Using the back of a wooden spoon, create eight divots in the chard mixture. Crack an egg into each. Season the eggs with a pinch of salt. Cook until the whites are almost set, 5 to 7 minutes. Sprinkle the cheese over the top, then cover and cook until the whites are set and the yolks are cooked to your liking, 2 to 4 minutes more.

Serve in shallow bowls garnished with the cilantro and pepitas.

## Chocolate Hote Amaranth Breakfast Cereal

Serves 4

1 ½ cups amaranth

3 ½ cups water

2 tbsp unsweetened cocoa butter

1 tbsp honey

¼ cup unsweetened shredded coconut

2 cups diced strawberries

Place the amaranth in a large saucepan along with the water and bring to a boil over medium heat. Reduce the heat to a simmer and cook, stirring every 5 to 8 minutes, until creamy, 20 to 25 minutes, in total. During the last few minutes, stir in the cocoa powder. Turn off the heat and stir in the honey. If the porridge seems too thick, add a few tablespoons of water. Sprinkle with coconut and berries and serve.

## **Balsamic Strawberry Parfait**

Serves 4

Balsamic vinegar may seem a strange addition to this otherwise classic parfait, but balsamic drizzled over strawberries is a classic Italian combo that makes for a sweet and sour taste sensation. Want to take these on the road with you? They are perfect for a summer picnic dessert when assembled in mason jars.

1/2 cup almonds, chopped

1/4 cup chia seeds

2 tablespoons brown sugar

1/4 teaspoon ground cinnamon

3 tablespoons water

2 tablespoons balsamic vinegar

2 cups strawberries, hulled and diced

1/2 cup cooked quinoa

4 cups plain whole milk Greek yogurt

Put the almonds in a small saucepan over medium-low heat and toast for 2 to 3 minutes, stirring occasionally, until the almonds start to brown. Add the chia seeds, brown sugar, and cinnamon along with the water. Increase the heat to medium and cook for about 1 minute more until the mixture starts to bubble. Turn the heat off and add the vinegar, strawberries, and quinoa and stir well. Set out four parfait glasses and, using a spatula, add 1/2 cup of the yogurt to each glass. Top with a few tablespoons of the strawberry-nut mixture, then another 1/2 cup of yogurt. Top with the remaining strawberry-nut mixture and serve immediately, or cover with plastic wrap and refrigerate. Consume within 2 days.

## **Chocolate Hot Amaranth Breakfast Cereal**

Serves 4

1 ½ cups amaranth

3 ½ cups water

2 tbsp unsweetened cocoa powder

1 tbsp honey

¼ cup unsweetened shredded coconut

2 cups diced strawberries

Place the amaranth in a large saucepan along with the water and bring to a boil over medium heat. Reduce the heat to a simmer and cook, stirring every 5 to 8 minutes, until creamy, 20 to 25 minutes in total. During the last few minutes, stir in the cocoa powder. Turn off the heat and stir in the honey. If the porridge seems too thick, add a few tablespoons of water. Sprinkle with coconut and berries and serve.

## Avocado Baked Egg with Roasted Red Pepper Coulis

Serves 4

3 red bell peppers	1 tbsp olive oil
4 Hass avocados	1 tbsp sherry vinegar or red wine vinegar
8 pasture-raised eggs	¼ tsp salt
1 shallot, peeled and chopped	⅛ tsp freshly ground black pepper

Cover a baking sheet with aluminum foil. Place the bell peppers on the baking sheet and place under the broiler. Broil 3 to 4 minutes, turning often, until the skins are charred. Transfer to a bowl, cover, and let steam.

Preheat the oven to 425 degrees F. Slice the avocados in half, and remove and discard the pits. Scoop out 1 tablespoons of flesh from the center of each avocado to allow the egg to fit snugly in the center. Reserve avocado.

Place the avocado in a small 8 x 8-inch baking dish, so they fit tightly and don't tip over. Crack an egg into each avocado half. Bake in the oven for 15 to 20 minutes until the whites have set and are cooking through.

While the egg is baking, prepare the coulis. Peel the blackened skin from the peppers and discard. Chop the peppers and transfer to a blender along with the shallot, olive oil, vinegar, salt and black pepper. Blend until smooth. When the avocado eggs have finished cooking, garnish each plate with reserved fresh avocado, drizzle with the coulis, and serve immediately.

