

HAPPY MOM HEALTHY FAMILY COOKBOOK



a compilation by
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Founder of
WellGrounded Life

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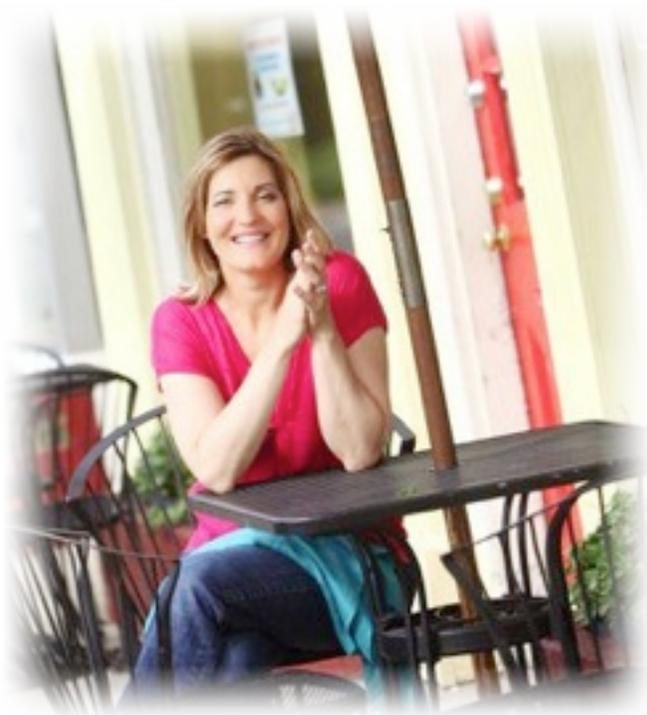
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Recipes created by Lisa Byrne unless otherwise noted.

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WELCOME!

I'm so glad you found your way here ...

I'm Lisa Byrne, founder of **WellGrounded Life**, an exceptional community of mothers supporting each other to live into our most vibrant selves. At **WellGrounded Life**, we know that **when we let our lights shine as mothers, it has a ripple effect on everyone around us** ~ especially on our families. When we deeply nourish ourselves ~ physically, emotionally, spiritually and intellectually ~ we are better able to nourish and care for those depending on us. I hope that this compilation of recipes can support you on your journey!

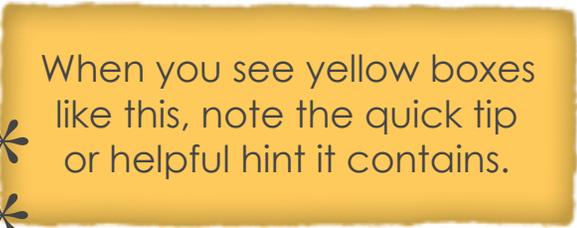
Over the years and throughout my various **courses**, we've managed to gather a significant amount of recipes. Within these pages, you will find tried-and-true recipes that are delicious, nourishing and family-friendly. Most have been tweaked and created in my own kitchen to suit the tastes of my family. I'm also thrilled to collaborate with colleagues who have contributed a rich variety of their own dishes. {You can learn more about these wonderful ladies on the **Guest Recipe Contributors** page in the Resources section.}

I had an instructor at the Institute for Integrative Nutrition who encouraged us to "burn the rice" ~ or in other words ~ experiment in the kitchen! I encourage you to do the same and find what works best for you and your family.

Our recipes have a broad range of ingredients and palates, but they share some basic similarities:

- ◆ Focus on **whole foods** (minimally processed foods and no "fake" foods like artificial sweeteners, chemicals, additives or food dyes)
- ◆ Focus on meals that are **family-friendly**
- ◆ Focus on meals that **come together quickly**
- ◆ Focus on **simplicity of preparation**
- ◆ Focus on **delicious**

Hyperlinks are embedded throughout the cookbook **in this color** - click on them and make the most of them! You'll also want to check out the **Resources section** at the end where I have included a cross-reference of meal types for menu planning, as well as cookbooks and websites that I've found helpful.



When you see yellow boxes like this, note the quick tip or helpful hint it contains.



As always, we welcome your feedback! If you have any suggestions or corrections, feel free to send a note to WGLTeam@wellgroundedlife.com.

BON APPETIT !!

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BREAKFAST

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CHOCOLATE FOR BREAKFAST SMOOTHIE

Contributed by Sue Ann Gleason of Conscious Bites Nutrition and Chocolate for Breakfast.

Ingredients

2 **bananas**, peeled, sliced & frozen

2-3 **Swiss Chard leaves**, no stems

8 oz **filtered water**

1 Tbls **raw cacao powder**

1 Tbls **carob powder**

1 Tbls **maca powder** {optional}

1 C **frozen raspberries**

1 **ripe pear**

Directions

Blend all of the ingredients in a high-speed blender.

Enjoy every last drop! ☺

GLUTEN-FREE PUMPKIN NUT PANCAKES

Contributed by Stormy Sweitzer of Maaomba.com. This recipe makes 8 to 9 medium-sized pancakes and is both tasty and filling.

Ingredients

1/2 C **pumpkin purée** ~ canned or fresh roasted

3/4 C **almond meal** {see the **Resources section** for how to make or buy almond meal}

1/2 C **buckwheat flour**

2 **eggs**

1 C **water** or **almond milk**

1/4 tsp **cinnamon**

1/4 tsp **pumpkin pie spice**

oil for pan/griddle

Directions

- 1 Place all ingredients in blender. Purée until smooth.
- 2 Preheat frying pan or griddle to medium heat. Lightly coat with your preferred cooking oil.
- 3 Pour approximately 1/4 cup of batter into the pan for each pancake. Cook until the top is covered in bubbles and begins to lose its shine. Flip it and cook for a minute longer, until cooked through.
- 4 Serve with fresh fruit, fruit purée, or applesauce.

* Each pancake takes 3-4 minutes to cook. If you have a griddle, use it to cook more pancakes at one time.
* Batter stores well in the refrigerator for a couple of days.

*

GREEN EGGS & HAM

This recipe was created by WellGrounded Life's manager, Brenda Zook Friesen, during a time when her youngest child loved Dr. Seuss and would have nothing to do with green foods. Turns out he does like green eggs and ham! It also was a great lesson for her son ~ you may think you won't like something, but how do you know until you try?!

Ingredients

1 Tbls **coconut oil**
8 large, free-range **eggs**
6 C tightly packed **fresh spinach**
leaves
2 **garlic cloves**, minced
sea salt & ground pepper to taste
1/2 C **crumbled feta cheese**
{optional}

Directions

- 1 Crack eggs directly into a blender. Add 4 C of the spinach and blend until thoroughly mixed. Add the additional 2 C of spinach and blend again. Stir in garlic cloves.
- 2 Heat coconut oil in large iron skillet over medium-high heat until melted. Pour spinach egg mixture into skillet and season with sea salt and pepper. Let it cook for several minutes before stirring and continuing to cook as you would regular scrambled eggs.
- 3 Once cooked through, add crumbled feta cheese if desired. Serve warm alongside ham or bacon, or vegetarian bacon alternative. Wearing a red and white striped hat while eating is optional. ☺

MAKE-AHEAD HEARTY PANCAKES

This is a variation on the Hearty Oatmeal Pancake recipe from [Simply in Season](#). Prepare the wet and dry ingredients (separately) in the evening to save time in the morning. The variations are limitless ~ add chopped walnuts with raspberries or chopped pecans with blueberries. Shredded apples anyone?

Ingredients

2 C **old-fashioned rolled oats**
2 C **plain yogurt** or buttermilk
2 organic **eggs** (lightly beaten)
2 Tbls **raw honey**
1/4 C **applesauce**
1 Tbls **ground flaxseed**
1/2 C **whole wheat flour**
1 tsp **baking powder**
1 tsp **baking soda**
1/2 tsp **cinnamon**
1/4 tsp **sea salt**
Nut butter and pure maple syrup
for topping

Directions

- 1 The night before cooking, mix the rolled oats and yogurt in a large bowl. Cover and refrigerate overnight.
- 2 In the morning, add the eggs, applesauce and honey to the oat mixture.
- 3 In a small bowl, mix the dry ingredients thoroughly: flaxseed, flour, baking powder & soda, cinnamon and sea salt. Add to oat mixture and stir until just incorporated.
- 4 Fry in large skillet until both sides are golden and pancakes are cooked through. Serve with nut butters and pure maple syrup.

- * Double this recipe and then freeze your leftovers. These
- * work as a great "fast" breakfast -- just pop in the toaster!
- *

MANGO KISS PARFAIT

Ingredients: Chia Pudding

1/4 C **chia seeds**

3/4 C **almond milk** made fresh*

2 tsp **powdered vanilla**

sweetener of choice

pinch of **salt & spices** {optional}

Ingredients: Mango Purée

3 **dates**

2 C **mangos** peeled & sliced

3/4 C **water**

juice of half a **lime**

pinch of **salt**

pinch of **cinnamon**

1 tsp **vanilla**

Contributed by Sasha Campbell of [Blyssful Health](#) who shares, "This can be used for breakfast or a dessert. You can have the chia pudding on its own or with the mango topping. Chia seeds are a great source of omega 3's, great for the bowels and filled with nutrients."

Directions

1 Make the purée first. Really any fresh fruit would be amazing with this chia pudding. Set purée aside.

2 To make the chia pudding, add all of the pudding ingredients into a bowl. Stir well until everything is fully incorporated. Let it sit for about 10-15 minutes until it becomes thick and creamy.

3 Place a few spoons of the chia pudding in a nice glass. Pour a little bit of the extra almond milk on top of the pudding. Then top the pudding with some mango purée and chopped fruit.

4 I enjoy this when eaten right away at room temperature. If you are making it ahead of time, don't add the mango purée until you are ready to eat it. Garnish with your favorite fruit ~ choosing 1 or 2 fruit is a great way to create fun layers.

* See the **Resources** section for how to make your own almond milk.

QUICK QUINOA & YOGURT BOWL

So easy to assemble and to tailor to your tastes, this makes a great start for the day! This is one of those dishes that somehow the sum surpasses the individual parts. Use leftover quinoa or intentionally make extra while cooking another meal for the week. Quinoa will stay good in a sealed container for up to a week if refrigerated.

Ingredients

1/2 C **cooked quinoa**

1/2 C **plain yogurt**

1/8 C **chia seeds**, soaked

ground flaxseed

chopped nuts {walnuts, pecans,
almonds, your favorite}

fruit {chopped apples, blueberries,
blackberries, your favorite}

raw honey or agave, optional

Directions

- 1 Soak the chia seeds in water to cover while assembling the rest of the ingredients {about 10 minutes}.
- 2 Chop nuts {and fruit, if necessary}. Mix with equal parts cooked quinoa and yogurt. Sprinkle generously with ground flaxseed then mix in the soaked chia seeds.
- 3 Take a taste and see what you think ... If you need it a bit sweeter, drizzle with honey or agave, but you may find it's sweet enough!

SWISS CHARD FRITTATA

Did you know eggs are actually a seasonal food? Spring is their season! I love having recipes that use up previously prepared veggies and a frittata is a quick and easy way to use the extra cooked swiss chard from a previous night's dinner. If you don't have a skillet that can go from stove top to oven, you can transfer to a baking dish and it turns out fine, too.

Ingredients

6-8 large, free-range **eggs**

1/3 - 1/2 C **ricotta cheese**

Fresh herbs as preferred ~ nice ones are basil & parsley

Sea salt & ground pepper to taste

Previously sauteed **swiss chard**
(1/2-1 C cooked greens) OR

Saute 1/2 **yellow onion** & 4 large leaves of swiss chard (thinly sliced) in olive oil until just wilted

Directions

- 1 Preheat oven to 375 degrees.
- 2 Add everything together into an oven-safe skillet or in a baking dish. Stir a few times until swiss chard is distributed evenly.
- 3 Bake until eggs have set ~ about 13-15 minutes.



SALADS

- Anything Goes Rainbow Salad, 15 ●
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- Warm Quinoa & Veggie Salad, 25 ●
- Warm Salad of Roasted Cauliflower & Quinoa, 26

Ingredients

- 1 bunch **lacinato (aka dinosaur) kale**, thick stems removed & leaves thinly sliced
- 2 C **shredded red cabbage** (about 1 small head, quartered & cored)
- 2 C **Romaine lettuce**, chopped
- 1 small **red onion**, thinly sliced
- 1 large **red bell pepper**, cored, seeded & thinly sliced
- 1 C **assorted sprouts**
- 1 C **cherry or grape tomatoes**, halved
- 4 **carrots**, shredded or sliced
- 1/3 C **sliced almonds**
- 1/4 C **Dijon mustard**
- 1/4 C freshly squeezed **orange juice** from about 1 small orange
- 1/4 C high quality **balsamic vinegar**
- 1/4 tsp **ground black pepper**
- olive oil, lemon infused avocado oil, Himalayan salt

ANYTHING GOES RAINBOW SALAD

Contributed by Sue Ann Gleason of Conscious Bites Nutrition and Chocolate for Breakfast who shares, "Lacinato kale, also known as dinosaur kale, isn't as tough as curly kale and lends itself well to raw salads like this one. This recipe will easily double for a big group or potluck."

Directions

- 1 Massage kale with unfiltered extra virgin olive oil or lemon infused avocado oil, sprinkle with Himalayan salt, and place in a large bowl. The kale will break down and soften.
- 2 In about an hour (or more), add cabbage, lettuce, onion, bell pepper, tomatoes, carrots, and sprouts.
- 3 In a small bowl, whisk together mustard, orange juice, vinegar and pepper. Pour over the salad and toss to coat.
- 4 Top with sliced almonds. Serve immediately.

ARTICHOKE PASTA SALAD

A.K.A. The BEST Backyard BBQ Salad

I love this quick, delicious, light tasting, summer-perfect pasta salad. I bring it to almost every summer gathering or backyard BBQ we go to and it's always a hit! You can easily get creative with the veggie additions ~ for interesting alternatives, swap the spinach for some garden fresh peas or lightly steamed broccoli.

Ingredients

- 1 can **artichokes**, drained
- 1 Tbls **olive oil**
- 1 Tbls **water**
- 1 Tbls **lemon juice**
- 1/2 tsp **dried basil**
- 1/4 tsp **dried oregano**
- 1/4 tsp **black pepper**
- 1 **garlic** clove, minced
- 3 C **cooked pasta** (rice pasta is fine)
- 2 C thinly sliced **spinach**
- 1 C **cherry tomatoes**, halved
- 1/4 C **feta cheese**
- baked & sliced **chicken**, *optional*

Directions

- 1 Cook rice pasta according to directions, rinse quickly with cold water.
- 2 Blend the olive oil, water, lemon juice, basil, oregano, pepper and garlic together-** you can add more of the liquids to make a smooth dressing.
- 3 Toss everything together (pasta, dressing, spinach, tomato and feta)
- 4 Top with chicken if desired.
Enjoy!

BASIC CHOPPED SALAD

The essence of chopped salads are the same as green leafy salads ~ they really can be customized in infinite ways.

Here is a short list of my favorite things to chop up and mix together:

Cucumber
Yellow Pepper
Celery
Broccoli

Red Pepper
Hearts of Palm
Carrots (I like to both chop and shred these)

Corn
Cauliflower

WITH FAVORITE SALAD DRESSING

Ingredients

1/4 C **balsamic vinegar**
1/2 C **olive oil**
2 Tbls **dijon mustard**
3-4 **garlic cloves**, minced
2 Tbls **tamari** (or soy sauce)

This is my absolute favorite dressing ... hands down!

Directions

Blend together and adjust to taste. How easy is that?!

To make a large chopped salad last a few days, make & store the dressing separately so the salad stays crisp longer.

*
*
*

BLACK BEAN & QUINOA SALAD

Super fast and simple, this warm salad is always a hit.

