

# Kale and Apple Salad with Goat Cheese

## Ingredients

1/2 bunch Kale, stems removed and leaves torn into bite-size pieces

4 large radishes, thinly sliced

2 cups spinach

2 apples of your choice, cored and thinly sliced

1/2 cup pomegranate seeds

3 oz fresh goat cheese, crumbled

## Dressing

Whisk together 1 small chopped shallot, 1Tbsp apple cider vinegar, 1 tsp Dijon mustard, 3 Tbsp Extra Virgin Olive oil, sea salt and pepper to taste.

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# Quick Quinoa with Cilantro Pesto

Get your “carb fix” with this healthier spin on a pasta with pesto. Tyrosine-rich proteins, like quinoa, can help regulate thyroid. Cilantro, a natural detoxifier, helps remove unhealthy metals like mercury and other toxins that may be harming your thyroid function out of your system. This pesto makes a great accompaniment to frittatas, wraps and gluten-free noodles.

- 1 cup quinoa, rinsed
- 2 cups water
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{1}{2}$  bunch cilantro, cleaned
- 1 1-inch piece of ginger, peeled and minced
- $\frac{1}{2}$  cup extra virgin olive oil
- 2 to 3 tablespoons rice vinegar

1. Rinse quinoa in cold water.
2. In a small pot, bring quinoa and 2 cups of water to boil. Add a pinch of sea salt and lower heat to simmer. Cover and cook for 12 to 15 minutes or until all the water evaporates.
3. In a food processor or blender, combine cilantro, ginger, olive oil, rice vinegar and sea salt. Pulse until smooth and creamy.
4. Toss cooked quinoa with cilantro pesto.

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## **Miso Soup With Shitake Mushrooms And Scallions**

You'll love this rich, flavorful version of miso soup, hearty enough for a meal. Mushrooms are rich in selenium, copper, zinc and iron, all nutrients that make your thyroid run more efficiently while sulfur-rich scallions are a natural detoxifier. Iodine-rich sea vegetables, like kombu and seaweed, are commonly found at your local Whole Foods in the Asian food section.

Fermented soybean products – miso, tempeh, shoyu, natto, tofu and tamari –are a healthy staple in many Asian cultures and are eaten in SMALL quantities.

Unfortunately in the U.S., we have mass produced soybeans without traditional sprouting or fermenting methods in products like soy protein, soy milks soy nuts, soy meats, which have been linked to thyroid disease, digestive problems, reproductive disorders, cancer and other illnesses.

- 6 cups water
- 1 6-inch piece of kombu (kelp)
- 2 packets bonito flakes (katsuobushi)
- 12 ounces firm tofu, cut into half-inch cubes
- 1 strip wakame seaweed
- 6 shiitake mushrooms, stems discarded and sliced thinly
- 6 tablespoons white miso
- 4 scallions, minced

1. In a large pot, boil water. Add kombu and bonito flakes and boil for 8 minutes.
2. Remove kombu and strain the bonito flakes, so you're left with clear broth.
3. In the same pot with the clear broth, add cubed tofu, wakame, shiitake mushrooms and cook on medium-high heat for a few minutes.
4. In a small bowl, dissolve the miso paste in a small amount of hot water until creamy, then add the mixture to the soup and cook on low for 3 minutes. Garnish with scallions.

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## **Chef Karolina's Raw Chocolate**

# Truffles

Dessert can taste decadent without sabotaging your diet or your health. The perfect craving-busters, these one-bite wonders are a sweet, soothing summer treat (no oven required!) or can be dressed up for holiday parties.

- 1 cup raw cacao powder
  - 1 cup raw cashews or macadamia nuts
  - 1/2 cup real maple syrup
  - Water (to mix)
  - Shredded unsweetened coconut, chopped nuts, chocolate nibs, raw sugar, cacao powder, ginger or something else you love (optional roll-in ingredients)
1. Mix cashews in a food processor until it forms a powder, slowly adding enough water to create a thick paste.
  2. Add maple syrup to cashews and pulse to process. Add cacao powder and pulse to process.
  3. Refrigerate four hours or overnight for best results.
  4. Form teaspoon-size balls of dough. Coat them in your chosen roll-in ingredients! Makes 25 truffles.

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## Banana Cashew-Vegan Ice Cream

This is the one time it's okay to deceive your mother. Blending frozen bananas and cashew butter creates a creamy, sumptuous "ice cream" that doesn't miss the dairy. Mom will have no clue it's healthy and you get bonus points for making homemade dessert.

- 3 tablespoons cashew butter (no sugar added)
- 5 frozen bananas

- 1 teaspoon vanilla extract
- Pinch cinnamon
- Chopped cashews (optional topping)
- Coconut flakes (optional topping)
- Organic cacao nibs (optional topping)

1. Combine cashew butter, bananas, vanilla and cinnamon in a Vitamix and blend until creamy consistency. Serve topped with cashews, coconut flakes or cacao nibs.

You can pre-make ice cream and keep in freezer. Defrost 10 to 15 minutes before serving.

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## Prosecco Spritzer

Mother's Day isn't complete without a proper toast to mom. This innovative spritzer combines a mom favorite – Earl Gray tea – with bubbles. Pair with it TLC.