## Truffled Farm Egg with Wilted Watercress and Smoked Salmon

Serves 4

1 tbsp olive oil	1 shallot or ½ red onion, thinly sliced
4 pasture-raised eggs	8 oz watercress
2 tsp truffle oil	2 tbsp balsamic or apple cider vinegar
1 tsp paprika	8 oz smoked salmon

Coat a large skillet with half of the olive oil and warm it over medium-high heat. Crack the eggs into the skillet, drizzle with the truffle oil, and sprinkle with paprika. Cook for 3 to 4 minutes until the whites are cooked through but the yolks are still soft.

While the eggs are cooking, prepare the watercress. Coat a separate large skillet with the remaining olive oil. Add the shallot or onion and cook for 2 to 3 minutes until the shallot starts to soften. Add the watercress and cook for 1 minute until wilted. Sprinkle with the vinegar.

Divide the mixture among four plates and top each with an egg and 2 ounces of the smoked salmon. Serve immediately.

## Deviled Green Eggs with Roasted Red Pepper and Capers

Serves 4

Put the almonds in a small saucepan over medium-low heat and toast for 2 to 3 minutes, stirring occasionally, until the almonds start to brown. Add the chia seeds, brown sugar, and cinnamon along with the water. Increase the heat to medium and cook for about 1 minute more until the mixture starts to bubble. Turn the heat off and add the vinegar, strawberries, and quinoa and stir well. Set out four parfait glasses and, using a spatula, add 1/2 cup of the yogurt to each glass. Top with a few tablespoons of the strawberry-nut mixture, then another 1/2 cup of yogurt. Top with the remaining strawberry-nut mixture and serve immediately, or cover with plastic wrap and refrigerate. Consume within 2 days.

8 pasture-raised eggs	1/4 teaspoon freshly ground black pepper
1 teaspoon white vinegar	1/4 cup diced roasted red peppers
1 cup trimmed mustard greens	2 tablespoons capers, rinsed and chopped
1/2 cup olive oil-based mayonnaise	1 jalapeño, seeded and minced (optional)

Put the eggs and vinegar in a small saucepan and cover with cold water. Bring to a full boil over high heat, cover, and turn off the heat. Set aside for 15 minutes to allow the eggs to cook through. Place under cold running water to cool. Drain and peel. Cut the eggs in half lengthwise, scoop out the yolks, and transfer them to a small bowl. Set aside.

Put the mustard greens in a food processor and chop finely. Add the reserved egg yolks, mayonnaise, and black pepper and process until smooth. Transfer the egg whites to a plate and fill them with the yolk mixture. Top with the roasted red peppers, capers, and jalapeño, if using. Serve immediately, or cover and chill until ready to serve or for up to 4 hours.

## Nutty Cacao Brain Bars

Makes 10 bars

Olive oil	½ cup sunflower seeds
½ cup (packed) dates, pitted	¾ cup cacao nibs
1 cup rolled oats	½ cup creamy peanut butter or almond butter
½ cup roasted, unsalted almonds, roughly chopped	¼ cup honey

Coat an 8 x 8 inch baking dish with olive oil.

Put the dates in a food processor and process until a thick paste forms. Add the oats and almonds and pulse until a chunky mixture forms and the dates are evenly distributed. Transfer the mixture to a large bowl. Stir in the sunflower seeds and the cacao nibs.

Combine the peanut butter or almond butter and the honey in a small saucepan over low heat and cook, stirring, until well mixed. Pour over the oat mixture and mix well with a wooden spoon until a thick and gooey paste forms.

Transfer the mixture to the prepared baking dish and press down with a rubber spatula to flatten. Cover with parchment paper or plastic wrap and transfer to the fridge or freezer for 15 to 20 minutes until set and hardened.

## Brain Food Cobb Salad

Serves 4

### Citrus Vinaigrette

⅓ cup grapefruit juice (from 1 medium grapefruit)

¼ cup orange juice (from 1 large orange)

3 tbsp fresh lemon juice (from 1 large lemon)

2 tbsp dijon mustard

2 tbsp minced shallot

½ tsp kosher salt, plus more as needed

⅓ cup extra-virgin olive oil

### Salad

8 oz romaine lettuce, leaves separated

Kosher salt and freshly ground black pepper

1 large orange, peeled and sliced into thin rounds

1 large grapefruit, peeled and sliced into thin rounds

1 large avocado

2 hard-boiled eggs, peeled and chopped

8 oz cherry tomatoes, quartered

4 (6 oz) wild salmon filets, cooked

⅓ cup raw cashews, chopped

⅓ cup finely chopped fresh parsley leaves

To make the citrus vinaigrette:

Whisk the grapefruit juice, orange juice, lemon juice, mustard, shallot, and salt together in a large bowl. Whisking constantly, slowly pour in the olive oil until the dressing emulsifies. Taste and season with additional salt if needed.