Ingredients

2 C **quinoa**

4 C **chicken broth**

2 C **baby spinach**, chopped

1-2 **red peppers**, diced

1/2 C **pine nuts**

1/2 C **canned black beans**, drained

Directions

- 1 Cook quinoa in broth until done (bring to boil and simmer for about 15-20 minutes or until all liquid is gone).
- 2 While quinoa is cooking, chop baby spinach and dice red pepper.
- 3 Toast pine nuts on low heat in toaster oven or dry toast in a pan over a low flame.
- 4 When quinoa is done, allow the initial steam to die down.
- 5 While quinoa is still warm, toss with spinach, red pepper, pine nuts and black beans.

CHICKPEA SALAD

Contributed by Tracey Ceurvels of The Busy Hedonist. Goes wonderfully with Chipotle Glazed Roasted Salmon {pg 55}.

Ingredients

- 1 can **chickpeas**, rinsed & drained
{or buy fresh ones & soak overnight}
- 2 Tbls **fresh parsley**, chopped
- 2 Tbls **fresh lemon juice**
- 4 tsp **extra virgin olive oil**
- 1 **small garlic clove**, pressed
- 1/3 C **freshly grated Parmesan cheese**
- sea salt & fresh ground pepper**,
to taste

Directions

- 1 Combine chickpeas, parsley, lemon juice, extra virgin olive oil and pressed garlic clove in medium bowl.
- 2 Add grated Parmesan cheese and toss gently to blend all ingredients thoroughly.
- 3 Season chickpea salad to taste with sea salt and fresh ground pepper, to taste.

CRAN-PEAR SALAD

This is an easy and delicious combination of ingredients. Play around with amounts that match your preference.

Ingredients

romaine & mixed salad greens

cranberries

toasted walnuts

sliced pears

Goddess or Poppyseed dressing

(store bought; try Newman's Own
or Annie's Naturals)

Directions

Assemble salad together in amounts that suit your tastes.
Serve with dressing on top. Super simple!

To toast the walnuts, either heat them in a dry skillet over medium-high heat, stirring constantly until they become aromatic {~5 mins}, OR toast on a cookie sheet in the oven at 375 degrees for 5-10 mins until they become aromatic.



CRUNCHY & CREAMY BROCCOLI SALAD

Ingredients

1 C **cauliflower**, chopped
1 C **broccoli**, chopped
1/2 C **sprouts**
1/2 C **carrot**, shredded
1/2 C **raisins**
1/4 C **sunflower seeds**
1/4 C **mayonnaise**
2 Tbls **milk**
1 tsp **dried chives**
1 tsp **cider vinegar**
1/4 tsp **salt**
dash of **freshly ground pepper**

My mom first introduced me to this salad. Yes, it has mayonnaise. I'm of the belief that if you dig mayo, it's best to have it smothering broccoli and cauliflower, right? You can also always substitute with Veganaise. Really though, this is always a hit.

Directions

- 1 Mix all the ingredients in a large bowl.
- 2 Chill for at least an hour.

HEAVEN ON A PLATE SALAD

Served with the Salmon Cakes with Mango Salsa {pg 60} and Vanilla Chia Seed Pudding {pg 108}, this makes for a company-worthy meal!

Ingredients

bed of **baby spinach**

walnuts, lightly toasted

dried cranberries

feta or goat cheese, *optional*

1/4 C **maple syrup**

1 1/2 Tbls **apple cider vinegar**

1/4 C **extra virgin olive oil**

sea salt & pepper to taste

Directions

- 1 Warm the maple syrup, vinegar and oil over low heat.
- 2 Toss the spinach, walnuts and cranberries.
- 3 Top with feta or goat cheese, if desired.
- 4 Pour warm dressing on top and serve immediately.

MARINATED WHEAT BERRY SALAD

This is an excellent dish topped with veggie stir fry, as a side dish with a main meal or as a topping for a large green salad.

Ingredients

- 1 C **wheat berries**
- 3 C **boiling water**
- 1/3 C **extra virgin olive oil**
- 1/4 C **red wine or rice wine vinegar**
- 1 Tbls **fresh lime juice**
- 1 Tbls **fresh garlic**, minced
- 1 tsp **prepared mustard**
- 1-3 tsp of the following **herbs**
according to your preference:
 - parsley** **basil** **dill**
 - tarragon** **chives** **thyme**

Directions

- 1 Cook the wheat berries in 3 cups of boiling water for about 1 hour or until soft and chewy.
- 2 While the wheat berries are cooking, mix the remaining ingredients together as a vinaigrette.
- 3 When wheat berries are fully cooked, mix them with the vinaigrette. This salad can be served warm or cold.

MEXICAN GREEN SALAD

I love loading up my green salads with fresh ingredients and then topping them with creamy avocado, smooth refried beans and sour cream as the “dressing” element.

Ingredients

torn **romaine lettuce**

corn

sunflower seeds

tomatoes, chopped

avocado, cubed

scoop of **refried beans**

dollop of **sour cream**

Directions

Try layering all the ingredients for a full meal. Experiment with other toppings and ingredients that suit your family’s palate.

You can toss with my
favorite salad dressing
if you need
more moisture.



WARM QUINOA & VEGGIE SALAD

Ingredients

2 C **water or stock**
1 C **quinoa**
2 Tbls **butter** or **extra virgin olive oil**
3-4 **fresh garlic cloves**, minced
small onion, finely chopped
1 C **frozen corn**
1 **red pepper**, diced
1/2 tsp **cumin**
1 tsp **dried oregano**
sea salt to taste

Directions

- 1 Bring the water or stock to a boil.
- 2 Add the quinoa, cover and reduce to simmer. Cook for 15-20 minutes.
- 3 Heat the butter or extra virgin olive oil in a pan. Add minced garlic cloves and onion. Cook until soft.
- 4 Add the corn and red pepper. Saute for 5-10 minutes until the veggies are cooked through.
- 5 Add cumin, oregano and sea salt to taste. Mix in cooked quinoa and adjust seasonings if needed.

WARM SALAD OF ROASTED CAULIFLOWER & QUINOA

Contributed by Jules Clancy of Stone Soup who shares, "You could use all sorts of soft cheese in this recipe. Ricotta or goats curd would be lovely, but I had some bocconcini that needed eating up. I really enjoyed its slightly chewy texture to contrast the cauliflower & quinoa. If you were wanting to go cheese-free, some roasted almonds would be a great substitution.

Wonderfully satisfying as a main course salad on its own, it would also work well without the cheese as a side dish to fish or roast chook. I used tomato paste to flavour and slightly colour the quinoa, but you could ditch it and replace the water with vegetable or chicken stock if you liked."

Ingredients

1/2 **large cauliflower**
(approx 350g/12 oz)

1/2 C **quinoa** (or other favorite grain such as couscous, barley or brown rice. Adjust cooking times accordingly.)

1 Tbls **tomato paste**

1/2 bunch **fresh chives**, finely chopped

large handful bocconcini, torn into bite-sized pieces

Directions

- 1 Preheat oven to 200C. Cut cauliflower into bite-size little trees. Place in a roasting dish, drizzle with some olive oil, season and roast, stirring occasionally until the cauliflower is golden on the edges and cooked through.
- 2 Rinse quinoa well and place in a medium saucepan with 1 cup water and the tomato paste. Simmer for 10 – 15 minutes or until quinoa is tender and the water has been absorbed. Season.
- 3 Divide cauliflower between two warm plates, scatter over quinoa, cheese and chives.



SOUPS

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BLACK-EYED PEA SOUP

Ingredients

- 4 pieces of bacon
- 1 green pepper, chopped
- 1 medium onion, chopped
- 2-3 garlic cloves, minced
- 2 undrained cans of black-eyed peas OR ~4 C cooked black-eyed peas + 1/2 C cooking water
- 2 15-oz cans of diced tomatoes, undrained {or 1 quart}
- 1 C water, chicken or turkey stock, or bean cooking liquid
- 1 tsp ground cumin
- 1 tsp chili powder
- 1 tsp ground mustard
- 1 tsp salt
- 1/4 tsp pepper

Contributed by Katie Kimball of *Kitchen Stewardship* who shares, "I'd never used black-eyed peas before preparing for my [Everything Beans](#) cookbook, and I thought I should branch out. You know what? They're delightful!. Yields 2 quarts and about 4-6 servings.

Directions

- 1 In a medium soup pot, cook the bacon and remove from the pot. Crumble and reserve for the table.
- 2 Drain off all but about 1 Tbls. of bacon drippings and sauté the green pepper and onion for 5-10 minutes until limp, adding the garlic at the end.
- 3 Sauté for another minute, then add the black-eyed peas, tomatoes, water and all the seasonings. Bring to a boil. Reduce heat and cover to simmer for 15-20 minutes.
- 4 Sprinkle with shredded cheese and cooked bacon to serve.

Katie's Timesaver Tip

I always cook up a whole pound of bacon and simply freeze any leftovers. If you've got some frozen, this meal is 25% easier! You can substitute butter, olive oil, or tallow to sauté the veggies if you don't keep your grease.



BROCCOLI & CARROT SOUP

Ingredients

4 Tbls **butter or coconut oil**
1 large **onion**, chopped
1 1/2 lbs **fresh broccoli**
2-3 **carrots**, chopped
3 Tbls **whole wheat flour**
4 C **chicken or vegetable broth**
sea salt & pepper to taste

Directions

- 1 Melt the butter in a large pot. Add the onion, broccoli and carrot. Saute until onion is translucent.
- 2 Add the whole wheat flour and stir until flour is golden.
- 3 Add the broth, bring to a boil and then simmer until all vegetables are soft (about 30-40 minutes).
- 4 Add sea salt and pepper to taste.
- 5 Use a hand blender, blender or food processor to puree the soup.

BROTH: HEALING VEGETABLE

This recipe is taken from the Potato Peeling Broth in Prescriptions for Nutritional Healing: A Practical A-Z Reference for Drug-Free Remedies Using Vitamins, Minerals, Herbs and Food Supplements by Phyllis A. Balch

Ingredients

- 3 potatoes
- 1 carrot
- 1 celery stalk
- 1 onion
- 3 garlic cloves

Directions

- 1 Thoroughly scrub the potatoes and then cut them in half. Peel the potatoes leaving about 1/2 inch of potato flesh on the peel.
- 2 Add potatoes, carrots, celery, onion and garlic (all coarsely chopped) to 6-8 cups of water.
- 3 Boil for about 30 minutes and then strain out the vegetables. This broth can be used in any recipe calling for vegetable broth, but it can also stand alone as a wonderful healing broth.

BROTH: HOMEMADE CHICKEN

This recipe is from Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats by Sally Fallon and Mary Enig. This broth is excellent as bases to soups, to cook whole grains in or to simply sip as a warm healing broth.

Ingredients

- 1 whole **free-range chicken**
- 4 quarts **cold water**
- 2 Tbls **vinegar**
- 2 **carrots**, peeled & chopped
- 3 **celery stalks**, chopped
- 1 large **onion**, chopped
- 1 bunch **fresh parsley**

Directions

- 1 Throw all the ingredients in a big pot except for the parsley. If you are using the whole chicken, cut it into large pieces {i.e. wings and legs can be cut separately}.
- 2 Let everything sit for about 30 minutes, then turn on the heat and bring to a boil. As the broth comes to a boil, if anything rises to the top, skim it off.
- 3 Reduce heat, cover and simmer anywhere from 6 to 12 hours. Simmer for as long as possible ~ closer to 12 hours is best.
- 4 About 10-15 minutes before you are finished simmering the broth, toss in the fresh parsley.
- 5 When finished, let the broth cool slightly so you can remove the meat. {Use it or freeze it in meal-sized servings.} Strain the broth through a mesh strainer into containers that will seal and remain airtight. Freezes well.

CHICKEN SOUP: 5 WAYS

Once I started exploring and creating new meals in the kitchen on my own ~ and experimenting with spice combinations sans recipes ~ I got really excited about cooking. The new freedom opened up a lot of creativity for me and helped me enjoy my time cooking more.

Here is a very **basic chicken soup**, but with 4 variations that show simple spice/ingredient combinations that will transform the soup in very different ways.

Ingredients

- 1 whole **free-range chicken**
- 2 **yellow onions**, diced
- 5 **carrots**, diced
- apple cider vinegar**
- 5 **celery stalks**, diced
- 1 large **onion**, chopped
- 1 bunch **fresh parsley**

Directions

- 1 Place uncooked chicken in stock pot and cover with water by 2 inches. {Be sure to remove neck from inside cavity and discard.} Add onion and a splash of apple cider vinegar. Let simmer for 1 hour. While chicken cooks, dice carrots and celery stalks.
- 2 Once chicken is cooked, carefully remove meat from skin and bones. Dice the chicken meat. Strain broth through a cheese cloth to get rid of cooked onion as well as unwanted particles.
- 3 Put broth back into stock pot and add your diced vegetables. Salt and pepper to taste and let cook 1 hour until the vegetables are tender.

****** Try the following variations ...

CHICKEN SOUP: 5 WAYS ... THE VARIATIONS

* Mexican

Add some **cooked brown rice**, a touch of **chili powder** and some **fresh cilantro**. Garnish with **crushed tortilla chips**.

* Moroccan

Add **couscous**, a dash of **cumin** and **cinnamon** and **diced tomatoes**. Garnish with a few **raisins**.

* Mediterranean

Add **bulgur**, a dash of **oregano** and **garlic** and **diced tomatoes**. Top with crumbled **feta cheese** for garnish.

* Italian

Add **whole grain pastina or orzo**, **escarole**, a dash of **oregano** and **basil**. **Fresh shredded parmesan** is a delicious garnish.

* Don't forget about these **other healthy additions too**: Swiss chard,
* black beans, quinoa, shredded cabbage, tofu, mushrooms or
* broccoli. Let your palate and imagination inspire you!

CURRIED CASHEW CAULIFLOWER & SWEET POTATO SOUP

Contributed by Stormy Sweitzer of *Maoomba.com* who notes, "In this recipe, you will roast all of the vegetables and nuts in a single pan. With a quick spice pan toast, a purée and a simmer, you will have a fragrant, healthy and creamy soup."

Ingredients

- 1 large **sweet potato** {the orange one ~ a.k.a. yams}
- 1 small head of **cauliflower**
- 1 medium **onion**
- 4 **garlic cloves**
- 3 Tbls **cooking oil**
- 2/3 C **raw cashews**
- 4 C **gluten-free broth**
- 1 1/2 tsp **curry powder** {more to taste}
- 1 tsp **chile powder**
- salt & pepper** to taste

Directions

- 1 Preheat oven to 450 degrees F. Chop sweet potatoes, cauliflower and onions into large, evenly-sized chunks {about 1-2"}. Place in a mixing bowl with the garlic cloves. Toss with 3 Tbls oil until well-coated. Pour vegetables onto a lightly greased baking sheet and put sheet in oven.
- 2 After 15 minutes, flip vegetables over as best as you can to prevent bottom sides from burning.
- 3 After 10 more minutes, sprinkle the raw cashews on top of the vegetables and let them stay in the oven for 5 minutes longer. Remove from oven when vegetables and cashews are golden.
- 4 During those last 5 minutes, heat a soup pot to medium high heat on the stove. When the pot is hot enough, sprinkle the curry powder, chile powder and mustard seeds evenly across the pot's bottom. Stir spices to prevent them from burning. Toasting them this way will bring out their flavor.

CURRIED CASHEW CAULIFLOWER & SWEET POTATO SOUP ... CONTINUED

Directions continued ...

5 Add 1½ cups of broth to the spice mixture and then add the roasted vegetables and cashews. Stir mixture and bring to a boil. Cook for 3 minutes.

6 Pour all of the pot's ingredients into a blender or food processor and liquefy, adding more of the broth as needed. Pour purée, remaining broth and ½ tsp salt to pot and let simmer for 10 minutes.

