

HEALTHY EATING

ROASTED CAULIFLOWER SALAD

- florets from 1 small head of cauliflower
- extra-virgin olive oil, for drizzling
- 2 cups arugula
- 1/2 cup cooked Lemon-Herb French Green Lentils
- lemon wedges, for squeezing and serving
- 1/2 cup tahini sauce
- 1/4 cup pickled onions
- 1/4 cup pine nuts, sliced almonds, or pepitas
- 4 dried apricots or dates, diced
- 1/4 cup chopped olives
- Microgreens, optional

1. Roast the cauliflower. Preheat the oven to 425°F and line a large baking sheet with parchment paper. Toss the cauliflower florets with drizzles of olive oil and a pinch of salt and roast for 20 to 25 minutes, or until browned around the edges.
2. In a medium bowl, toss the arugula and roasted cauliflower with a drizzle with olive oil, a squeeze of lemon, and a pinch of salt. Spread onto a platter and drizzle 1/3 of the tahini sauce on top. Sprinkle on the lentils, the pickled onions, pine nuts, apricots, and olives. Drizzle with the remaining tahini dressing and top with microgreens.

Tahini Sauce

- 1/2 cup tahini
- 1/4 cup fresh lemon juice
- 6 tablespoons water, plus more as needed
- 1 small garlic clove, grated or pressed
- 1/2 teaspoon sea salt

1. In a small bowl, stir together the tahini, lemon juice, water, garlic, and sea salt.

Pickled Onions

- 2 small red onions
- 2 cups white vinegar or 6 limes
- 2 cups water
- 1/3 cup agave
- 2 tablespoons sea salt

1. Thinly slice the onions and place in a bowl.
2. Heat the lime juice, water, agave, and salt in a medium saucepan over medium heat. Stir about 1 minute. Pour over the onions. Set aside to cool to room temperature, then store the onions in the fridge.
3. Your pickled onions will be ready to eat once they're bright pink and tender - about 1 hour for very thinly sliced onions, or overnight for thicker sliced onions.

Lemon Herb French Lentils

Cooked Lentils

- 1 cup uncooked French green or black lentils
- pot of water

Lemon-Herb Dressing

- 3 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon sea salt
- 1/4 teaspoon mustard
- 1/2 cup chopped parsley
- Pinch red pepper flakes, optional

1. **Cook the lentils:** In a medium saucepan, combine the lentils and water and bring to a boil. Cover, reduce the heat, and simmer, stirring occasionally, for 17 to 20 minutes or until tender but not mushy. Drain any excess water, let cool. Use in any recipe that calls for cooked lentils.
2. **Make the Lemon-Herb Dressing:** Transfer the cooked lentils to a medium bowl. Stir in the lemon juice, olive oil, salt, and mustard. Stir in the parsley and red pepper flakes, if using. Serve as a side dish or store in the refrigerator for up to 5 days.

KALE SALAD WITH CARROT GINGER DRESSING

Carrot Ginger Dressing

- ½ cup chopped roasted carrots, from ¾ cup raw carrots
- 1/3 to ½ cup water
- ¼ cup extra-virgin olive oil
- 2 tablespoons rice vinegar or fresh lemon juice
- 2 teaspoons minced ginger
- ¼ teaspoon sea salt

Salad

- 2 cups of canned or roasted chickpeas
- 1 bunch curly kale, stems removed, leaves torn
- 1 teaspoon lemon juice
- ½ teaspoon extra-virgin olive oil
- 1 small carrot, grated
- 1 small red beet, grated
- ½ watermelon radish, very thinly sliced
- 1 avocado, cubed
- 2 tablespoons dried cranberries
- ¼ cup pepitas, toasted
- 1 teaspoon sesame seeds