To make the salad:

Arrange the romaine leaves across the bottom of a large shallow platter or bowl. Season with salt and pepper. Arrange the orange, grapefruit, avocado, hard-boiled eggs, and cherry tomatoes over the leaves in sections so that everyone can pick out their preferred amount of each ingredient. Arrange the salmon filets over the top and scatter the cashews and parsley over everything.

Serve the citrus vinaigrette on the side.

## Grains and Greens Complete

Serves 4



Perfect partners are hard to find. But when they do come together, magic happens... like what occurs when you pair nutrient-dense quinoa with kale. It whispers, "Complete Protein, meet Miss Mega Vitamin." This double serving of iron will titillate your dopamine receptors- firing up your brain's pleasure centers.

1 cup quinoa, rinsed under cold water  
1 tbsp olive oil  
One 10-oz kale bunch, trimmed and chopped (about 10 cups)  
3 cloves garlic, minced  
½ tsp red chili flakes

2 cups low sodium vegetable broth  
One 4 oz package goat cheese, at room temperature  
Zest and juice of 1 lemon  
½ tsp of freshly grated nutmeg  
¼ tsp salt

Cook the quinoa according to package instructions. Set aside.

Heat a large skillet over high heat and add olive oil. Add the kale, garlic, and red chile flakes and cook for 3 to 4 minutes, until the kale wilts. Add the broth and cook for another minute. Add the quinoa and cook for another minute, stirring once or twice until the quinoa is well mixed in. Cook for another minute, or until a third of the liquid has evaporated.

Stir in the goat cheese, lemon zest, lemon juice, nutmeg, and salt. Serve immediately.

## Rocket Pie

Serves 4



Feed your brain and tone your body with pizza? The fresh arugula, a.k.a. “rocket,” that tops this pie adds a spicy bite to a rich, savory pie. Clams contain more vitamin B, than any other food, and delivers protein, iron, and iodine. Higher levels of B12 in your blood mean a bigger, healthier, brain as you age. You can pull this recipe off in just minutes by using dough from the freezer section in your grocery store and swapping out the fresh clams for jarred. Remember to place the dough in your fridge the night before to gently defrost.

½ pound clams, well rinsed under cold running water  
6 tbsp olive oil  
2 garlic cloves  
¼ tsp salt

2 cups packed kale leaves  
½ pound frozen pizza dough (whole wheat or gluten free), defrosted  
½ cup grated pecorino Romano cheese  
1 cup baby arugula or microgreens

Preheat the oven to 450 degrees Fahrenheit. Partially fill a large stockpot with 3 inches of water and bring to a boil over high heat. Add the clams, cover, and cook for 2 to 3 minutes or until the shells open and the clams are cooked through inside. Drain and pull the clam meat from the shells. Chop the clams and set aside.

Place the olive oil, garlic, and salt in a food processor and pulse until finely chopped.

Add the kale and pulse again until a chunky mixture forms.

Roll out the dough and place it on a pizza pan or baking sheet. Top with the kale mixture and, using the back of a spoon, spread it almost to the edges of the dough. Sprinkle with the clams and cheese. Bake for 15 to 20 minutes until the edges are cooked and golden. Remove from the oven and sprinkle with arugula. Serve immediately.

## Marinated Kale Salad with Shaved Asparagus, Olives and Orange Zest

Serves 4



Marinating kale softens its texture, which helps if you find kale chewy or tough. Unlike other salad greens, dressed kale can be stored for up to three days in the fridge, making it a great leftover for a fast lunch or healthy afternoon snack.

One 10-ounce bunch kale, blue dwarf, curly, or lacinato, stems trimmed

1 tablespoon extra-virgin olive oil

2 oranges

1 pound asparagus, trimmed

½ cup assorted olives, pitted and chopped

½ teaspoon hot or mild paprika

½ cup sliced almonds

Tear the kale leaves and place them in a large bowl along with the olive oil. Squeeze the leaves with your fingers, crushing the kale to tenderize it, for about 1 minute.