7 For color, garnish with a wedge of lemon and a sprig of cilantro. Serve.

Stormy's Tips

To roast the vegetables, use a high smoke-point oil ~ olive oil gets a little too smoky for this heat. Add additional chile powder if you like it hot. If nuts aren't an option, just reduce the broth a little bit to keep your soup thick and creamy.



MISO SOUP WITH GREENS

Some of these ingredients may be difficult to find in your general supermarket. If you have a natural foods store or Japanese ethnic store near that may be a good place to locate these ingredients. Or you can try online sources like www.vitacost.com.

Ingredients

- 2 pieces **Kombu kelp**
- 2 ounces **dried shiitake mushrooms**
- 3 Tbls **miso paste**
- 4 C **water**
- 3 **scallions**, chopped
- 1 C **dark leafy greens**, chopped
(kale, collards or swiss chard)
- 1 C cubed **tofu** (optional)

Directions

- 1** Boil 1 cup of the water and let shiitake mushrooms soak until rehydrated and plump {about 10 minutes}.
- 2** Over low heat, *slowly* bring remaining 3 cups of water, kelp, miso paste and scallions to a boil, then reduce to a simmer for 5 minutes.
- 3** Add the rehydrated shiitake mushrooms with their water, followed by the dark leafy greens and tofu. Gently stir for about 4-6 minutes or until greens are just wilted.

If you want to eat the kelp, you can break the sheets into smaller parts

- * before cooking the soup. If you don't want to eat the kelp itself, cook in long
- * sheets and then remove before serving.



QUINOA STEW WITH MOROCCAN WINTER SQUASH & CARROTS

Ingredients {for stew}

2 Tbls **olive oil**

1 **onion**, chopped

3 **garlic cloves**, chopped

2 tsp **Hungarian sweet paprika**

1 tsp **salt**

1/2 tsp each: **ground black pepper**,
ground coriander, **ground cumin**,
ground tumeric, **ground ginger**,
cayenne pepper

1 C **water**

1 14-oz can **diced tomatoes**, drained

1 **butternut squash**, peeled & cut into
1-inch cubes

5-7 **carrots**, peeled & cut into
3/4-inch cubes

*This recipe was so perfect, I'm passing it along without any of my own embellishments {which is rare as I'm almost always changing recipes and tweaking them to be a bit more "me!"} I originally found this recipe on *Dinner DuJour* and she adapted the recipe from *Bon Appetite*, Jan 2006. You'll find there are very few ingredients and the best element of the whole meal is the wonderful blend of spices ~ perfect for winter!*

Directions {for stew}

- 1 Heat the oil in a large saucepan over medium heat. Add the onion and sauté until soft, stirring often, about 5 minutes. Add the garlic and stir for 1 minute.
- 2 Mix in the paprika and the next 7 ingredients. Add 1 cup water and the tomatoes. Bring to a boil.
- 3 Add the squash and carrots. Cover and simmer over medium-low heat until the vegetables are tender, stirring occasionally, about 20 minutes. Season with salt and pepper.

{Can be prepared 1 day ahead. Cover and chill.}

QUINOA STEW WITH MOROCCAN WINTER SQUASH & CARROTS ... CONTINUED

Ingredients {for quinoa}

- 1 C **quinoa**
- 1 Tbls **butter**
- 1 Tbls **olive oil**
- 1 small **onion**, finely chopped
- 1 medium **carrot**, peeled & finely chopped
- 2 **garlic cloves**, minced
- 1/2 tsp **salt**
- 1/2 tsp **turmeric**
- 2 C **water**
- 1/2 C chopped **fresh cilantro**, divided

Directions {for quinoa}

- 1 Rinse the quinoa and drain.
- 2 Melt the butter with the oil in a large saucepan over medium heat. Add the onion and carrot. Cover and cook until the vegetables begin to brown, stirring often, about 10 minutes.
- 3 Add the garlic, salt and turmeric and sauté for 1 minute. Add the quinoa and stir 1 minute.
- 4 Add 2 cups of water. Bring to a boil, then reduce the heat to medium-low. Cover and simmer until the liquid is absorbed and the quinoa is tender, about 15 minutes.
- 5 To serve, rewarm the stew and stir in half of the cilantro. Spoon the quinoa onto a platter, forming a well in the center. Spoon the stew into the well. Sprinkle with the remaining cilantro.

SWEET VEGGIE PURÉE SOUP

This soup has endless possibilities! The vegetables, greens and spices that are listed below are simply suggestions ~ experiment with various combinations until you find one that suits your tastes.

Ingredients

- 1 **onion**, coarsely chopped
- 1 Tbls **coconut oil**
- 3-5 C chopped **vegetables**
(beets, cauliflower, celery,
rutabaga, turnip, carrots)
- vegetable or chicken **broth**
- spices** according to your taste
(bay leaf, basil, rosemary, thyme)
- 1 bunch **dark leafy greens**
(kale, collards or swiss chard)

Directions

- 1** Sauté onion in coconut oil over medium heat until soft and translucent.
- 2** Add 3-5 cups of chopped vegetables then add broth ~ just enough to cover the veggies.
- 3** Add spices according to your taste then bring to boil. Lower heat and simmer for 45 minutes or more until all veggies are soft.
- 4** Add dark leafy greens and cook just until wilted {about 5 minutes}. Remove from heat and purée using a hand blender or upright blender.

VEGGIE SPLIT PEA SOUP

Split pea soup is one of my favorite winter soups ... fast and substantial. It's also a great "end of the week" soup when you want to use up leftover vegetables before the new week's shopping comes in. Try and experiment with some root veggies that you may not be used to like daikon radish, rutabaga, turnip or parsnip. If you like a smokey flavor, but don't want to add the traditional ham bone, consider adding a few drops of liquid smoke – it has a wonderful flavor without the meat.

Ingredients

- 2 C **dried green split peas**, rinsed well
- 7 C **broth** {vegetable or chicken; water works fine,too}
- 1 large **potato**, chopped
- 1 medium **onion**, chopped
- 2-3 C **chopped veggies** {good ones are carrots, rutabagas, celery, parsnips, daikon radish}
- Sea salt**

Directions

- 1 Place split peas, stock/water, chopped potato and onion in a large pot and set heat to medium~high heat.
- 2 When stock comes to a boil, reduce heat to low~medium and partially cover with lid. Cook for about 30 minutes, stirring occasionally.
- 3 Add the remaining veggies and continue to cook for 15-30 minutes until peas are very soft.
- 4 Use a potato masher and mash to desired consistency. Season with salt to taste.

VERY GREEN, RED LENTIL SOUP

Inspired by Greens, Glorious Greens: More than 140 Ways to Prepare All Those Great-tasting, Super-healthy, Beautiful Leafy Greens
by Johnna Albi and Catherine Walthers

Ingredients

1-2 Tbls **olive oil**

1 medium **onion**

1 tsp **curry powder**

1 tsp **cumin**

6 C **water**

2 **celery stalks**, chopped

3-5 **carrots**, chopped

1 1/2 C **red lentils**

dried spice mix: 1 tsp **turmeric**, 3 tsp **basil**, 1 tsp **oregano**, or 1 tsp **thyme**

greens {mustard greens, swiss chard or spinach work great}

lemon {optional}

Directions

- 1 Sauté olive oil and chopped onions until translucent and fragrant.
- 2 Add curry powder and cumin and sauté for another minute.
- 3 Add water, carrots, celery, lentils and spice mix to pot. Bring to boil, then reduce to simmer for 25-30 minutes, stirring occasionally.
- 4 When lentils look creamy, add chopped greens. Cover and simmer for another 10 minutes.
- 5 Add pinch of sea salt, squeeze of lemon and adjust seasonings to taste.

WHEAT BERRY VEGGIE TURKEY CHILI

Ingredients

1 C cooked **wheat berries**
12 oz **ground turkey**
1 Tbl **coconut oil** or **butter**
1 medium **onion**, chopped
2 medium **zucchini**, chopped
2 **red bell peppers**, chopped
4 **celery stalks**, chopped
2 cans **diced tomatoes**
4 C **broth**
1 can **black or kidney beans**
2 tsp **cumin**
2 tsp **chili powder**
1 Tbls **garlic powder**
2 tsp **onion powder**

This is a great recipe to use previously cooked, frozen wheat berries. The chili itself also freezes well, so make a double batch and freeze for later.

Directions

- 1 In large pot, brown the turkey and onion in coconut oil or butter.
- 2 Add everything else and simmer for 30-40 minutes.
- 3 Enjoy!



MEAT ENTRÉES

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BURRITO BOWLS

Submitted by WellGrounded Life community member, Julie Anderson. She shares, "I often make a big pot of beans and rice and freeze the leftovers. This is an easy meal to whip together from these frozen leftovers and whatever other toppings you've got in the fridge or cupboard!"

Ingredients

cooked brown rice
black or pinto beans
cooked chicken
corn
salsa

Toppings:

shredded cheese
sour cream
sliced avocado
fresh cilantro

Directions

- 1 Heat all the ingredients in a large pot, adjusting amounts depending on your tastes and how many you're serving.
- 2 Scoop into bowls and garnish with your favorite toppings.

CHICKEN ALMOST VINDALOO

Contributed by Jules Clancy of *Stone Soup* who shares, "If you didn't want to serve the curry with rice, I like to use canned lentils with wilted spinach to get some more veg into my meal. And don't feel constrained to chicken. Beef, lamb, tofu, chickpeas or lentils would all be delicious. Of course, if you have access to great commercial curry pastes, feel free to use them instead." Serves 3-4

Ingredients

- 2 **chicken breasts** {approx 1 lb/500g}, finely sliced
- 4 Tbls **vindaloo curry paste** {pg }
- 2 **cans tomatoes**, 14 oz/400g
- 4-6 **large green chilies**
- natural yoghurt**, to serve {optional}

Directions

- 1 Heat a few tablespoons peanut oil in a large frying pan or wok over very high heat. Stir fry chicken, moving it constantly around the pan until it is no longer pink. Remove from the heat and place chicken in a clean bowl.
- 2 Return the pan to the heat. Add curry paste and stir fry for about 30 seconds. Add tomato, crushing to break them up a little.
- 3 Add the chilies. Bring to a simmer and cook for about 3-4 minutes or until the sauce looks a little thickened. Taste and season. Return chicken and and juices to the pan and allow to heat through.

Jules' Tip: There are 2 ways to get tender meat in a curry. Either gently simmering in the sauce for hours OR stir frying finely sliced pieces over a high heat to brown the outside, then removing the meat from the pan, making the sauce and adding the meat at the end to just heat through. In my experience, simmering for 1/2 hour or so usually gives tough meat. For a video demonstration of recipe, [click here](#).



COCONUT CURRY

SWEET POTATO & CHICKEN

Ingredients

3-5 **garlic cloves**, minced
2 tsp **Indian Curry spice**
2 **sweet potatoes**, cubed
1/2 C **frozen peas**
2-3 Tbls **olive oil**
1 can **whole coconut milk**
1/2 - 1 C **broth**
1 Tbls **basil**
2-3 **chicken breasts** OR
4-6 chicken thighs

Directions

- 1 Sauté minced garlic with 2-3 Tbls olive oil over medium heat. Add Indian curry spices if you'd like.
- 2 Add in cubed sweet potatoes. Heat the potatoes through for a few minutes.
- 3 Add 1 can of whole coconut milk, broth and basil. Mix thoroughly and then add the chicken.
- 4 Simmer for 30 minutes or until chicken is cooked through and potatoes are soft. Add frozen peas and cook for 5 more minutes. Serve over cooked grains like brown rice or millet.



Try mixing it up & using other vegetables in place of the sweet potatoes. Great ones to try are green beans, squash, snap peas, cauliflower, carrots, cabbage, [fill in with your favorite veggie].

COLORFUL MANGO CHICKEN LETTUCE WRAPS

Contributed by Stormy Sweitzer of Maoomba.com who notes, "This recipe works great with leftover chicken or a gluten-free, store-bought roast chicken. Mangos add a touch of sweetness while the lime adds tanginess." Recipe makes about 8 wraps.

Ingredients

- 2 C **grilled or roasted chicken**, shredded
- 1 large or 2 small **ripe mangos**, cut into 1/2" chunks
- 1/3 C chopped matchsticks **carrots**
- 1/3 C **red pepper**, thinly sliced
- 1/3 C **cashews**, chopped {optional}
- 1/4 C **green onions**, sliced
- juice of 1/2 large lime** {about 2 1/2 Tbls}
- 2 Tbls **olive oil**
- 1/2 tsp **Dijon mustard**
- salt & pepper** to taste
- Romaine** or other type of **lettuce**

Directions

- 1 Clean and pat dry lettuce leaves ~ 1 for each wrap. Place first 6 ingredients in a large mixing bowl. Stir together.
- 2 In a separate bowl, blend olive oil, lime juice and Dijon mustard. Add to chicken mixture and stir until well combined. Taste and add salt and pepper if desired.
- 3 To assemble the wrap, add 2 heaping tablespoons of the chicken salad to each lettuce leaf. Serve!

Stormy's Tips

- * Nuts are optional in this tasty lunch. If you prefer, use a lightly warmed corn tortilla in place of the lettuce or serve it in a cup. You could also serve the chicken salad over leafy greens. Visit Maoomba.com for a photo tutorial on **how to cut a mango**.
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CONFETTI TURKEY MEATLOAF

Ingredients

2 lbs **ground turkey**
1 C **quick oats** {optional}
5 **carrots**, chopped fine or shredded
1 **red pepper**, chopped fine
1 C **spinach**, chopped fine
1/2 C **ketchup**
1 **egg**
1/4 C fresh **parsley** or 3 Tbls
dried parsley
1 Tbls **dried oregano**
3 Tbls **Worcestershire sauce**
2 Tbls **tamari** or soy sauce
2 tsp **dried basil**
2 tsp **dried garlic powder**

Directions

- 1 Mix all ingredients together.
- 2 Coat a loaf pan with oil and add meatloaf mixture.
- 3 Spread a bit of ketchup on the top.
- 4 Cook at 350 for 1 hour or until thoroughly cooked.

LEMON GARLIC DRUMSTICKS

Contributed by Sue Ann Gleason of Conscious Bites Nutrition and Chocolate for Breakfast.

Ingredients

6 **drumsticks** {about 2 lbs}

Marinade:

2 tsp **dry mustard**

3 **large garlic cloves**, peeled & finely minced

1 tsp **sea salt**

lots of **freshly ground pepper**

zest of 1 **large organic lemon**
{about 1 Tbls}

juice of about 1/2 of the **lemon**

3 Tbls **olive oil**

Directions

1 Combine marinade ingredients and mix well. Rinse and drip-dry drumsticks. Place drumsticks in a large bowl and pour marinade over them. Mix to combine well. Place in refrigerator, covered, and marinate for 2-12 hours.

2 When ready to cook, preheat oven to 375 degrees. Place drumsticks in a small casserole dish and bake for about 45 to 55 minutes, or until done. The juices should run clear when pierced with a knife.