- 1/2 cup date sugar
- 1/2 cup water
- 1 Earl Grey tea bag
- 1/2 teaspoon whole coriander seeds
- 1 750 ml bottle prosecco

1. Make syrup by simmering sugar, water and coriander in a medium saucepan until sugar dissolves, about 4 minutes. Remove from heat, add tea bag and steep 2 minutes. Strain and cool.

2. Spoon 2 teaspoons of syrup into each of 6 glasses. Top with prosecco and toast mom in style.

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# Spring Green Salad

Simple doesn't have to be boring. With organic greens plus a one-minute dressing topped with healthy sprouted seeds, salad doesn't get much easier than this. Ingredients are healthy and intense, giving gourmet taste sans sugar and cheese.

- 1 head butter or green leaf lettuce
- 1 or 2 scallions, diced
- 1 tablespoon Dijon mustard
- 1/2 lemon, juiced
- Sea salt and freshly ground pepper
- 2 to 3 tablespoons cold pressed extra virgin olive oil
- 2 tablespoons sprouted pumpkin or sunflower seeds (optional)

1. Wash and dry lettuce thoroughly using a salad spinner. Prepare your dressing as lettuce sits.
2. For the dressing, in a small bowl, combine mustard, lemon juice, salt and pepper and whisk well. Slowly add olive oil and whisk until smooth and well incorporated. That's it!
3. Place salad in a large bowl and top with dressing immediately before serving. Sprinkle with sprouted pumpkin or sunflower seeds.

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## Zucchini, Tomatoes and

# Rosemary Frittata

This Mother's Day frittata is just as big on flavor as it is on nutrients, thanks to loads of organic vegetables, fresh herbs and protein- and omega 2-rich eggs. It's also a fantastic base recipe that you can customize according to mom's palate. Super simple, this dish is perfect for weeknights when you're cleaning out what's left in your crisper.

- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, minced
- 2 cups zucchini, halved lengthwise and thinly sliced
- 1 cup cherry tomatoes, halved
- 5 large organic eggs
- 2 organic egg whites
- 1/4 teaspoon sea salt, divided
- 1/4 teaspoon of freshly ground pepper, divided
- 1/2 teaspoon chopped fresh rosemary
- 2 ounces grated vegan cheese or Italian Parmigiano Reggiano

1. Preheat the oven to broil.
2. Heat oil in a skillet over medium-high heat; add garlic, cook for 1 minute. Do not allow garlic to brown or it turns bitter. Add zucchini; cook 3 minutes and add the cherry tomatoes. Cook veggies until tender, stirring continuously. Season with salt and pepper.
3. Meanwhile, whisk together the eggs, egg whites and rosemary, and season with salt and pepper. Pour the egg mixture over the zucchini and cook until the eggs begin to set, about 3 minutes.
4. Sprinkle cheese evenly over the top. Place pan under the broiler for 3 minutes or until the frittata rises slightly and becomes light and settled. Eggs should not be runny. Transfer to a serving plate, cut into pie-

shaped wedges and serve. I love it paired with the Spring Green Salad.

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## Spicy Soba Noodles

*Soba noodles, hearty and flavorful Japanese noodles made from buckwheat pair perfectly with watercress or arugula and a spicy dressing. If you are following a gluten-free diet, look for 100% buckwheat soba noodles. Eden and Mitoku are two good brands.*

- 1 package of dried soba noodles
  - 2 1½ tablespoons gluten-free tamari soy sauce
  - 1 teaspoon chili-garlic sauce
  - 1 teaspoon toasted sesame oil
  - 6 cups stemmed watercress or arugula
  - 1 tablespoon grape seed or sunflower oil
  - sesame seeds to garnish (optional)
  - chopped scallions or cilantro to garnish (optional)
1. Bring a large pot of water to a boil over high heat. Add the noodles and cook for about 8 minutes, or according to package directions, until done. Meanwhile, to make the sauce, in a small bowl, stir together the tamari sauce, chili-garlic sauce, and sesame oil.
  2. Drain the noodles in a colander. If you are using 100% buckwheat soba, give the noodles a quick rinse with hot tap water.
  3. Put the watercress or arugula in the hot pan. Return the noodles to the pan along with the grape seed oil. Using tongs, toss to combine. The watercress should wilt from the residual heat of the pan and the noodles. Add the sauce and toss until well incorporated. Garnish with sesame seeds and chopped fresh herbs and serve warm or

at room temperature.

*This healthy and sumptuous dish could not be easier, and makes a perfect option for Meatless Monday. Look for the soba noodles, chili-garlic sauce (a mixture of chili, garlic, and vinegar), and toasted sesame oil, and Tamari sauce in the Asian foods section of your grocery store.*

*Adapted from Brassicas by Laura B. Russell (Ten Speed Press, © 2014).*

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## Spring Out Quinoa

*Easy, healthy and brings the spring flavors to your table, including as a Passover dish.*

- 2 cups quinoa, rinsed in cold water
- 3 <sup>1</sup>/<sub>2</sub> cups water
- 1 bag peppermint tea
- 1 tablespoon extra virgin olive oil
- fresh mint, basil, cilantro

Wash grains. Place them in water and add peppermint tea bag. Bring to a boil. Cover and simmer for 15 to 20 minutes, then remove from heat and let stand for 5 minutes.

When it is done, add olive oil and fluff.

Garnish with chopped fresh herbs and serve.