Using a microplane grater, finely grate the zest of 1 of the oranges and transfer the zest to the bowl with the kale.

Shave the asparagus using a potato peeler or mandolin. Add the asparagus to the bowl with the kale along with the olives and paprika and toss well. Refrigerate the salad for at least 1 hour.

Just before serving, prepare the oranges. Using a sharp paring knife, remove the orange peel and white pith and thinly slice the oranges. Divide the salad among four plates and top with the orange slices and almonds.

## Grilled Grass-Fed Beef and Watercress Salad with Avocado and Golden Beets

Serves 4

This dish is another doorway to plants for meat lovers, since it combines iron-rich flank steak with watercress, a heavy hitter when it comes to nutrients such as vitamins A, C, and K. Watercress is at its peak in the spring, but most grocery stores carry it throughout the summer months as well. If you can't find it, baby spinach will work as a substitute.

1/2 pound golden beets,  
peeled and quartered  
1 tablespoon olive oil  
1 pound grass-fed flank steak  
1/4 teaspoon salt  
8 ounces watercress  
1 ripe Hass avocado, pitted,  
peeled, and cubed

### Dressing

3 tablespoons olive oil  
3 tablespoons balsamic  
vinegar  
1 tablespoon chopped fresh  
rosemary  
2 teaspoons honey  
1 teaspoon Dijon mustard  
1/4 teaspoon salt

Preheat a grill over high heat.

Mix the beets with the olive oil and place in a grill basket, or wrap in aluminum foil and place on the grill. Grill for 25 to 30 minutes until the beets are tender. During the last 5 minutes of cooking, transfer them directly to the grill for grill marks.

While the beets are cooking, prepare the steak. Place the flank steak on a plate and sprinkle with the salt. Grill the beef for 15 to 20 minutes, turning occasionally, until medium rare. Let the steak rest for

5 minutes to allow the juices to redistribute before slicing.

While the steak is resting, prepare the dressing. Put the olive oil, vinegar, rosemary, honey, mustard, and salt in a small bowl and whisk well to combine.

Arrange the watercress on four plates and top with the beets and avocado, dividing them equally. Slice the steak into thin, 1/8-inch slices, and divide the slices among the four plates. Drizzle with the dressing and serve immediately.

## Warm Herby Quinoa with Tomato Confit, Olives, and Capers

Serves 4

This savory Mediterranean-inspired dish can make for a luscious summer meal served alongside a simple green salad or grilled zucchini and eggplant (page 178). For wine pairings, search out lemony sauvignon blancs or fruitier New World pinot noirs. To make this salad “finger friendly,” hollow out cucumber halves and fill with the salad.

1 pound tomatoes, quartered  
1 tablespoon olive oil  
1 teaspoon fresh thyme  
leaves  
1/2 teaspoon salt  
1/4 teaspoon freshly ground  
black pepper

1 cup red or white quinoa  
1/2 cup assorted olives,  
packed in oil  
1/4 cup capers, rinsed well  
and drained  
2 tablespoons tomato paste  
1/2 cup torn fresh basil leaves

Preheat the oven to 250 F.

Arrange the tomatoes, cut side up, on a large baking sheet. Drizzle with the olive oil and sprinkle with the thyme leaves, salt, and pepper. Transfer to the oven and bake for about 1 hour, turning once or twice, until the tomatoes have shrunk and are lightly browned.

Cook the quinoa according to the package instructions, then toss with the olives, capers, and tomato paste. Transfer the quinoa to a platter and spoon the tomatoes over it. Sprinkle with the basil and serve immediately.

## Pancetta Brussels Sprouts with Red Lentil Succotash

Serves 4

Long abused, boiled, and received with frowns, the Brussels sprout is finally having its moment. Still, eating more plants and plant proteins can be a challenge for many meat lovers. Enter pancetta, which can add to the appeal of any vegetable. Lentils are a top source of folate and should be a diet staple, as they are simple, inexpensive, and nutritious. This colorful dish makes great use of the late summer and early fall harvest at your local farmers' market, so stock up on fresh corn and bell peppers. For spice lovers, sprinkle 1/2 teaspoon of ground cayenne to add a bit of heat, or add a small seeded and chopped jalapeño.