ORANGE ROASTED BROCCOLI & BEETS WITH PAN-FRIED CHIPOTLE CHOPS

Contributed by Stormy Sweitzer of Maoomba.com who shares, “When I was a kid, I used to love the pan-fried pork chops my dad made. This recipe uses pork loin chops and adds a bit of spice, but if your kids prefer the basics, stick with a little salt and pepper. Roasted vegetables are a great way to add flavor and nutrients to a meal, especially with picky eaters. A little crispiness goes a long way.” [Click here for the full recipe with photo instructions.](#)

Ingredient Needs Based on Number of Servings

Ingredients	2 servings	4 servings	6 servings
pork loin chops	2	4	6
beets {large/small}	1 L or 2 S	2 L or 4 S	3 L or 6 S
broccoli crowns	3	6	9
garlic cloves	4	8	12
oranges	1/2 {or 1/4 C OJ}	1 {or 1/2 C OJ}	1-1/2 {or 3/4 C OJ}
olive oil	3 Tbls	4 Tbls	5 Tbls
chipotle pepper powder	1/4 - 1/2 tsp	1/2 - 1 tsp	3/4 - 1 1/2 tsp
rubbed sage	1/4 tsp	1/2 tsp	3/4 tsp
black pepper	to taste	to taste	to taste
salt	to taste	to taste	to taste

ORANGE ROASTED BROCCOLI & BEETS WITH PAN-FRIED CHIPOTLE CHOPS... CONTINUED

Directions

- 1** First, scrub and clean the beets and cut them into 1/4" slices. Small cubes would work, also. Peel several cloves of garlic, break the broccoli into floret-sized pieces and cut orange in half. Preheat your oven to 425 degrees F and set a large frying pan on the stove.
- 2** Toss the broccoli & garlic cloves with a bit of olive oil (~TbIs). Spread them out on one half of a baking sheet. Then toss the sliced beets with another Tbls of oil and lay them flat on other half of baking sheet. To save time, toss them all at once; separating them just keeps the beets from staining the other veggies pink. Toast veggies for 15 minutes, flip them over and cook for another 10-15 minutes. When done, they should be fork-tender and golden.
- 3** As soon as you put the vegetables in the oven, fire up the stove, preheating your pan to a medium-high heat ~ this is particularly helpful with stainless steel and cast iron. Pre-heating makes it less likely that the meat will stick to the pan. While it heats, butterfly the chops, cutting them on the side without the rind. {Leaving the rind on keeps the chops moist and adds a bit of flavor.}
- 4** With the chops laid out flat, lightly sprinkle the tops with 1/8 to 1/4 tsp chipotle pepper powder {smoked paprika would also work}, a pinch of rubbed sage, and some black pepper to taste. Pour 1 Tbls of olive oil into the frying pan, swirl around and place chops in it – spice side down. Turn heat down to medium. While the chops are cooking, repeat the spice process, sprinkling chipotle powder, sage and pepper on the exposed side.
- 5** For pan-frying, let the chops sizzle for about 5 minutes, cover and let them cook for another 10. Then flip the chops, cover for 5 minutes and remove the lid for the final 5 to let things crisp up. Be sure to cut into the pork to make sure it is cooked through ~ no pink. If done, remove them from the pan; if not, just cook a bit longer. Also, if you are using thinner chops, you may not need as much cooking time ~ you be the judge! ☺
- 6** When the chops are cooked through and golden brown, the veggies should also be ready. Squeeze a little fresh orange juice on top of them for a bright burst of flavor. Serve!

STIRFRY OF CHICKEN & BASIL

Contributed by Jules Clancy of Stone Soup who shares, "This is my super simple version of the Thai dish 'gai larb.' I love this quick simple rendition, but if you like, feel free to add in a few more ingredients such as a little garlic and ginger. Lime juice is the traditional citrus used in Thailand, but if you're having problems sourcing limes, lemon juice makes a great substitute. Feel free to also play around with the fresh herbs. Basil is hard to beat, but mint and/or coriander will also add the burst of freshness you're looking for." Serves 3-4

Ingredients

1 lb {500g} **minced** {ground} **chicken**
3-4 **large red chillies**
2 Tbls **fish sauce**
4 Tbls **lime juice**
small bunch basil, leaves picked

Directions

- 1 Place a wok or large frying pan {skillet} over very high heat for a few minutes.
- 2 When the pan is hot, add a little peanut or other neutral flavoured oil and stir fry the chicken and chillies for a few minutes or until chicken is cooked through.
- 3 Add fish sauce and lime juice and remove from the heat. Taste and add a little more of the sauces if you think it needs it.
- 4 Toss in basil leaves and serve hot.

Option: Serve with finely grated raw cauliflower or steamed rice (for the non-slow-carbers).

SUPER SIMPLE COQ AU VIN

Contributed by Jules Clancy of *Stone Soup* who shares, “My super simple version of this classic French dish is almost the complete opposite of Julia Child’s recipe in Mastering the Art of French Cooking. Where Julia browns her chicken and cooks the onion, mushrooms and bacon separately, I like to pop them all in together and let the long, slow cooking process work its magic. Feel free to add to this very basic recipe. A little bacon would be my first addition. Followed by a couple of bay leaves or some thyme.” Serves 4

Ingredients

4 **chicken marylands** {thighs with drumsticks attached}

4 **small onions**, peeled & halved

8-12 **large button mushrooms**

4 Tbls **tomato paste**

3/4 C OR 1 1/2 C **red wine**

Directions

- 1 Preheat oven to 210 degrees F {100C} or get your slow cooker ready.
- 2 Place chicken, onions, mushrooms and tomato paste in an ovenproof casserole dish or the bowl of your slow cooker.
- 3 Pour over 3/4 cup wine for the slow cooker or 1 1/2 cup for the oven method.
- 4 Cover with a lid. Place the slow cooker on HIGH or place casserole in the oven and cook for 5 hours, or until chicken is tender and the vegetables are cooked. Taste and season.

- * **Jules’ Tip:** For a video demonstration of recipe, [click here](#). In the video I’ve used whole chickens because I was too lazy to chop them up, but next time I would go to the extra effort so the chicken pieces cook more quickly and have more surface area to soak up the wine. Use chicken marylands as suggested above.
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OF THE SEA

Chipotle Glazed Roasted Salmon, 55 •
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CHIPOTLE GLAZED ROASTED SALMON

Contributed by Tracey Ceurvels of The Busy Hedonist.

Ingredients

3 **chipotle chiles**

2 Tbls **apricot jam**

1 1/4 tsp **red wine vinegar**

1/2 tsp **ground cumin**

2 **salmon fillets**

1 Tbls chopped **fresh cilantro**
{optional}

Directions

- 1 Preheat oven to 450°F. Remove seeds from chiles and mash until it is a purée. Mix this with jam, vinegar and cumin in bowl and sprinkle with salt.
- 2 Place salmon on a baking sheet, sprinkle with salt and pepper, then spread the glaze over each fillet.
- 3 Roast until opaque in center, about 10 minutes. Garnish salmon with cilantro and serve with **Chickpea Salad**.

LINGUINE WITH SHRIMP & COCONUT LIME SAUCE

Ingredients

8 oz **cooked linguine**
{or spaghetti or angle hair}

2 C **sugar snap peas**, trimmed

1 1/2 C **red bell pepper** strips

1 Tbls **coconut oil**

1 Tbls **grated fresh ginger** or
1 tsp dried ginger

2-3 **garlic cloves**, chopped

1 lb **raw peeled shrimp**

1/2 C **chicken broth**

1 C **coconut milk**

1/4 C **tamari** or soy sauce

1 tsp **grated lime zest**

1 Tbls **lime juice** {or juice of 1 lime}

Directions

- 1 Heat coconut oil over medium high heat and sauté ginger, garlic, shrimp, snap peas and red pepper slices until shrimp is thoroughly cooked.
- 2 Remove the shrimp and veggie mixture from pan and set aside in a bowl.
- 3 Add the chicken broth, coconut milk, tamari and lime juice. Bring to a boil, stir well and let simmer for about 15 minutes to thicken.
- 4 Add shrimp and veggie mix back in and stir until evenly coated. Serve on top of cooked linguine.

PASTA WITH SUN-DRIED TOMATOES AND SHRIMP

Ingredients

4 Tbls **olive oil**

1/2 **onion**, chopped

5-6 **garlic cloves**, chopped

1/2 C jarred **sun-dried tomatoes** {or reconstituted in hot water}

1/2 C **pine nuts**

1-2 C **raw shrimp**

1/4 C **white wine**

1 28 oz can **diced tomatoes** {drained, but reserve the juice}

1/4 C fresh **basil** or 3 Tbls dried

1/4 tsp **sea salt**

1/2 tsp **black pepper**

1 C **chicken stock**

1/4 C **heavy cream** {optional}

1 lb cooked **penne pasta**

1/2 C **parmesan cheese** {optional}

Directions

- 1 Sauté olive oil, onion, sun-dried tomatoes, garlic and pine nuts over medium heat in large skillet for 5-10 minutes.
- 2 Add the white wine, diced tomatoes and basil. Heat through for about 4-6 minutes.
- 3 Add chicken stock and reserved tomato sauce from diced tomatoes. Bring heat up until it boils, then reduce heat to a simmer for 15 minutes.
- 4 Add raw shrimp and cook through for 5 more minutes. Add cream and cook until warmed {optional}.
- 5 Top cooked pasta with sauce and parmesan cheese {optional}.

POACHED COD WITH BROCCOLINI

Contributed by Tracey Ceurvels of The Busy Hedonist.

Ingredients

2 **tomatoes**

2 **garlic cloves**

extra virgin olive oil

2 Tbls **balsamic vinegar**

fresh thyme, to taste, chopped

sea salt & black pepper, to taste

1 bunch **broccolini**

2 Tbls **butter**

2 **cod fillets**

Directions

- 1 Preheat the oven to 375 degrees. Place tomatoes in a pot of rapidly boiling water. Blanch for 30 seconds, remove and take off skin. Cut into wedges and place in roasting pan.
- 2 Add garlic, 1/3 cup of olive oil, balsamic vinegar and thyme. Roast in oven for 20 minutes. Remove and cover to keep warm.
- 3 Cook broccolini in butter over medium heat until warm, about 5 minutes. Season with salt and pepper.
- 4 Over very low heat, warm 2 cups of olive oil in a saucepan. Season the cod with salt and pepper and place in the oil. Cook for about 10 minutes, flip over and cook for an additional 10 minutes.
- 5 Serve fish with tomatoes and broccolini. Drizzle with tomato juices.

POACHED SALMON PROVENÇAL

Contributed by Sue Ann Gleason of *Conscious Bites Nutrition and Chocolate for Breakfast* who notes, "This may be prepared up to 4 hours ahead through Step 1. Set aside, covered, at room temperature."

Ingredients

2 lbs **wild salmon fillet**, or 4 1/2-lb fillet pieces, skin & pin bones removed

2 C **dry white vermouth**

1/2 C **pitted kalamata olives**, chopped

sea salt to taste

Ingredients: Sauce

2 Tbls **olive oil**

1 **fennel bulb**, trimmed & thinly sliced

1/2 lb **mushrooms**, quartered

1 lb **red and/or yellow tomatoes**, coarsely chopped

1 **red or yellow pepper** cut into squares

Directions

To Make the Sauce: In a large skillet, heat the oil over medium heat. Add the fennel and pepper squares and sauté for 5-7 minutes, or until softened and lightly golden. Add the mushrooms and cook for 3 minutes, or until softened. Add the tomatoes and increase heat to high. Cover and cook for 4-5 minutes or until the tomatoes begin to fall apart and thicken. Remove from heat and set aside.

1
2 Put the salmon in a skillet just big enough to hold it. Add the dry vermouth, then enough water to cover the salmon. Place over medium heat and bring to a simmer. Poach for 10 minutes per inch of thickness {about 7-10 minutes}.

3 Just before serving, add the olives, sea salt and ¼ cup poaching liquid to the sauce. Bring to a simmer over medium-high heat and cook to reduce for 1 minute, or until slightly thickened.

4 Transfer the fish pieces to a platter or individual serving plates. Blot any excess liquid and spoon the sauce over. Serve immediately.

SALMON CAKES WITH MANGO SALSA

from *Nourishing Days* ~ a blog dedicated to “adventures in real food and sustainability.”

Ingredients

2 **eggs**

1/2 **medium onion**, minced

2 **garlic cloves**, minced

2 Tbls **fresh parsley or cilantro**,
chopped (or 1 Tbls dried)

1 tsp **sea salt**

black pepper to taste

juice of 1 **lemon** (approx 1-2 Tbls)

10 dashes of **hot sauce** or 1/8 tsp
cayenne (optional)

2 (14.5 oz) cans of **wild salmon**,
drained

3 Tbls **whole wheat flour**

coconut oil or butter for frying

mango salsa from a jar

Directions

1 In a medium bowl, beat the eggs. Mix in the onion, garlic, herbs, salt, pepper, lemon juice and hot sauce.

2 After all “wet” ingredients are well incorporated, add the canned salmon ~ bones included ~ and mash into the other ingredients using the back of your fork. *The bones are so soft you won't notice them in the final product, plus they add a good amount of calcium. Feel free to pick them out if you prefer.* Once the salmon is incorporated into the wet ingredients, you can add in the flour.

3 Heat oil or butter in a large skillet over medium-low heat until hot. Form medium sized patties and place in pan. Do not move them! Allow them to cook on one side for about 5-7 minutes, or until you can get underneath them with a spatula.

4 Flip them over and cook for another 5 minutes. You are looking for the salmon cakes to turn a deep, dark golden brown. Top with salsa.

SAUTÉED SEA BASS WITH ROASTED EGGPLANT & BLACK OLIVE PURÉE

Contributed by Tracey Ceurvels of The Busy Hedonist.

Ingredients

- 1 small **white eggplant**, peeled & cut into large chunks
- 1/2 tsp **sea salt**, plus more to taste
- 1 Tbls **extra virgin olive oil**
- fresh ground black pepper**
- 1 Tbls **fresh basil**, chopped
- 1/2 C whole, pitted **kalamata olives**
- 2 5-ounce **sea bass** fillets, skinned
- 1 Tbls **regular virgin olive oil**

To plate: Add eggplant purée into the middle of each plate. Add the eggplant pieces, top with the piece of bass. Drizzle with olive oil purée. Sprinkle with remaining chopped basil.

Directions

- 1 In a medium-sized bowl, combine eggplant and ½ teaspoon (or slightly more) of salt. Let this stand at room temperature for 20-30 minutes. Preheat oven to 400 degrees.
- 2 Place eggplant in a colander and rinse off salt. Drain, toss with olive oil and place on a baking sheet with a rim. Add ½ cup of water to the pan. Roast for 45 minutes.
- 3 Purée half of the eggplant in a food processor (or blender), adding some of the cooking liquid if needed. Season with salt and pepper. Toss the remaining eggplant pieces with ½ of the chopped basil.
- 4 To make the olive purée, blend ½ cup of olives in a food processor or immersion blender. Add a bit of olive if needed.
- 5 For the bass, sprinkle with salt and pepper. Heat regular olive oil in a pan over medium-high heat. Sauté for about 2 minutes on each side. Remove from pan.

SEARED ORANGE-TAMARI SCALLOPS

Contributed by Tracey Ceurvels of *The Busy Hedonist* who shares, "Although most home cooks stick with one kind of pepper (usually black) having a couple of kinds, such as pink + white, can enhance a recipe subtly + perfectly."

Ingredients

peanut oil

1 lb **sea scallops**, patted dry with paper towels

2 tsp **fresh ground black pepper**, white or pink peppercorns if possible

2 **garlic cloves**, finely chopped {about 2 tsp}

1/2 C **fresh orange juice** plus **orange peel**

1 Tbls **tamari sauce**

1/2 tsp **grated orange peel**

Directions

1 Heat about 2 tablespoons of peanut oil in large skillet over high heat. Sprinkle scallops with pepper and salt. Add scallops to skillet in single layer and sauté until brown on outside and just opaque in center, about 2 minutes per side. Transfer scallops to plate.

2 Keep drippings in pan. Add garlic and about 1 tablespoon of oil to skillet and stir. Add orange juice, tamari and orange peel. Boil until sauce thickens to syrup, stirring frequently, about 2 minutes. Pour sauce over scallops.



Serve with **Caramelized Onion Mashed Potatoes**.