1. Make the dressing and roast the chickpeas: Preheat the oven to 400°F and line a large baking sheet with parchment paper. Toss the chickpeas with a drizzle of olive oil and sprinkle with a pinch of salt. Place the carrot pieces for the dressing in their own corner on the baking sheet to roast alongside the chickpeas. Roast for 25 to minutes, or until the chickpeas are browned and crisp and the carrots are soft. Set the roasted chickpeas aside. Transfer the carrots to a blender and add the water, olive oil, rice vinegar, ginger, and salt. Blend the dressing until smooth and chill in the fridge until ready to use.
2. Place the kale leaves into a large bowl and drizzle with the lemon juice, ½ teaspoon of olive oil, and a few pinches of salt. Use your hands to massage the leaves until they become soft and wilted and reduce in the bowl by about half.
3. Add the carrot, beet, watermelon radish, half of the cubed avocado, cranberries, pepitas, a few more good pinches of salt and a few grinds of pepper, and toss. Drizzle generously with the carrot ginger dressing. Top with the remaining avocado, more dressing, the roasted chickpeas and sprinkle with the sesame seeds. Season to taste and serve.

BUDDHA BOWL

Buddha Bowl Ingredients

- **A sauce** –turmeric tahini sauce
- **Cooked vegetables** – Roasted sweet potatoes or butternut squash
- **Raw vegetables** –rainbow carrots and red cabbage
- **Leafy greens** –kale, spinach, arugula
- **A legume** – chickpeas, brown lentils, black beans, great northern beans
- **A grain** – brown rice, farro, quinoa, bulgur wheat

Turmeric Tahini

- 1 recipe Basic Tahini Sauce
- ½ to 1 teaspoon dried turmeric
- 1 teaspoon maple syrup or agave
- 1 teaspoon grated fresh ginger
- 1 teaspoon extra-virgin olive oil

Mix together and pour in a jar or bottle.

QUINOA BREAKFAST COOKIES

- 1 cup oat flour
- 1 cup (additional) whole rolled oats
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ½ teaspoon sea salt
- ½ cup cooked quinoa
- 1 cup finely shredded carrots
- 2 tablespoons ground flaxseed + 5 tablespoons warm water
- ½ cup almond butter
- ¼ cup oil
- ½ cup maple syrup
- ½ cup nuts and/or seeds
- ½ cup dried cranberries

1. Preheat the oven to 350°F and line a large baking sheet with parchment paper.
2. Use a food processor or a blender to process the 1¼ cups rolled oats into a fine flour and measure out one level cup. In a large bowl, stir together the flour, the remaining 1 cup whole oats, baking powder, baking soda, cinnamon, and sea salt. Fold in the quinoa and then the shredded carrots, stirring until the carrots are completely coated with flour.
3. In a small bowl, combine the flaxseed and warm water and set aside to thicken for about 5 minutes. In a medium bowl, combine the almond butter, coconut oil, and maple syrup and stir well to incorporate. Stir in the flaxseed mixture.
4. Add the wet ingredients to the bowl of dry ingredients and fold until just combined. Stir in the walnuts, pepitas, and cranberries.
5. Scoop about ¼ cup of batter for each cookie onto the baking sheet. Bake for 15 to 18 minutes, or until lightly browned. Cool on the pan for 5 minutes and then transfer to a wire rack to finish cooling.
6. When cookies are completely cool, they can be stored in an airtight container or frozen.

QUINOA AND FRUIT BREAKFAST CEREAL

- 1/2 cup of cooked quinoa
- 1/2 cup of soy or almond milk
- 1 tbsp of chia seeds
- 1 tsp of cinnamon
- 1 tbsp of desiccated coconut or dried coconut flakes
- 1 scoop of blueberries
- 1 scoop of pecan or walnuts
- drizzle of agave or maple syrup for sweetness if needed

1. Place the quinoa, chia seeds, cinnamon and coconut in a bowl and mix in the nut milk.
2. If prepping in advance cover it at this stage and store in the fridge. It also can be eaten immediately.
3. Serve with the blueberries and pecan nuts on top, along with a little extra coconut.