1 cup uncooked red lentils  
1 tablespoon olive oil  
4 ounces chopped pancetta  
1 pound Brussels sprouts,  
trimmed and quartered  
1 red bell pepper, seeded and  
chopped

2 garlic cloves, minced  
1 cup fresh corn kernels,  
or defrosted frozen corn  
kernels  
Garlic salt  
Freshly ground black pepper

Cook the lentils according to the package instructions, drain, and set aside. Coat a large skillet with olive oil and place it over medium-high heat. Add the pancetta and cook for 1 to 2 minutes, stirring often, until it starts to brown. Reduce the heat to medium-low, and continue to cook the pancetta until crispy. Using a slotted spoon, transfer the pancetta to a bowl. Do not discard the fat in the pan; you will use it to cook the vegetables.

Place the skillet containing the fat over medium heat. Add the Brussels sprouts and cook for 3 to 4 minutes, turning often, until they begin to brown. Reduce the heat to low and add the bell pepper and garlic. Cook for 3 to 4 minutes more, stirring occasionally, until the sprouts are tender and the bell pepper is cooked through. Add the corn and reserved lentils, sprinkle with the garlic salt and black pepper, and cook for 1 minute more. Serve immediately.

## Succulent Shrimp Salad

Serves 4-6

1lb. shrimp, peeled and deveined (fresh, or frozen and thawed)  
2 Tbsp extra virgin olive oil  
4 Garlic cloves, sliced  
1 tsp salt  
¼ cup good mayo (avocado mayo is best)  
¼ cup Greek yogurt

½ lemon, juiced  
1/3 cup capers, rinsed and drained  
3 Tbsp. honey mustard (or 1 tbsp. honey mixed with 2 tbsp. mustard)  
1 Tbsp. horseradish or 1 tsp wasabi  
3 sticks of celery, diced small  
½ bunch chives, sliced thinly

Dry your shrimp well using paper towels.

In a large pan over medium-low heat, add the olive oil with the garlic for 2 minutes.

Add the shrimp and salt, and cook until the shrimp just turns pink and is no longer translucent, about 3-5 minutes. Remove the mix from the pan and onto a plate. Let it cool completely in the refrigerator, about 5-10 minutes.

Add all remaining ingredients to a bowl, toss to combine. Discard any liquid around the shrimp and add the shrimp to the bowl with remaining ingredients. Mix, and serve chilled or room temperature.

## Peach Panzanella

Serves 4-6

3 pieces of torn sourdough bread  
1 cup fresh corn kernels (about 2 ears)  
1/2 cup olive oil, divided  
3 Tbsp. pomegranate molasses (or 1 Tbsp honey mixed with 1 tsp molasses and 2 Tbsp lemon juice)  
2 Tbsp. fresh lemon juice

Salt and pepper to taste  
1/3 cup chopped chives  
1-2 cucumbers, seeded, peeled and sliced (about 2 cups)  
2 cups cherry tomatoes, halved  
2 peaches, pitted and chopped  
1 head of romaine or Boston lettuce

1-2 cups dark leafy green of choice: purslane leaves, kale, spinach, Swiss chard  
1 cup mint leaves, chopped  
1 cup parsley, chopped  
Optional: burrata, mozzarella, or grilled halloumi cheese

Preheat the oven to 425 F. Place the torn bread and corn kernels on a baking sheet and drizzle 1/4 cup of the olive oil, and a pinch of salt and pepper. Bake until crusty and roasted, about 5-10 minutes.

In a large bowl, whisk remaining 1/4 cup oil, pomegranate molasses, lemon juice, salt and pepper.

Add the chives, tomatoes, peaches, corn and bread from the oven, toss to combine.

In a separate bowl add torn romaine, purslane if using, mint and parsley.

When ready to serve, combine the contents of the two bowls. Toss and serve immediately. Top with cheese if using.

## Simply Baked Sardines

Serves 2

10 fresh sardines, gutted and cleaned	1 tsp onion powder
1 bunch thyme	1/4 cup regular olive oil
1 lemon, thinly sliced	1/4 cup parsley, minced
1 garlic clove, minced	Salt and pepper to taste
1/2 tsp paprika	

Preheat oven to 450 F.

Place an oven proof pan or cast iron skillet in the oven to heat up.

Add the lemon and thyme into the crevices of the sardines.

In a bowl, add the minced garlic, paprika, onion powder and olive oil. Mix to combine.