SUSHI GRADE TUNA WITH MUSHROOM RAGOUT

Ingredients

2 C **mushrooms** of your choice
{button, shiitake, oyster, e.g.}
1/2 C **onion**, chopped
1 **garlic clove**
2 sprigs of **thyme**
1 Tbls **olive oil**
1/2 C **water**
1 **shallot**, diced
3 Tbls **butter**
sea salt & fresh ground pepper
1/2 lb **tuna, sushi grade**
extra virgin olive oil
1/2 C **beef stock**
3 Tbls **fresh chives**, chopped

Contributed by Tracey Ceurvels of The Busy Hedonist.

Directions

- 1 Preheat oven to 325 degrees. Combine mushrooms, onion, garlic, thyme and olive oil with water and roast for 30 minutes. Remove and set aside.
- 2 Heat butter over medium heat and sauté shallot. Add mushrooms and cook for 2-3 minutes. Season with salt & pepper and set aside, straining 1/4 cup of liquid.
- 3 Cut the tuna lengthwise into 2 pieces. Rub with olive oil and coat with desired amount of fresh pepper. Heat 1 tablespoon of olive oil over medium-high heat and sauté the tuna on all sides, about 5 minutes in total. This is for rare, so cook more if desired. Remove and slice into 1/4 inch slices.
- 4 Heat beef stock and about 1/4 cup of mushroom liquid until warm. Spoon mushrooms onto plates and arrange tuna slices on top of mushrooms. Spoon sauce over tuna. Sprinkle with chives and serve.



VEGETARIAN DELIGHTS

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ASPARAGUS & QUINOA RISOTTO

This is a really nice transition dish as you enter the Spring season.

Ingredients

- 1 1/2 C rinsed **quinoa**
- 1 **onion**, chopped
- 3 C **vegetable broth** {or chicken}
- 15-20 **asparagus spears** (cut in ~1 inch bites, discarding tough stems)
- 3 Tbls **butter**
- 1 Tbls **curry powder**
- 1 Tbls **tamari (or almond butter)**
- fresh chives**, chopped

Directions

- 1** In a sauce pan over medium heat, simmer the onion in about 2 Tbls of broth until translucent.
- 2** Add the quinoa and heat through for 3-5 minutes.
- 3** Add the stock, bring to a boil, reduce to simmer and cover for about 15 min.
- 4** Add the asparagus, toss through quickly and then cover the pot and let stand for 10 minutes.
- 5** In a separate pan, heat the butter over medium heat. Mix in the curry powder and tamari. Warm this mixture for about 5 minutes on low-medium heat.
- 6** Toss the quinoa, asparagus, butter-curry mixture and fresh chives together and serve warm.

BEST EVER FALAFEL WITH SAUCE

*Contributed by Renee Tougas of FIMBY (Fun In My Back Yard).
Read the story of this recipe's creation [here](#).*

Ingredients: Falafels

- 4 C **soaked chickpeas**
- 1 **onion**, coarsely chopped
- 1/4 C **dried parsley** OR 1/2 C **fresh parsley**
- 6 **cloves garlic**, coarsely chopped
- 1 Tbls **baking powder**
- 2 tsp **ground cumin**
- 2 tsp **ground coriander**
- 1 1/2 tsp **sea salt**

Ingredients: Sauce

- 1/2 C **tahini**
- 1/2 C **water**
- 3 **cloves garlic** {use less if you don't like raw garlic taste}
- 2 Tbls **tamari**
- 1 **lemon**, juiced

Directions

- 1 Using a food processor, blend all ingredients until mixture is granular. The texture is important ~ you don't want to blend too much and make a paste, neither do you want chunks so big that you can't form patties. Shoot for the happy medium.
- 2 Form patties with 3 tbsp to 1/4 cup of mixture and fry on medium hot skillet until golden brown on each side.
- 3 To make the sauce, throw all sauce ingredients in a blender and mix thoroughly. Use sauce on the falafels like you would salad dressing.

This recipe calls for 4 C of soaked beans which is approximately 2.5 C of dried beans. To soak chickpeas, cover with double the amount of water and let sit over night. Drain & rinse well in the morning. Cover again with double the amount of water, soaking for another 8 hours or so. Drain & rinse well, proceeding with recipe. You can also sprout the beans for optimum digestion.

See **Eat This:** Meal Salads & Whole Food Dressings for instructions.



BLACK-EYED PEA CASSEROLE

Contributed by Katie Kimball of *Kitchen Stewardship* who shares, “The simplicity of these ingredients may surprise you when the taste ends up being just right. Comfort food that’s totally healthy, in just one pot? That’s my kind of meal.” If soaking dry beans, start with 1 1/3 cups before soaking. Serves 4-8.

Ingredients

- 1 lb **ground beef**
- 1 **small onion**, diced
- 1 **garlic clove**, minced
- 2 15-oz **cans black-eyed peas**, drained OR ~4 C **cooked black-eyed peas**
- 2 C **cooked brown rice**
- 1 16-oz **can diced tomatoes**, undrained
- 1 C **sharp cheddar cheese**
- 1/2 **colored pepper**, diced
- Optional:* a few handfuls of spinach, roughly chopped
- 1/2 tsp **salt**
- 1/4 tsp **pepper**

Directions

- 1 In a large pot, brown meat and onion then drain well. Add garlic and sauté a minute, then mix in all the other ingredients and heat through.
- 2 You can also pour into a lightly-greased casserole dish after mixing, but before heating through, and bake uncovered at 350 degrees for 25 minutes, perhaps topped with additional cheese. Serve hot.

Katie’s Timesaver Tip

I highly recommend making cooked brown rice on another day, perhaps for stir fry or another rice-based recipe, and simply making a double batch. This meal comes together in no time if that’s done and the black-eyed peas are cooked.

Bonus: Leftovers could go into a wrap for a totally new meal.



BROCCOLI PESTO OVER QUINOA

From 101 Cookbooks (www.101cookbooks.com); also works great over rice or whole wheat pasta.

Ingredients

3 C cooked **quinoa**

3/4 C **water**

2 big pinches **salt**

2-3 C **raw broccoli**, cut into small florets & stems

3 medium **garlic cloves**

2/3 C sliced or slivered **almonds**, toasted

1/3 C freshly grated **Parmesan**

2 Tbls fresh **lemon juice**

1/4 C **olive oil**

1/4 C **heavy cream**

Optional toppings: drizzle of chile oil, sliced avocado

Directions

1 Heat the quinoa and set aside.

2 Barely cook the broccoli by pouring 3/4 C water into a large pot and bringing it to a simmer. Add a big pinch of salt and stir in the broccoli. Cover and cook for a minute, just long enough to take the raw edge off. Transfer the broccoli to a strainer and run under cold water until it stops cooking. Set aside.

3 To make the broccoli pesto, purée two cups of the cooked broccoli with garlic, 1/2 C of the almonds, parmesan, salt and lemon juice in a food processor. Drizzle in the olive oil and cream and pulse until smooth.

4 Just before serving, toss the quinoa with about 1/2 of the broccoli pesto. You might want to add more of the pesto a bit at a time. Taste and adjust if needed. You might want a bit more salt or an added squeeze of lemon juice.

5 Turn out onto a serving platter and top with the remaining almonds, a drizzle of the chile oil and some sliced avocado {or any additional creative toppings.}

MILLET VEGETABLE CASSEROLE

Ingredients

5 C **water or stock**
2 C **hearty vegetables**, chopped
{i.e. carrots, celery, onions}
3 C **millet**, toasted
1 tsp **garlic powder**
1/2 tsp **turmeric**
1/2 tsp **cayenne pepper**
2 Tbls **coconut oil**
pinch of **sea salt**
2 C **spinach**, chopped

Directions

- 1 Bring water or stock to a boil then add chopped hearty vegetables and continue to boil for 5-7 minutes.
- 2 Add toasted millet, garlic powder, turmeric, cayenne powder, coconut oil and pinch sea salt. Return to boil, then reduce heat to a simmer, cover and cook for 20 minutes.
- 3 Add chopped spinach and continue to cook for 5 more minutes. Remove from heat, press millet mixture into a 9x9 in glass baking pan. Allow to gently cool and set until warm.

To toast the millet, heat a large skillet over medium-high heat. Pour millet into dry skillet, stirring constantly until it gives off slightly nutty aroma.



PEANUT NOODLES

Ingredients

1/2 C **vegetable broth** {or chicken for non-vegetarian option}

1/4 C **natural peanut butter** {creamy or crunchy}

1/4 C **tamari**

3 Tbls **brown sugar**

2 Tbls **rice vinegar**

2 tsp **ground ginger**

2 tsp **chili paste** {optional}

4 **garlic cloves**, minced

1/2 C **scallions**, minced

1 C **carrot**, shredded

Optional toppings:

fried, cubed extra firm tofu

shredded cooked chicken

steamed broccoli

1 package **rice noodles**

Directions

- 1 Heat enough water to cook the rice noodles in a medium to large sauce pan. Bring the water to a boil, add the rice noodles and turn off the heat. Let the noodles sit for 10 minutes, drain and then rinse with cool water.
- 2 Combine first 8 ingredients {from chicken broth through garlic cloves} in a small sauce pan. Cook over medium heat until smooth and simmering, stirring frequently.
- 3 Remove sauce from heat and add the scallions and carrot.
- 4 Toss the peanut sauce with the noodles. Top with your favorite additions ~ shredded chicken, steamed broccoli, additional scallions or chopped peanuts ~ or all the above!

SPINACH GREEK CASSEROLE

from the blog Too Good To Be True

Ingredients

6 **eggs**

1 lb chopped **spinach**, frozen

2 C **whole milk**

1 **red onion** or 1 bunch **scallion**,
chopped fine

8 oz pitted **Kalamata olives**, sliced
in half

8 oz **feta cheese**, crumbled well

1 1/2 C **cooked brown rice**

1 tsp **oregano**

1 tsp **basil**

salt & fresh ground pepper to taste

Directions

- 1 Preheat oven to 350 degrees.
- 2 Allow spinach to thaw and press out any liquid.
- 3 Beat the eggs and the milk together, then add the onions, spinach, olives, crumbled feta, rice and spices.
- 4 Mix everything together thoroughly and pour into buttered casserole dish.
- 5 Bake for an hour, until top is browned and feels firm.

VEGGIE BEAN BURRITO

Contributed by Katie Kimball of *Kitchen Stewardship* who shares, “This is really an any-time-of-year kind of recipe, from utilizing garden bounty in the summer to fitting perfectly with sales at the grocery store throughout the winter. Since you can swap veggies in and out, it’s incredibly versatile and delicious every time. This isn’t particularly spicy, but test the sauce and filling before serving. Adjust the spices according to your family’s tastes.” Both sauce & filling freeze nicely. If soaking dry beans, start with 2 cups before soaking. Serves 4-6.

Ingredients: Sauce

- 2-4 Tbls **water** or **olive oil**
- 1 **small onion**, chopped
- 1 **garlic clove**, crushed
- 1 small **can green chiles** OR ~ 1/2-1 **jalapeño**, chopped & seeded
- 1/2 Tbls **chili powder**
- 1/2 tsp **ground cumin**
- 1/4 tsp **ground coriander** {optional, or use **cilantro**}
- dash cayenne**
- 8 oz **can tomato sauce** {1 Cup}
- 1/4 C **tomato paste**
- 1 C **water**

Directions: to make sauce

- 1 Use a small saucepan over medium heat. In water or olive oil, sauté onion and jalapeño {if using} for about 5 minutes, adding garlic at the last minute.
- 2 Add canned chiles {if using} and spices, stir and sauté a few minutes. Add remaining sauce ingredients, mix well and simmer about 15 minutes.

Katie’s Timesaver Tip

- I almost always end up with twice as many vegetables as I need {it doesn't take much chopping to get 2 cups!} so I double the filling recipe and a single batch of sauce covers it all.
- *
 - *
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VEGGIE BEAN BURRITO... CONTINUED

Ingredients: Filling

2-4 Tbls **water** or **olive oil**

1 **small onion**, chopped

2 1/2 C **veggies** {green pepper, corn, zucchini, fresh mushrooms}, chopped

2 cans **black beans**, drained OR
3-4 **cooked black beans***

1/2 C **water**

1 tsp **chili powder**

1/2 tsp **cumin**

6-8 **large tortillas**

shredded cheese {optional}

Directions: to make filling

1 Over medium heat in a large pot, sauté onion, green pepper and mushrooms in water or oil for about 5 minutes, until onions are translucent. Toss in everything else and cook 10 more minutes, stirring occasionally.

2 You can just fill tortillas with the hot filling and eat smothered with sauce, or make baked burritos. Put a little sauce in the bottom of 9x13 pan, put the filling in tortillas, top with more sauce and cheese and bake 15-30 minutes at 350 degrees.



Katie's Frugal Tip



Watch for organic mushrooms on sale – they're often priced the same as conventionally grown mushrooms. I make this dish when I can get the mushrooms, and I always have chopped zucchini and peppers {both spicy and sweet} in my freezer from the Farmer's Market. **Click here** for how to freeze.



What to do with the rest of the can of tomato paste?

I recommend freezing the remainder for the next batch since 1/4 cup is about half of a 6 oz can. You can freeze paste in 1 Tbls “plops” on a cookie sheet then store in a plastic bag for those odd recipes that call for just a little bit of tomato paste.

WALNUT BALLS & APRICOT SAUCE

A family favorite of WellGrounded Life's manager, Brenda Zook Friesen. Loaded with omega 3 fatty acids and iron, this is an ideal pregnancy and post-partum meal. These are a great vegetarian "meatball" alternative that also are company-worthy ~ see if your guests miss the meat!

Ingredients

- 3 **egg whites**, beaten
- 2 **whole eggs**, beaten
- 3 Tbls minced **fresh parsley**
- 3-4 tsp **garlic cloves**, minced
- 1/2 tsp **sea salt**
- 1 1/2 C **bread crumbs**
- 1 1/2 C **ground walnuts**
- 3/4 C **shredded cheese**
- 3 Tbls **ground flaxseed**
- 3/4 C **apricot preserves**
- 1/2 C organic **ketchup**
- 1/4 C **lemon juice**
- 1 Tbls extra light virgin **olive oil**
- 1/2 tsp **sea salt**
- 1/2 tsp **dried oregano**

Directions

- 1 Preheat oven to 350 degrees.
- 2 Combine egg whites, eggs, parsley, garlic and salt in a large bowl. Mix thoroughly.
- 3 Add bread crumbs, walnuts, cheese and flaxseed. Mix thoroughly and shape into ~2 inch balls. Place into greased 9 x 13 pan.
- 4 In a small sauce pan, combine the apricot preserves, ketchup, lemon juice, olive oil, salt and oregano. Heat until boiling, then pour over the walnut balls.
- 5 Bake uncovered for 25 minutes.

Do you have family who snub the heel pieces of bread? Save them in the freezer & when you have enough, blend them up for bread crumbs. Store bread crumbs in freezer for easy access.



HOW TO COOK WHOLE GRAINS

1. Grains will come out a different texture depending on how they are cooked. Adding the grains to already boiling water and keeping the lid on throughout the cooking process will produce cooked grains that are firm and non-sticky.
2. Adding the grains and water all at once and heating them to a boil together will produce creamier, mushier grains.
3. Add a pinch of sea salt and a splash of healthy oil (grass-fed cow butter, ghee, olive oil or coconut oil) to the boiling water before adding the grains will help keep grains from sticking together.
4. An excellent addition is a large piece of Kombu (or kelp) seaweed to the cooking water before you add the grains. Cooking with seaweed will impart all the healthy minerals into your grains. When the grains are cooked, simply discard the seaweed (which will have expanded making it very easy to remove) and you are left with highly nutritious grains.

Brown Rice

Soak brown rice in warm water for 1-12 hours before you cook it. When you are ready to use the rice, simply drain the water and rinse thoroughly, adding fresh water in which to cook. This soaking neutralizes the phytic acid found in brown rice which binds to important minerals in our body.