Once the pan in the oven is hot, remove it from oven, drizzle with half the oil, place sardines in the pan, and drizzle with the other half of oil on top.

Place in oven and cook until lightly browned, about 5-8 minutes.

Remove from oven, add salt and parsley to taste.

Enjoy the same day, hot from the oven for best flavor and results. Can be stored in an airtight container for up to 3 days.

## **Pesto Coated Salmon Filets**

Makes 6 Servings

2 pounds salmon, cut crosswise (4 pieces)

Kale Pesto:

2 large lacinato kale leaves (about 1 cup)

2 cups fresh basil leaves

½ cup grated parmesan cheese

¼ cup extra virgin olive oil

¼ cup unsalted, raw cashews

¼ cup unsalted, raw pepitas

2 brazil nuts

2 garlic cloves

1 lemon, juiced

½ tsp kosher salt

Preheat the oven to 400 F.

Make the pesto by placing all the pesto ingredients in the food processor

Pat each filet of salmon dry.

Place salmon on the baking sheet.

Coat each filet with a layer of the pesto.

Cook for 10-15 minutes until the salmon is opaque in the middle and flakes apart easily when pressed with a utensil.

Serve sprinkled with fresh lemon juice and chopped basil leaves.

### **Mussels 3 Ways**

All versions serve 4



Mussels offer excellent density at a great value, making them an extremely accessible seafood. Avoid gritty mussels by soaking and rinsing them first, which allows tightly closed mussels to release any

## Lentil and Mushroom Shepherd's Pie with Sweet Potato Topping

Serves 6

½ cup uncooked lentils	1 tbsp Worcestershire sauce
3 lbs sweet potatoes (about 3 large potatoes), peeled and quartered	¼ tsp freshly ground black pepper, or other seasoning of choice
1 tbsp olive oil	⅔ cup buttermilk or whole milk, preferably from grass-fed cows
1 medium onion, chopped (about 1 ½ cups)	1 tsp garlic powder
One 5 oz container mushrooms, such as cremini, button or shiitake, chopped	1 tsp baking powder
1 lb grass-fed ground beef	

Cook the lentils according to the package instructions and set aside. Preheat the oven to 400 degrees Fahrenheit.

Put the potatoes in a medium pot, cover with at least 1 inch of cold water, and bring to a boil. Reduce to a simmer and cook until tender, 12 to 15 minutes.

While the potatoes are cooking, warm the oil in a large skillet over medium heat. Add the chopped onion and mushrooms and cook until tender, 5 to 6 minutes.

Push the vegetables to the side and add the beef. Cook the beef for 2 to 3 minutes without moving it, to allow the beef to brown. Continue to cook, breaking up the meat, for about 2 minute more. Stir in the Worcestershire sauce, pepper, and lentils. Transfer to a 7 x 11-inch baking dish.

Once the potatoes are fork-tender, drain and transfer to a food processor along with the buttermilk and the garlic powder. Process until smooth. Sprinkle the baking powder over the mixture and process again to incorporate. Using a spatula, spoon the potato mixture over the meat mixture in the baking dish. Bake for 35 to 40 minutes until the pie is bubbling hot and topping is golden. Let cool for 5 minutes before serving.

## Moroccan Inspired Garbanzo Bean Salad

Serves 6

1 (15 oz) can of garbanzo beans (also known as chickpeas), drained, rinsed & dried	1/2 cup dried, unsulphured apricots, chopped
2 carrots, peeled and thinly sliced (1/4 inch)	1/3 cup pitted Kalamata olives, chopped
1 head cauliflower, chopped into small, bite-sized pieces	1 cup of Greek yogurt or labneh
1 onion, diced	Dressing:
2 Tbsp avocado oil	1/3 cup olive oil
1/2 tsp salt	1/4 cup apple cider vinegar
1 Tbsp Ras El Hanout spice blend	1 Tbsp Ras El Hanout spice blend, divided (see note)
2 cups kale or swiss chard, chopped	Salt and pepper to taste
1/2 cup toasted almonds, chopped	2 Tbsp honey
	1 Tbsp mustard

Preheat the oven to 450 F. Prepare a sheet pan with avocado oil and add the carrots, cauliflower, onion, and garbanzo beans to the sheet pan in one layer. Add salt, and 1 Tbsp of Ras El Hanout spice blend. Roast until lightly browned, 15-20 minutes.

In a bowl, combine the mixture from the oven with the kale (while the mixture is still hot so the kale cooks a bit).

Prepare your dressing: in a bowl whisk together your dressing ingredients. Add this to the bowl of vegetables and chickpeas and mix together. Add the toasted almonds, dried apricots, and olives.

Serve warm, over a smear of Greek yogurt, or store in the refrigerator in an airtight container for 5-7 days.

Note: Make your own Ras el Hanout by combining these household spices: 1/4 tsp ground ginger, 1/4 tsp ground turmeric, 1/4 tsp ground cinnamon, 1/4 tsp ground black pepper, 1/4 tsp ground coriander, 1/4 tsp allspice, 1/4 tsp nutmeg, a pinch of ground cloves.

## Chilled Beets and Kefir Soup

Serves 4-6



2 red beets

2 cups plain, unsweetened kefir

1/2 cup crème fraîche (or sour cream or Greek yogurt)

1 cucumber, peeled, seeded and grated (about 1 cup)

1/4 cup pickle brine (the juice in the pickle jar)

1 dill pickle, grated

2 Tbsp chopped chives

4 Tbsp chopped dill

Salt and pepper to taste

Add beets to a pot and cover them with water. Over a medium high heat, boil the beets until they are tender, and easily pierced with a knife, about 10 minutes. Drain beets and let them cool completely.

Peel the beets and blend them with the kefir, crème fraîche and pickle brine until smooth, adding water as needed to achieve your desired consistency.

Add salt and pepper if needed, though the brine is quite salty so taste first!

Fold in the cucumber, pickle, chives and dill. Let chill at least 30 minutes in the refrigerator and serve.

Note: if you are dairy free you can make this with your favorite dairy free kefir and a dairy free sour cream.

## **Baked Gigante Beans**

Serves 8-10

1lb dried Gigante beans (or 3 cans of large butter beans or lima beans rinsed and drained)  
1 bunch dill  
3 tbsp olive oil  
2 garlic cloves, minced  
1 (16 oz) canned whole tomatoes  
1 tin of wild sardines packed in olive oil (about 4 oz)

Note: If using canned beans you will skip steps 1 and 2.

Soak dried gigante beans overnight in water. Drain and simmer in water for two hours.

Once cooked, drain and reserve 1 cup of the cooking water.

Preheat the oven to 350 F.

Heat oil in a saucepan. Add garlic and dill and sauté lightly. Then add tomatoes and sardines and bring to a boil. Lower heat and simmer for 5 minutes.

Add beans to an oven proof tray and top with tomato sauce and a little bit of cooking liquid. If you're using canned beans you can add 1 cup of vegetable or chicken broth.

Add tray to the oven and bake for 1 hour. Check periodically and add more liquid (cooking water or broth) as needed.

## Wild Rice, Kale and Mushroom Casserole

Serves 8



8 Cups chopped Tuscan kale (about 3 bunches, or 5 cups of frozen kale, thawed and squeezed to remove moisture)  
1 1/2 cups whole milk (can substitute unsweetened cashew milk if dairy free)  
3/4 cup vegetable stock

1/4 cup sage leaves, chopped  
3 Tbsp olive oil  
1 cup onion, diced (about 1 medium onion)  
3 cups mushrooms, chopped  
2 garlic cloves, minced  
2 tsp thyme leaves (fresh or dried)  
1/4 tsp nutmeg

Salt and pepper to taste  
1/3 cup all-purpose flour (can substitute a cup-for-cup gluten free flour mix if needed)  
2 Tbsp apple cider vinegar  
4 cups cooked wild rice  
1 1/5 cups shredded gruyere cheese, divided (or your dairy free cheese of choice)

Preheat the oven to 375 F. Bring a large pot of water to a boil. Add 1 Tbsp salt. Plunge in the kale to blanch it, cooking for 1 minute until the leaves are soft. Set aside.

In a small saucepan add milk, vegetable stock and sage leaves. Warm over low heat for 10-15 minutes.

In a large pan, heat the olive oil. Add the onion and mushrooms. Cook until soft and slightly golden, about 10 minutes.

Add garlic, thyme, nutmeg, salt and pepper, and flour to the pan with the onions and mushrooms. Cook for 3 more minutes.

Add the warm milk mixture to the pan with the onions. Stir until slightly thickened, about 3-5 minutes. Add apple cider vinegar and remove from heat.