Millet

Before cooking millet, gently toast the grains on the stovetop over medium heat in a dry pan. This helps to bring out a warm, nutty taste.

Quinoa

When cooking with quinoa, first rinse the grains in a strainer to discard the natural pesticide this grain contains. This will help reduce any bitter taste.



SIDES & SAUCES

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BAKED KALE CHIPS

Don't overlook these because they seem a little odd. It took me a couple of years after hearing about them to actually make them and I kick myself for waiting so long! They literally melt in your mouth ...

Ingredients

1 lb **kale** {curly kale works great}

olive oil

sea salt

Directions

- 1** Tear kale leaves into bite-sized pieces. Be sure the kale is thoroughly dry.
- 2** Massage olive oil onto the leaves so they are well coated.
- 3** Spread out on a baking sheet. Sprinkle sea salt over them.
- 4** Bake at 350 degrees until crispy and slightly brown, approximately 10-20 minutes.

BUTTERNUT SQUASH MASHED POTATOES

This is a simple, delicious and winter-friendly dish. The festive colors are perfect to bring to holiday dinners too. While you are peeling the butternut squash, reserve some for the Moroccan Stew recipe listed under December Month's recipe!

Ingredients

- 1 large **butternut squash**, peeled & cubed
- 1 lb small, **red skinned potatoes**, halved
- 3-4 Tbls **olive oil**
- 1 C frozen **sweet corn**
- 1/2 C **dried cranberries**
- 3 Tbls **butter**
- 3 Tbls **whole milk**
- sea salt** to taste

Directions

- 1 Set oven to 350 degrees.
- 2 Arrange butternut squash and potatoes in a glass dish. Drizzle with olive oil and toss with a sprinkling of sea salt. Bake for about 45 minutes or until soft all the way through {and a bit brown on the edges.}
- 3 Warm the frozen corn in the butter in a pan over medium heat.
- 4 Pour hot water over the dried cranberries and soak for 2-3 minutes to just begin to soften and plump. Then the drain water.
- 5 Once the butternut squash and potatoes are done, mash them with a bit of milk until creamy. Add the corn and cranberries. Sea salt to taste.

CARAMELIZED ONION MASHED POTATOES

Contributed by Tracey Ceurvels of The Busy Hedonist.

Ingredients

2 russet potatoes

olive oil

small white onion {or 1/2 of large one}, sliced

milk, to taste

butter, to taste

salt & pepper to taste

Directions

- 1 Boil the potatoes in their skins until you can pierce with a fork. Allow to cool for a few minutes before peeling.
- 2 While the potatoes are boiling, sauté onion in olive oil over low heat until caramelized.
- 3 Once potatoes are cool enough to touch, peel then mash with milk, butter, salt and pepper to taste.
- 4 Add in the onions and serve.

DARK LEAFY SAUTÉ

Ingredients

several **garlic cloves**

2-3 Tbls **coconut** or **olive oil**

2-3 C **dark leafy greens**, chopped

Optional additions:

fresh tomatoes, chopped

sun-dried tomatoes

pine nuts

Directions

- 1 Sauté a few cloves of garlic in coconut or olive oil.
- 2 Keep the oil on medium heat and add chopped dark leafy greens into the pan.
- 3 Allow the greens to quickly cook and stir around until they become bright green.
- 4 Add optional additions of chopped tomatoes, sun-dried tomatoes and/or pine nuts and toss until everything is warm.

DILL CREAM CHEESE CUCUMBER ROLLS

Contributed by Sasha Campbell of Blyssful Health who notes, "This can be a quick snack and when added to a side salad will make a great refreshing lunch. I love to eat this paired with a simple sprout salad."

Ingredients

1 C **raw cashews soaked overnight**
2 Tbls freshly squeezed **lemon juice**
handful of **fresh dill** {~ 2/3 C}
1/2 tsp **celtic sea salt**
4 Tbls **filtered water**
garlic {optional}

Directions

- 1 Drain cashews & discard water. Place cashews in food processor & process until they break down and start to turn into a thick clump. Add your water, lemon & salt then blend.
- 2 Stop the food processor midway to scrape down the sides. You want to make sure all of the cashew pieces get incorporated into the mixture so that it is smooth & creamy.
- 3 Add the dill and process until the dill is mixed in well. If you want the cheese to be really fluffy, add a little more water.
- 4 Next take your cucumber and mandoline some thin slices. You want each slice to be about half the length of the full cucumber. You also want the slices to be nice and thin. If you don't have a mandoline, just make the slices as thin as possible with your knife.
- 5 Lay the cucumber slice down and add one spoonful of the cucumber cheese on the slice. Slowly roll the slices up and place open side down on the plate. Continue to make 4-5 rolls. For added fun and taste, tie them with a chive!

MEXICAN RICE & BEANS

Contributed by Katie Kimball of *Kitchen Stewardship* who says, “No need to buy a box for an easy side dish for taco night. For mere pennies, you can make a huge batch of beans and rice to suit any palate. For me, adding chopped onions & peppers keeps it as easy as a box mix because they’re always in my freezer.” Serves 4-8 adults; about twice as much as a standard boxed mix. Goes great with *Veggie Bean Burritos*.

Ingredients

1 C **brown rice**

1 3/4 C **water**

8 oz **can tomato sauce**

2 Tbls **taco seasoning**

1 can **kidney or black beans** {~2 C cooked dry beans}

usually needs **salt**, ~ 1/2 tsp to taste

Optional add-ins: 1 C frozen corn, chopped onion, minced garlic, chopped green/colored peppers, chili peppers, shredded cheese

Directions

1

Sauté the rice first either in a dry pot or in a bit of butter {or both, one after the other}. Keep stirring constantly over medium-high heat until brown ~ not black! ~ the transition happens quickly, so keep a close eye. This is the trick to really make it all taste and feel like a boxed mix, but you can skip it and still enjoy the dish if you're low on time or forget. It will work whether you're soaking (see below) or not, and totally changes the mouth-feel and taste of the finished dish, definitely for the better.

2

Add the water, tomato sauce and taco seasoning. If it seems that a lot of water evaporated into steam when you added it to the hot pot, you might add an extra 1/4 cup as insurance.

3

Bring to a boil, turn heat to low and simmer covered for 40 minutes {no peeking!} At this point almost all the water should be absorbed, although you might notice that the tomato sauce has risen to the top ~ just stir it in. Add the beans and optional add-ins and simmer 5 more minutes, covered, to finish cooking the rice. You might need a few extra minutes of cooking and stirring to get the beans heated through, adding a bit of water if you have a thin pot bottom or worry about scorching your rice.

ROASTED ROOT VEGETABLES

from Institute for Integrative Nutrition. Any combination of vegetables will work. Roasting only one kind of vegetable also makes a nice side dish.

Ingredients

1 **sweet potato**
2 **parsnips**
2 **carrots**
2 **turnips** or 1 large **rutabaga**
1 **daikon radish**
olive oil
sea salt and **pepper**
herbs: rosemary, thyme or sage
{fresh if possible}

Directions

- 1 Preheat oven to 375 degrees.
- 2 Wash and chop all vegetables into large bite-sized pieces.
- 3 Place in a large baking dish with sides. Drizzle with olive oil and mix well to lightly coat each vegetable.
- 4 Sprinkle with salt, pepper and herbs.
- 5 Bake uncovered for 25-35 minutes until vegetables are tender and golden brown, checking every 10 minutes to stir and make sure veggies are not sticking.

SUPER SIMPLE BROCCOLI

Contributed by Jules Clancy of *Stone Soup* who shares, "Inspired by Heston Blumenthal via my nutritionist friend Kathryn at *Limes & Lycopene* and the lovely Luisa at *The Wednesday Chef*. This is broccoli at its best. Crunchy and fresh in some spots, caramelised and complex in others. It seems like so much more than, well, just broccoli. If you're vegan or just not that into butter, feel free to skip the butter and maybe drizzle over just a little of your very best extra virgin olive oil at the end. You might like to consider serving with a few toasted pinenuts or a softly poached egg – but it is seriously delicious all on its own." Serves 1 as a meal or 2-3 as a side dish.

Ingredients

- 1 head broccoli
- 2 Tbls olive oil
- 1 knob butter
- lemon juice, to serve

Lisa's Note: If you're concerned about using olive oil at this high heat, you could use coconut oil or another oil that can handle high temperatures.



Directions

- 1 Preheat a large frying pan on the hottest heat. Chop the broccoli into even sized mini-trees and then slice the stems into rounds about 5mm (1/4") thick.
- 2 Add oil to pan and when it starts to smoke, add the broccoli and cover with a lid, some foil or an oven tray ~ it's critical to seal it so the broccoli fries from the bottom, but steams at the top.
- 3 After 2 minutes, remove the lid, stir and add the butter. Return lid and cook for a further 2 minutes.
- 4 Test a piece of broccoli ~ if it's tender enough for you, remove from the heat. If not, cover and keep cooking for another few minutes. Season and serve hot with a gentle squeeze of lemon.

SWEET POTATO GRATIN

Ingredients

3 C **sweet potatoes**, cubed
1 C **onion**, chopped
2 Tbls **coconut oil**
1 **egg**
1/2 tsp **sea salt**
2 Tbls **sour cream**
2/3 C **cheddar cheese**, grated
1/3 C **bread crumbs**

Directions

- 1 Roast or boil the sweet potatoes until soft.
- 2 Sauté the onion in coconut oil.
- 3 In a separate bowl, mix egg, salt, sour cream and cheddar cheese. Once thoroughly mixed, add the onion and sweet potatoes. Mix and mash.
- 4 Gently add breadcrumbs and fold in. Spoon into glass baking dish or casserole dish.
- 5 Bake at 350 degrees for 1 hour or until heated thoroughly.

AMARANTH SPINACH TOMATO SAUCE

Ingredients

1 C **water**

1/2 C **amaranth**

3-4 **garlic cloves**, minced

1 C **mushrooms**, sliced

1 large can **crushed or stewed tomatoes**

1-3 tsp dried **basil, oregano** and/or **parsley**

1 C **spinach**, chopped

whole grain pasta

Directions

- 1** Bring water to a boil and then add amaranth. Bring back to boil, reduce heat and simmer for about 15-20 minutes.
- 2** In a large pan, sauté minced garlic cloves then add mushrooms and sauté thoroughly.
- 3** Add the crushed or stewed tomatoes to the pan and heat thoroughly.
- 4** Add the basil, oregano and/or parsley and simmer for 10-15 minutes.
- 5** Add the chopped spinach and cook until just wilting then add the cooked amaranth and mix well. Serve sauce topped over your favorite whole grain pasta.

LEMON TAHINI DILL DRESSING

Contributed by Renee Tougas of FIMBY (Fun In My Back Yard).

Ingredients

3/4 C **water**

1/2 C **tahini**

2 **lemons**, juiced OR 1/3 C lemon juice

1 Tbls **dried dill**

1 Tbls **Braggs**

2 **garlic cloves**, minced

1 tsp **Herbamare**

2 tsp **rice vinegar**

Directions

Put all ingredients in blender. Blend till smooth.

Renee's Notes

Dried basil can be used as a dill substitute. It will give a different flavor, but is tasty.

Did you know that sesame seeds have the highest level of calcium of any food in the world? Who needs cow's milk?

This also makes a great dressing for the Best Ever Falafels.

- * Out of all the dressings in **Eat This: Salad Meals & Whole Food Dressings**, this is one
- * of my family's favorites.
- *

VINDALOO CURRY PASTE

Contributed by Jules Clancy of *Stone Soup* who shares, "If you can't find curry powder, substitute a mixture of equal quantities of ground turmeric and ground cumin. I just used Keens brand from the supermarket and was really chuffed with the results. The curry paste will keep for a week or so in an airtight container in the fridge. If you want to, you could make a bigger batch and freeze for later use." Makes about 4 Tbls.

Ingredients

- 2-3 **garlic cloves**, peeled & chopped
- 1 thumb-sized piece **ginger**
- 1 whole bunch **coriander {cilantro}**, washed well
- 2 Tbls **curry powder**
- 2 Tbls **ground cumin**

Directions

- 1 Pop all ingredients in a food processor and whizz until everything is finely chopped.
- 2 Add 2 tablespoons peanut oil and whizz again until just combined.

Jules' Tip

If you don't have a food processor, just chop everything by hand. It will be a little chunkier, but that will be fine. Use this paste with the **Chicken Almost Vindaloo** on page .



YUMMY RAW RANCH HEMP DRESSING

Contributed by Sasha Campbell of *Blyssful Health* who shares, “Here is a ranch dip/dressing that is really great for parents and children and also for parties. The veggies go fast with this dip around!”

Ingredients

1/3 C **hemp seeds**
2 1/2 Tbls **apple cider vinegar**
4 Tbls **water**
2 Tbls **olive oil**, {or oil of your choice ~ flax, vegan dha or combo}
1/3 C **zucchini**, peeled
1/2 tsp **sea salt** or **Himalayan salt**
1/2 tsp **ground flax seed**
1/4 tsp **dill**
1/4 tsp **oregano**
pinch of **pepper**
1/2 tsp **onion powder**
1/4 tsp **raw honey** {or you can use agave or coconut nectar}

Directions

- 1 Blend all of the ingredients {except the ground flax seed} in a blender. Make sure the hemp seeds are blended well. Pour into a bowl and stir in ground flax seed.
- 2 You can adjust the tangy flavor by adding more apple cider vinegar, or alternatively, adding a touch of honey for children with picky palettes. If you want the mixture thicker just add more flax seed.
- 3 Create a veggie platter and place the dip in the middle of the plate. You could also use this for your salad as a dressing or on sandwiches for a spread. Enjoy!



SIPS, SNACKS & LAGNIAPPE

Almond Milk, 91 • Ginger Drink, 92 • Herbal Sun Tea, 92 • Lemonade Goes Green, 93 • Red Melon Slushie, 94 • Smoothie: Green Goodness, 95 • Tropical Infusion Smoothie, 96 • Power Protein Bites, 97 • Super Simple Hummus, 98 • Sweet n Kickin' Nuts, 99 • Healing Spice Mix, 100

MAKE YOUR OWN ALMOND MILK

Ingredients

2 C **raw almonds**

3-4 C **filtered water**

pinch of salt

4-6 **soft dates**, pitted

vanilla to taste

nutmeg {optional}

Equipment needed

high speed blender

nut milk bag

Contributed by Sasha Campbell of Blyssful Health who shares, "Fresh almond milk is one of the most amazing drinks. It tastes so good that it never will last long in your fridge. You can drink it plain, add fruit or use it in any other raw desserts. My students are always amazed at how different it tastes from store bought almond milk."

Directions

- 1 Soak raw almonds overnight in filtered water. Make sure to cover almonds with enough water because they will soak up a lot. Leave almonds to soak on your counter overnight. In the morning, drain the almonds and give them a rinse. Make sure to discard the soak water!
- 2 Place 3-4 cups of water in your blender. Add drained almonds, pitted dates, salt & spices. Blend until the mixture is liquefied. It will still be fairly thick because it has the pulp in it.

- 3 Take your nut milk bag and place it in a large bowl. Pour almond milk through the nut milk bag. This will remove the fibre and leave you with a nice, smooth almond milk. Make sure to squeeze the nut milk bag to get out all of the liquid. In the bowl you will be left with ready-to-drink almond milk. Store in a glass jar in your fridge for 2-3 days.

- * **Sasha's Tips** 1) If on a budget, you can use a little more water to make the almond milk stretch. 2) If you don't own a Vitamix this may take some extra work for your blender. To assist your blender along, add more water or do half the recipe at a time. 3) Keep leftover almond pulp as it can be used for many raw dishes. Freeze it to use later. 4) Add your favourite fruit to make flavoured almond milk. Strawberry, chocolate & banana are popular. 5) Use almond milk to make frothy maca chocolate drink to replace your coffee.

GINGER DRINK

Ingredients

1 lb **fresh ginger root**
2 quarts **water**
juice of 2 **limes**
maple syrup or **agave nectar**

Directions

- 1 Thinly peel the fresh ginger, grate and mix with water in a large saucepan. Bring to a boil and simmer for 4 minutes. Cover the pan, turn off the heat and leave for 24 hours.
- 2 Strain the liquid through a fine mesh sieve. Add the lime juice and maple syrup or agave to suit your tastes. Stir until dissolved. Serve chilled.

HERBAL SUN TEA

Ingredients

3-4 **tea bags of your choice**
{best to choose herbal teas
without caffeine}
2 liters of **water**
Mint leaves or **lemon wedges**
{for garnish}

Directions

- 1 Fill an extra large mason jar with water then add your favorite tea bags and cover with lid.
- 2 Place in the sun for one full day and let the shining rays pour in heat and energy, bringing out the wonderful tea flavors.
- 3 If desired, sweeten with natural sweetener and serve at room temperature or cold over ice.

LEMONADE GOES GREEN

Sasha's Juicing Tips

- Consume your juice immediately to get the most benefits of the juice before it starts to oxidize.
- Make a double batch to increase your juice consumption for the day.
- Keep a juice bin in the fridge for stems of broccoli, kale and other veggies you don't use when preparing your meals.
- Focus on lots of greens with a smaller proportion of sweet veggies {like carrots} because they are high in sugar content.
- * The key is before you pour out all of your juice, make sure to sample it. This is so important because you can adjust your juice accordingly.
- * If your juice is a little too tart for you or too sweet, you can quickly add some more vegetables to fix the taste to your liking before you disassemble your juicer.
- Wash your juicer immediately for easy cleaning.
- If you don't have a juicer, use your blender and then strain the pulp or just keep the pulp in and magically it's a Green Smoothie.

Contributed by Sasha Campbell of Blyssful Health who shares, "This is my morning drink of choice. Green juice is an excellent way to start the day. This can help you kick the coffee habit and still feel energized in the morning or anytime of the day."

Ingredients

- 2 **red apples** {I also love green apples as they are very tart.}
- 1/4 **cucumber**
- 2 **celery stalks**
- 6-7 **leaves of kale**
- 1/4 - 1/2 **organic lemon**
- 2 **broccoli stems** {optional, but great for your body}
- 1 **handful of spinach**

Directions

Wash all of your vegetables and fruit thoroughly. If your lemon is organic you can juice it with the peel, otherwise peel off the skin. Put everything through the juicer. Enjoy!

RED MELON SLUSHIE

Contributed by Renee Tougas of FIMBY (Fun In My Back Yard). Serves 4.

Ingredients

4 C **watermelon chunks**

2 C **strawberries**

1 **lemon**, juiced

Optional: fresh cherries

Directions

Blend all ingredients until smooth in blender.

* Note:

For best results, either the strawberries or watermelon should be frozen. The other ingredient should be fresh or thawed. You need the liquid from the fresh or thawed ingredient so that it will blend and you need the frozen fruit to make it a cold slush.

I usually prepare the recipe as is, but a fabulous addition is fresh cherries.

SMOOTHIE: GREEN GOODNESS

Ingredients

1-2 C **dark leafy greens**, de-stemmed
{favorites: kale & collard greens}

2 C **frozen fruit** {favorites: berries,
mango, banana, cherries}

1 C **juice** {favorites: green juices from
Naked or Odwalla} OR **water**

1/4 C **unsweetened shredded
coconut**

Additional ingredient ideas:

scoop of plain, whole organic **yogurt**

1/4 C **chia seeds** {soaked in water to
cover ~10 mins}

1 **broccoli stem**, peeled and
chopped

1 whole **avocado**, seed & peel
removed

plain or flavored **kefir**

scoop of **nut butter**

This is a basic smoothie recipe that brings in the goodness of dark leafy greens in a way that almost completely hides their taste. Smoothies lend themselves to all kinds of variations ~ play around until you find your favorites! See the optional additions for inspiration. See if you can gradually up the veggie content while decreasing the fruit ingredients.

Directions

1 Put dark leafy greens in a blender and add 1 C of liquid {either juice or water}. Blend thoroughly, adding more liquid if needed for a smooth flowing consistency.

2 Add frozen fruit and additional liquid, if needed, again mixing until you reach a smooth flowing consistency.

3 Add the shredded coconut and any other additions to suit your tastes. Blend thoroughly and serve up cold. Any leftovers can be stored in a tightly sealed container in the fridge for a couple of days.

Kids not crazy about drinking the green stuff? Try freezing the smoothie in fun popsicle molds and watch them gobble down the goodness! Tovolo makes some great BPA-free molds.



TROPICAL INFUSION SMOOTHIE

Contributed by Sasha Campbell of Blyssful Health.

Ingredients

2 C **water**

1 **star fruit** {pear is also a great alternative}

10 **organic strawberries**

1 **ripe mango**

2 Tbls **extra virgin coconut oil**

1 Tbls **freshly squeezed lime juice**

1 scoop **SunWarrior vanilla rice** {or other raw vegan protein powder}

Directions

- 1 Pour the water into your blender.
- 2 Peel the mango and prepare the star fruit by cutting off ends and trimming edges. Take tops off strawberries.
- 3 Add fruit, SunWarrior protein, lime juice and coconut oil. Blend until smooth. The smoothie will be nice and thick.
- 4 Add 3 ice cubes to a fancy glass and fill. Garnish with star fruit slice.

POWER PROTEIN BITES

An after-school snack WellGrounded Life-style! Watch your kids gobble these up like they would raw cookie dough ~ they're that good. And if you need a mid-afternoon pick-up, try reaching for these instead of coffee. Feel the difference! Created by Brenda Zook Friesen and family.

Ingredients

2 C **natural peanut butter**
1 C old-fashioned **rolled oats**, ground
1/4 C **ground flaxseed**
1/2 C **ground wheat germ**
3/4 C **raw honey**
3/4 C **raisins or cranberries**
1/4 C **chia seeds**, soaked
1/2 C **carob chips** {optional}
shredded coconut {optional}
chopped walnuts {optional}

Directions

- 1 In a small bowl, cover chia seeds in water and soak while you assemble remaining ingredients {about 10 minutes}.
- 2 In a large bowl, mix all ingredients until thoroughly incorporated. {Including the optional carob chips will make these a sweeter treat.} The consistency should be similar to raw cookie dough ~ it will be slightly sticky.
- 3 Roll into balls slightly smaller than golf balls and place on a cookie sheet. Refrigerate at least 30 minutes.
- 4 {Optional} Roll balls in shredded coconut or chopped walnuts to coat the way you would a truffle. Protein Bites will store in a sealed container in the fridge for up to a week ~ if they last that long! ☺

SUPER SIMPLE HUMMUS

Contributed by Stormy Sweitzer of *Maoomba.com* who shares, "This simple hummus recipe can be made in a matter of minutes. Use fresh lemon juice if you have it. And, if you want to change the color or flavor, try adding in a vegetable that your kids like." Makes about 1 ¼ cups of hummus.

Ingredients

- 1 heaping C **cooked garbanzo beans/chickpeas**, {equivalent of 1 15-oz can drained & rinsed}
- 1/4 C **water**
- 2 Tbls **olive oil**
- 2 Tbls **lemon juice**
- 1 **garlic clove**, crushed
- 1 tsp **ground cumin**
- 1/2 tsp **salt**

Directions

- 1 Place all ingredients in a blender or food processor and purée.
 - 2 Serve ~2 Tbls of hummus with vegetable sticks, black olives or in a tortilla wrap. Sprinkle with a little paprika for color.
- * Stores in an airtight container in the fridge for up to a week.

For variety: Add ¼ cup reconstituted sun dried tomatoes {just let them sit in boiling water until they soften, then drain them before adding them to the recipe}, rinsed artichoke hearts, roasted red peppers, fresh spinach or cooked sweet potatoes plus 2 Tbls of water.



SWEET N KICKIN' NUTS

Ingredients

2 C **mixed nuts**

4 oz high quality dark or semi sweet
chocolate

1/2 tsp **sea salt**

1/4 tsp **cayenne pepper**

Directions

- 1 Spread nuts on parchment paper.
- 2 Melt 4 ounces of chocolate over low heat or in a double boiler. Mix in cayenne pepper while the chocolate is warm.
- 3 Drizzle the nuts with the chocolate and top with sea salt. Refrigerate for 15-20 minutes.

HEALING SPICE MIX

This is a wonderful spice mix for the winter months as it has immunity boosting properties.

Ingredients

- 3 tsp **ground Indian turmeric**
- 3 tsp **ground cumin**
- 3 tsp **ground Indian coriander**
- 1 tsp **ground fennel**
- 1 tsp **powdered ginger**
- 1 tsp **black pepper**
- 1/4 tsp **ground cinnamon**
- 1/4 tsp **ground cardamom**

Directions

- 1 Mix all the ingredients together and store in an air-tight container. It will store nicely for up to 6 months, depending on the quality of your spices.
- 2 This healing spice mix can be added to simple soups, sautéed with butter and vegetables or added to omelets and casseroles. Experiment!



SWEET TREATS

Basic Raw Chocolate, 102 • Chewy Surprise Brownies, 103 • Coconut
Lime Date Bars, 104 • Coconut Macaroons, 105 • Guilt-free Chocolate
Truffles, 106 • No-Bake Chocolate Almond Oat Bars, 107 • Vanilla Chia
Seed Pudding, 108

BASIC RAW CHOCOLATE

Contributed by Sasha Campbell of Blyssful Health who shares, "Making your own raw chocolate allows you to have a nice treat without dairy and white sugar. You can control what ingredients you put into the chocolate and this is very empowering! Children love participating, too."

Ingredients

1 C **raw cacao butter**

3/4 C **raw cacao powder**

3-5 tsps **sweetener** {agave, raw honey, maple syrup or combination}

pinch of **sea salt**

1 tsp **vanilla powder** {optional}

Directions

1 Chop the cacao butter into pieces and slivers so you can measure your cacao butter. For the most part, you will be buying cacao butter that comes in big chunks. Some premium companies sell it in small blocks, but you will still need to measure it. Put the small chunks into the measuring cup and once you have 1 cup, place it in a small bowl.

2 Melt the cacao butter until it is all liquid. You will need to create a "baine-marie" or double boiler effect. The key is to have a pot of hot water at the base, then sit your bowl with the cacao butter on top. You DO NOT want to overheat the cacao butter ~ rather, gently melt it.

3 Once the cacao butter is melted, slowly whisk in your cacao powder, agave, pinch of salt and vanilla. Whisk well until the powder and butter are fully incorporated. The liquid mixture should not be too thick and should nicely coat a spoon. You can alternatively blend the mixture in a blender.

4 If you are adding super food ingredients or nuts, this is the time to do so. Taste the mixture and then pour into ice cube trays or moulds. Cover the tray with Saran wrap, then put into the freezer for 20 minutes. Take your chocolates out by flipping the moulds over onto a cutting board or plate. They should come out easily. Eat as is or chop up into smaller pieces. Decorate your plate with goji berries, dried fruits and cacao nibs. Enjoy!!!

CHEWY SURPRISE BROWNIES

Ingredients

1-1/2 C **carob** OR semisweet
chocolate chips

2 C **garbanzo beans**,
drained & rinsed

4 **eggs**

1 C **sugar** OR 3/4 C **brown rice syrup**

1/2 tsp **baking powder**

Directions

- 1 Heat oven to 350 degrees.
- 2 In a small bowl, melt chips in double boiler or microwave for 2 minutes.
- 3 In a blender or food processor, combine beans and eggs.
- 4 Add sugar, baking powder and chocolate, processing until smooth.
- 5 Pour batter into a 9" or 8 x 8" greased pan and bake for 45 minutes or until inserted toothpick comes out clean.

COCONUT LIME DATE BARS

Makes sixteen 2 x 2" squares. These are great to freeze as well.

Ingredients

1½ Tbsp **chia seeds**

3 Tbsp **fresh lime juice**

1 C **oat flour**

½ tsp **baking powder**

pinch **sea salt**

¾ C + 2 Tbsp **shredded dried coconut**, divided

2 Tbsp **coconut oil**, melted

2 Tbsp **applesauce**

¼ C **maple syrup** OR **agave nectar**

½ C packed soft **medjool or honey dates**, pitted {about 8-9}

Directions

- 1 Preheat oven to 300 degrees. Grease an 8 x 8" baking pan.
- 2 In a small bowl, combine the lime juice and chia seeds. Set aside for 20 minutes.
- 3 In a medium bowl, mix together the oat flour, baking powder, salt and ¾ C of the coconut flakes.

In a separate bowl, combine the coconut oil, applesauce and agave nectar. Mix in the soaked chia seeds. Chop the pitted medjool dates finely and mix in with the other wet ingredients.
- 4 Pour the wet ingredients in with the dry and stir until blended.
- 5 Spread the mixture into the prepared baking pan and use a spatula to flatten out the surface. Sprinkle remaining 2 Tbsp coconut on top, patting down lightly into the mixture.
- 6 Bake for 25-28 minutes, until edges begin to turn golden brown. While still warm, cut into squares.

COCONUT MACAROONS

Ingredients

2 large **egg whites**

pinch of **salt**

1 can (14 oz) **sweetened condensed milk**

2 tsp **pure vanilla extract**

2 - 14 oz bags **shredded sweetened coconut**

Directions

- 1 Heat oven to 300 degrees.
- 2 In a medium bowl, whisk egg whites and salt until frothy, about 2 minutes.
- 3 Stir in condensed milk and vanilla. Using a rubber spatula, fold in coconut until well combined.
- 4 Line two baking sheets with parchment paper or nonstick baking mats. Using a teaspoon and your fingers, form macaroons into 1 1/4-inch mounds, placing them about 1 inch apart.
- 5 Bake until macaroons are golden brown, about 20 minutes.

GUILT-FREE CHOCOLATE TRUFFLES

Contributed by Sue Ann Gleason of Conscious Bites Nutrition and Chocolate for Breakfast who shares, "I like to use this recipe as a base and then play with different spices. A drop of orange oil and some cayenne pepper or a few grains of sea salt pressed into the top of the truffle gives you a whole new taste sensation. Because the truffles are derived from whole foods, you won't find yourself overeating these little gems. They are both tasty and satisfying."

Ingredients

- 1 C **pitted prunes**
- 1/2 C **pitted dates**
- 3 Tbls **almond butter**
- 1 Tbls **high quality maple syrup**
- 1 tsp **Vietnamese cinnamon**
- 3 Tbls **raw cacao powder**
- 1/2 C **finely grated raw unsweetened coconut**

Directions

- 1 Drop the prunes and dates one by one through the feedhole of a food processor. Scrape the processor bowl and run until the prune and date mixture is smooth.
- 2 Add remaining ingredients and run until smooth, scraping the bowl as needed.
- 3 Roll the mixture into little balls. Dust with cacao powder and refrigerate for at least 1 hour.
- 4 Or, double the recipe, roll out the mixture on a sheet of wax paper, and place in the refrigerator for one hour. Take your favorite cookie cutter and make some cookies. It's best to keep cookies in the refrigerator in a single layer so that they don't stick together.

NO-BAKE CHOCOLATE ALMOND OAT BARS

Ingredients

1/2 C **raw honey** or **maple syrup**
1/4 C **virgin coconut oil**
1/4 C **almond butter**
1/4 tsp **sea salt**
1 tsp **vanilla**
1 tsp **cinnamon**
1 C **organic rolled oats**
1/2 C **raw almonds**, coarsely
chopped
1/2 C **walnuts**, coarsely chopped
1/4 C **raw organic sunflower seeds**
1/4 C **raw organic pumpkin seeds**
1/4 C **organic gogi berries, raisins or
currants**
1/2 C **organic dark chocolate chips**

Contributed by Sue Ann Gleason of Conscious Bites Nutrition and Chocolate for Breakfast as featured in Oprah Magazine. Yields 16 bars.