Stir in the kale, cooked rice, and 1 cup of cheese. Add the mixture to a baking dish that has been coated with olive oil.

Sprinkle remaining 1/2 cup cheese on top. Bake uncovered for about 15-20 minutes.

Note: These freeze well for up to 3 months. Be sure to label and freeze.

## Lentil Soup

Serves 4

1 tbsp coconut oil	¼ tsp red pepper flakes
1 large red bell pepper, diced	3 cups chicken broth or bone broth
1 medium yellow onion, diced	1 (14.5 oz) can diced tomatoes
1 cup dried red lentils	1 (13.5 oz) can unsweetened coconut milk
4 garlic cloves, grated	Kosher salt
1 (2-inch) piece ginger, peeled and grated	Juice of 1 large lemon (about 3 tbsp)
½ tsp ground turmeric	Optional: plain yogurt, for topping
½ tsp paprika	
3 cups fresh spinach, chopped (3 ½ to 4 oz)	
⅓ cup finely chopped fresh basil leaves, plus more for garnish	

Warm the coconut oil in a large heavy-bottomed pot over medium-high heat. Add the bell pepper and onion and cook until softened, 3 to 4 minutes. Add the lentils, garlic, ginger, turmeric, paprika, and red pepper flakes and cook for an additional 1 minute.

Stir in the broth, tomatoes, coconut milk, and 1 teaspoon salt. Bring to a boil over high heat, then reduce the heat to medium-low and cook for 20-25 minutes, until the lentils are tender.

Stir in the spinach and basil and cook until wilted. Taste and season with additional salt if needed. Stir in the lemon juice just before serving. Top with basil leaves and yogurt, if using.

## Brain Food Reuben

Makes 1 sandwich

2 slices thick-cut bacon

1 tbsp mayonnaise

2 slices sourdough bread

1 ounce mozzarella cheese, grated

$\frac{1}{3}$  cup finely chopped sauerkraut

$\frac{1}{3}$  cup packed baby arugula

2 oz white cheddar cheese, grated

Preheat the oven to 400 degrees Fahrenheit. Place the bacon on a parchment-lined rimmed baking sheet. Bake for 15 to 18 minutes, until crisp to your liking. Transfer to a paper towel to drain.

Heat a medium skillet over medium-low heat.

Spread the mayonnaise on both sides of the slices of bread, then place them on a cutting board. Mound the mozzarella on one side. Squeeze any excess liquid out of the chopped sauerkraut, then pile it on top of the mozzarella. Add the bacon slices, breaking them up as needed to cover the sandwich, then the arugula, then add the cheddar cheese and close the sandwich.

Add the sandwich to the heated skillet, press down gently with a spatula, and cook for 5-7 minutes, until golden brown. Carefully flip and cook for another 5 to 7 minutes, until golden brown on the second side.

Transfer the sandwich to a cutting board, let it rest for a couple minutes, then slice it in half.

## Wild Salmon Burgers

Makes 4 burgers

2 large eggs  
3 (5-oz) cans wild salmon, drained  
½ cup finely ground almond meal  
1 organic lemon, zested and juiced  
¼ cup plus 2 tbsp finely chopped fresh dill  
2 tbsp finely chopped fresh chives  
Kosher salt and freshly ground black pepper  
¼ tsp garlic powder  
½ cup plain whole-fat Greek yogurt  
2 tbsp extra-virgin olive oil, divided  
For serving: 4 burger buns, sliced tomato, lettuce leaves, thinly sliced red onion

Whisk the eggs in a large bowl. Add the salmon and use a fork to smash it until no large chunks remain.

Add the almond meal, lemon zest, ¼ cup of the dill, the chives, ½ tsp salt, ⅛ tsp pepper, and the garlic powder and mix to combine. Form four ½ inch thick patties. Refrigerate if not cooking right away.

In a separate bowl, combine the yogurt, lemon juice, remaining 2 tablespoons dill, 1 tablespoon of olive oil, ¼ teaspoon salt, and a pinch of pepper.

Warm the remaining 1 tablespoon of oil in a 12-inch skillet over medium-high heat. Cook the patties until golden brown all over, about 4 minutes per side.

Spread the dill sauce on the bottom of the burger buns, top with a salmon burger, more dill sauce, tomato, lettuce, and onion. Place the top bun on top and serve.