Directions

- 1 Heat honey, coconut oil, almond butter, sea salt, vanilla, and cinnamon in a sauce pan over low heat.
- 2 Combine remaining dry ingredients in a bowl.
- 3 Stir wet ingredients into dry ingredients and mix well.
- 4 Press into a greased 8x8 inch pan. Refrigerate until hardened. Cut into bars and enjoy.

VANILLA CHIA SEED PUDDING

Ingredients

1/2 C **chia seeds**
2 C **plain almond milk**
1/4 tsp **vanilla extract**
15-25 drops **liquid stevia extract*** OR
1/4 C **maple syrup**

Directions

- 1 In a large mason jar or glass jar with a tight lid, combine chia seeds, almond milk, vanilla extract and liquid stevia extract or maple syrup.
- 2 Shake it up (or use a spoon and mix thoroughly) and store in the refrigerator for 1 hour or more until it thickens and gets creamy.
- 3 Serve in a martini glass or wine goblet and garnish with a slice of strawberry, a raspberry, a mint leaf or shavings of dark chocolate.

Additional flavor options:

Cinnamon Vanilla: Add 1/4 tsp cinnamon.

Mint Chocolate: Add 1/4 tsp peppermint extract and 3 Tbls high quality dark cocoa powder or grounded cocoa nibs.

Coconut Chocolate: Add 3 Tbls high quality dark cocoa powder or ground cocoa nibs and 1/4 C shredded coconut.

- * For an even creamier version, use 1 C plain almond milk + 1 C yogurt (soy, Greek - your favorite). Mix the chia seeds with the almond milk first & allow time for them to absorb the liquid, then add to the yogurt. *I use Sweet Leaf Stevia Extract from **Vitacost**.
- *
- *



RESOURCES

MEAL PLANNING

The following recipes correspond with the Meal Planning Workshop. These are an example of some of the meal lists I keep handy as I plan for the week.

FLEXITARIAN

- Asparagus & Quinoa Risotto, pg 65 {nice vegetarian main dish or side dish with baked chicken}
- Burrito Bowls, pg 44
- Marinated Wheat Berry Salad, pg 23
- Peanut Noodles, pg 70
- Sweet Veggie Purée Soup, pg 39 {can add dollop of sour cream or shredded chicken}
- Warm Quinoa & Veggie Salad, pg 25 {nice vegetarian main dish or side dish with baked chicken}

EASY, SIMPLE & FAST

- Burrito Bowls, pg 44
- Cran-Pear Salad, pg 20
- Dark Leafy Sauté, pg 80
- Green Eggs & Ham, pg 9
- Quick Quinoa & Yogurt Bowl, pg 12
- Roasted Veggies, pg 83
- Salmon Cakes with Mango Salsa, pg 60
- Smoothie: Green Goodness, pg 95

MEAL PLANNING CONTINUED...

BATCH COOKING

- Broths and Chicken Soups, pgs 30-33
- Chewy Surprise Brownies, pg 103
- Coconut Lime Date Bars, pg 104
- Confetti Turkey Meatloaf, pg 48
- Make-Ahead Hearty Pancakes, pg 10
- Power Protein Bites, pg 97
- Salmon Cakes with Mango Salsa, pg 60
- Sweet 'n' Kickin Nuts, pg 99
- Wheat Berry Veggie Turkey Chili, pg 42

HIGH MILEAGE SETS

- {Broccoli} Broccoli Pesto, pg 68 + Peanut Noodles, pg 70 OR Broccoli & Carrot Soup, pg 29
- {Butternut Squash} Butternut Squash Mashed Potatoes, pg 78 + Sweet Potato Gratin, pg 85
- {Quinoa} Black Bean & Quinoa Salad, pg 18 + Warm Quinoa & Veggie Salad, pg 25
- {Refried Beans} Mexican Green Salad, pg 24 + Burrito Bowls, pg 18
- {Rice} Spinach Greek Casserole, pg 71 + Sun-dried Tomatoes & Shrimp, pg 57 {sub rice for pasta}
- {Wheat Berries} Wheat Berry Veggie Turkey Chili, pg 42 + Marinated Wheat Berry Salad, pg 23

GUEST RECIPE CONTRIBUTORS

Many thanks to the following colleagues who contributed their deliciousness to this eCookbook! Find out more about their great work in the world by clicking the links below.



SASHA CAMPBELL ~ BLYSSFUL HEALTH

Sasha is a Certified Raw Food Coach, Chef and Teacher. She is a speaker, blogger, mother and wife. Her education includes David Wolfe's Raw Nutrition Certification and Raw Coach Certification with Karen Knowler. She is also focusing on holistic nutrition. Sasha offers private coaching for individuals wanting support on their raw food and vegan journey. Her vision is to inspire and nurture individuals who are on a journey to wellness and vitality. You can find her at www.blyssfulhealth.com where you can get your free copy of a raw food pantry list and free recipes.



JULES CLANCY ~ STONE SOUP

Jules Clancy of **Stone Soup** blog is first and foremost a food lover who adores her veggies ~ the type of gal who plans her holidays around restaurant reservations. She also loves cooking and simplicity so is constantly on the lookout for ways to make her cooking less complicated and time consuming without sacrificing flavor or wholesomeness. Jules founded the **Stonesoup Virtual Cookery School** because she believes that the ability to cook simple, healthy, delicious food is a basic skill, like reading, that everyone should and can have. You can find out more about Jules' work at thestonesoup.com/blog/.

GUEST RECIPE CONTRIBUTORS



TRACEY CEURVELS ~ THE BUSY HEDONIST

Tracey blogs about enjoying life through food and travel at **The Busy Hedonist**. For busy food lovers ~ especially moms ~ she offers an *easy & convenient* dinner plan of fresh, seasonal dishes with weekly menus and shopping lists. Tracey's articles about food & travel have appeared in *The Boston Globe, Haute Living, PAPER, The New York Daily Times, The Gourmet Food Blog* at Dean & DeLuca, among other websites and publications. She lives in New York City with her husband and daughter. Tracey recently launched an App, **iFoodShop: A Food Lover's Guide to Shopping in NYC**.



SUE ANN GLEASON ~ CONSCIOUS BITES NUTRITION

Sue Ann is a food lover, food writer, foodbased healer. Her entertaining, cutting-edge articles on nourishment, the psychology of eating, and the blissful benefits of chocolate have appeared in various publications as well as her own eco-friendly blog, **ChocolateforBreakfast.com**. When not working with private clients, Sue Ann can be found sampling exotic chocolates or building broccoli forests in her mashed potatoes. Visit her **Conscious Bites Nutrition** website to claim your free ebook: **No Longer Asleep at the Meal: Easy, Wholesome Recipes to Help You Look Great, Feel Fabulous & Stay Energized All Day**.

GUEST RECIPE CONTRIBUTORS



KATIE KIMBALL ~ KITCHEN STEWARDSHIP

Katie is a mother of three who spends a ton of time in the kitchen making real food with whole ingredients and then blogs about her successes and failures at **Kitchen Stewardship**. She also tries to balance the green lifestyle on a single-income family budget and teaches others to do the same with weekly Monday Mission challenges. Katie is the author of four eBooks: *Healthy Snacks to Go*, the *Family Camping Handbook*, *The Everything Beans Book* and *Smart Sweets*. Visit KS for real food and natural living dished out in chewable, baby step portions.



STORMY SWEITZER ~ MAOOMBA.COM

Stormy is a kitchen experimentalist, food allergy navigator and real-food author and educator who focuses on simple, delicious and healthful eating strategies for people with active lives. Her philosophy: *the food we eat needs to fit into our lives, not the other way around*. Stormy recently published **Paleo Power Lunch: Easy, Filling & Delicious Workday Meal Strategies** and writes at **Maoomba.com**, a real food blog, where she shares her tasty kitchen experiments {always free of grains and dairy}, ethnic food and farmers' market finds, as well as her travels & outdoor adventures. For recipes, kitchen ideas and stories sign up for her **Maoomba Weekly** newsletter or connect with Stormy on Facebook, Twitter, and Pinterest.

RECIPE CONTRIBUTORS



RENEE TOUGAS ~ FIMBY: FUN IN MY BACK YARD

Renee nourishes her family and herself by cooking and serving healthy, plant-based food from her always bustling kitchen. In addition to being the resident Tougas family chef, Renee is a homeschooling coach, avid hiker and backpacker, and author of two e-books **Nurturing Creativity: A Guide for Busy Moms** and **Eat This: Meal Salads & Whole Food Dressings**. Fresh and honest, Renee's blog **FIMBY** is a story of intentional family living. With an encouraging voice and beautiful photography, Renee inspires mothers, homemakers and homeschoolers to live creative, healthy, and joyful lives.

Other Excellent Cookbooks & Sites

The Healthy Hedonist: More Than 200 Delectable Flexitarian Recipes for Relaxed Daily Feasts by Myra Kornfeld and Sheila Hamanaka (August 2005)

Feeding the Whole Family: Cooking with Whole Foods by Cynthia Lair (Jan 28, 2008) + *Cookus Interruptus*

Any of the many cookbooks from **Molly Katzen**. Some favorites of mine are *The New Enchanted Broccoli Forest* (February 2000) and *The Vegetable Dishes I Can't Live Without* (October 2007).

Cooking Light has an excellent free discussion board with many posted recipes that are healthy and give good detailed reviews: www.cookinglight.com

101 Cookbooks: www.101cookbooks.com

Whole Foods Market: www.wholefoodsmarket.com

Vitacost: www.vitacost.com

ALMOND MEAL: MAKE OR BUY?

Contributed by Stormy Sweitzer of Maoomba.com.

There are two ways to get almond meal – make it or buy it.

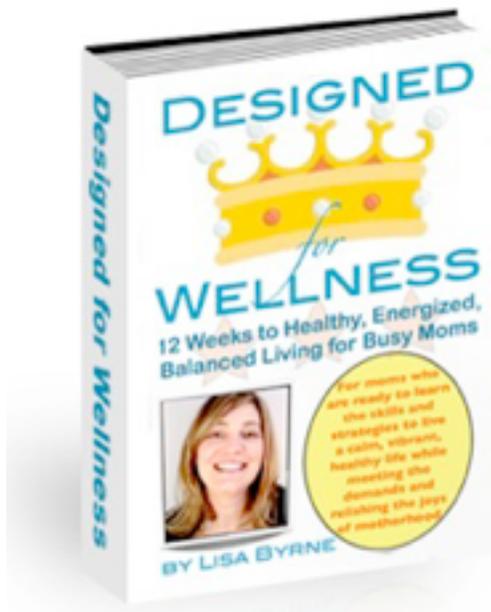
Make: To make almond meal, you will need a food processor, coffee grinder or high-powered blender that can grind the almonds finely. Grind the almonds, run them through a flour sifter and then re-grind the large chunks that remain. The key is to grind until they are just right – if you go too long, the almond meal turns into almond butter. Still good, but not the same.

Buy: I have found affordable 1-pound bags of Almond Meal at Trader Joe's when visiting other cities or have had relatives bring it back for me when they go on vacation. You can also order gluten-free, kosher almond meal online in 1- and 5-pound bags from [Honeyville Mill in Utah](http://HoneyvilleMill.com) that is a key source of almond meal for several of the big gluten-free baking bloggers.

Storage: Store your almond meal in an air-tight container in a cool, dry place – possibly your freezer if you don't use it often.

KEEP UP THE MOMENTUM!!

When you need a step by step strategy that will completely turn your life and health around ... check out my signature program, *Designed For Wellness*.



Designed for Wellness is the course that will establish well nourished, fertile and rich soil in your health and life. It equips you with the fundamentals of healthy eating and connects all the major parts of your well-being to how you nourish and feed yourself. It teaches concrete ways to get healthy, fresh, whole foods into you and your family's diet without chaining you to the kitchen for hours of prep work. It is my signature course because it lays the foundation of high level wellness through food, nutrition, self care and wellness practices that integrate your physical, emotional, mental and spiritual health.

Get all the details here:

<http://www.wellgroundedlife.com/courses/designed-for-wellness/>

WHAT'S NEXT?

Healthy living is the dance of becoming aware of your needs, recognizing when something is off and caring for your body, mind and spirit so you regain balance day in and day out. It's a journey because you are always changing ~ and life is always changing! ~ so having the tools you need to keep yourself healthy is essential for staying on track and living your best life.

KEEP IN TOUCH !

After you've completed the *Happy Mom, Healthy Family Meal Planning Workshop* and **have started applying what you've discovered**, please drop me a line and let me know the **results you are seeing**. I love to hear how lives are changing for the better!

Although I can't always respond to each individual email, I **do** read every *single one!*

WGLTeam@wellgroundedlife.com

I'm on Facebook regularly ... [facebook.com/wellgrounded](https://www.facebook.com/wellgrounded) {**WellGrounded Life**}

I'm on Twitter occasionally ... {**@wellgrounded**}

SHARE THE LOVE !

If you found this cookbook & workshop valuable, **please send your friends to <http://www.wellgroundedsite.com/mealplanning-workshop/>** so they can benefit, too!

ABOUT LISA

Hello! I wanted to share a little about my background and family. My husband and I live in New Jersey with our three wonderful and feisty children and our 110 pound yellow lab. My background is full of science:



- Undergrad degree from Cal Poly State University in **Biochemistry with a minor in Nutrition and Metabolism.**
- **Masters in Public Health** from Boston University.
- **Certified Holistic Health Counselor** through the Institute for Integrative Nutrition and Columbia University.

True, I love being a student ... but, what really lit my flame was

- **Volunteering in Kenya, Tanzania and Guatemala**, doing work in the area of health and nutrition with communities of women and farmers and understanding that joy is an inside job and women who come together for a common goal have the strength of a modern army and indeed are changing the world all the time.
- **Leading qualitative research studies** to understand how homeless people with addictions needed a home before they could successfully get clean (a completely novel concept to our government).
- **Teaching chemistry** to high school students and getting to share with them more about life than the inner energy orbits of a molecule.
- **Birthing my first child** and knowing that I was irrevocably changed from that moment on.

What I find most fascinating is applying modern science to age-old traditional wisdom to better understand our bodies and what we need to keep us healthy, well and whole, followed by making rich connections with women and mothers to support them in taking practical, transformative action so they can step more fully into living a life they truly love. I'm doing the work I love and that has tremendous meaning and value to me. I pinch myself daily.

I hope you'll explore the opportunities to get involved at WellGrounded Life through **joining our email newsletter community** or by enrolling in a **course**. If you'd like to get in touch with me for speaking engagements, leading workshops and classes, or media interviews, [click here](#). I look forward to hearing from you soon!

Lisa Byrne

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photo credits

*All photos have been taken from Flickr Creative Commons files. You'll notice a majority of these photos are also the work of **Guest Recipe Contributor, Jules Clancy of Stone Soup**. Turns out she's a fabulous cook AND a phenomenal photographer! Check out her albums on Flickr [here](#).*

Breakfast | [poached eggs](#) by Jules Clancy of Stone Soup

Salads | [green salad](#) by Jules Clancy of Stone Soup

Soups | [celeriac soup with burnt walnut oil](#) by Jules Clancy of Stone Soup

Meat Entrees | [le creuset-2](#) by Jules Clancy of Stone Soup

Of the Sea | [hervey bay scallops](#) by Jules Clancy of Stone Soup

Vegetarian Delights | [Sippuli](#) by LaPrima Donna

Sides & Sauces | [japanese salads](#) by Jules Clancy of Stone Soup

Sips, Snacks & Lagniappe | [Green Chamomile Smoothie](#) by VegaTeam

Sweet Treats | [chocolate_3](#) by Jules Clancy of Stone Soup

Resources | [Lemon utensils](#) by joyosity