

# Shredded Kale and Brussels Sprouts Salad

## Ingredients:

- 3 tablespoons fresh lemon juice
- 1 teaspoon dijon mustard
- 1 tablespoon minced shallot
- 1 small garlic clove, grated
- 1 teaspoon honey
- $\frac{1}{4}$  cup olive oil
- sea salt
- freshly ground black pepper
- 3 cups finely shredded Lacinto kale
- 3 cups finely shredded Brussels sprouts
- 3 cups finely shredded red cabbage
- $\frac{1}{4}$  cup sliced almonds or pumpkin seeds

## For the dressing:

In a small bowl, whisk together the lemon juice, mustard, shallot, garlic and honey. Slowly stream in the olive oil while whisking the dressing until well combined. Season the dressing with salt and pepper. Adjust the lemon juice or honey to your personal taste if necessary.

## For the salad:

In a large bowl, toss together the shredded kale, Brussels sprouts, cabbage and toasted almonds. Add a few tablespoons of dressing and toss well. Taste and add salt and pepper or more dressing if desired. Sprinkle the almonds or pumpkin seeds over the top and serve.

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# Lemon Chicken with Kale and Brussels

This meal was a breeze to make in a single pan and it comes out so juicy, sweet and tangy!

## Ingredients:

- 3-4 boneless chicken breast, cut into thirds
- 2 cups kale, chopped
- 1 cup shredded brussels sprouts
- 1/3 cup sweet onion, diced
- 1 lemon, juiced
- 1-2 tablespoons capers
- 2-3 tablespoons extra virgin olive oil
- Spices: garlic powder (1 tsp), paprika (1/2 tsp), kosher salt & black pepper

## Directions:

1. In a large bowl, season chicken breasts with salt, pepper, garlic powder, paprika. Add a drizzle of olive oil and juice of half a lemon. Coat both sides with seasonings.
2. In a large non-stick pan, heat 1 tablespoon of olive oil on medium heat. Add diced onion, wait for it to sizzle for 1 minute, then reduce to low heat. Let onions caramelize for 5-7 minutes.
3. Increase heat to medium and add the chicken breasts. Cook on medium or medium high for a few minutes until one side of the chicken reaches a nice golden brown. Flip the chicken and reduce heat to medium-low.
4. Add the kale and brussels sprouts to the pan and season with salt and fresh ground pepper. Add the juice of  $\frac{1}{2}$  a lemon. Let cook for about 5 minute or until the vegetables are tender and the chicken is cooked all the way through.

5. Sprinkle with capers all over, to taste. Enjoy!

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# Roasted Broccoli and Crispy Baked Tofu with Maple-Sesame Glaze

This dish is absolutely perfect when you are in the mood for Chinese food. The gluten-free glaze makes this a perfectly healthy Asian style dish combining a plant-based protein with broccoli that is loaded with fiber. You can also use the same recipe with roasted Brussels sprouts.

## Ingredients:

### Roasted Broccoli

- 1 head of broccoli, cut into florets with stems + sliced stems
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons vegetable broth
- sea salt and fresh pepper

### Extra Crispy Baked Tofu

- 1 block organic extra-firm tofu
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon reduced-sodium tamari or coconut aminos (soy-free)
- 1 tablespoon arrowroot starch or cornstarch

### Spicy Maple-Sesame Glaze

- $\frac{1}{4}$  cup reduced-sodium tamari or coconut aminos (soy-free)
- 3 tablespoons maple syrup or honey

- 2 tablespoons rice vinegar
- 2 teaspoons toasted sesame oil
- 1-2 teaspoons chili garlic sauce or sriracha (depending how spicy you like it)

### **Garnish**

- 2 tablespoons sesame seeds (black or white)
- Fresh cilantro leaves, torn by hand

### **Instructions:**

1. Prep work: Position your oven racks in the lower third and upper third of the oven. Preheat oven to 400 degrees F. Line two large, rimmed baking sheets with parchment paper for easy cleanup.
2. Drain the tofu by placing on a plate, cover with paper towel or tea towel, and place something heavy on top. Let water come out for 10-15 min while you prep the broccoli.
3. Chop the broccoli head into florets and add some slices of the stems. Toss in a bowl with olive oil, broth, salt and pepper. Transfer to the baking sheet.
4. Cut the tofu into cubes and toss with olive oil and tamari. Transfer to the second baking sheet. Sprinkle with arrowroot starch until evenly coated. Arrange tofu in even layer.
5. Transfer the baking sheets to the oven place the broccoli on the lower oven rack, and the tofu on top. Bake for 25-30 minutes, tossing each pan halfway through cooking, until the broccoli and tofu are golden on the edges.
6. To make the glaze: In a small saucepan, whisk together the glaze ingredients. Bring to a gentle boil over medium heat, stirring often and reducing heat as necessary. Simmer for 5-10 minutes until the glaze is reduced by about half. Remove from heat.
7. To assemble: Place the roasted broccoli and baked tofu

in a serving dish and drizzle with the glaze. Sprinkle with sesame seed and chopped cilantro. Serve and enjoy!

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# Riced Cauliflower Stir Fry

## Ingredients:

- 1 whole head of cauliflower
- 1/2 cup diced sweet onion
- 1/4 cup diced carrot
- 1/4 cup diced celery
- 1 tbsp diced garlic
- 1/2 tbsp diced ginger root
- 1 tbsp diced scallion
- 1/4 cup low sodium soy sauce (Tamari)
- 1/4 cup avocado oil
- Kosher salt and black pepper



### Directions:

1. Clean the cauliflower and remove all green parts.
2. In a food processor, puree the cauliflower and set aside.
3. Dice the onion, carrot and celery.
4. Begin to sauté in a medium pan over a medium flame with salt and pepper.
5. Dice the garlic, scallion and ginger. Then add to the sauté pan.
6. Next add the cauliflower puree and sauté.
7. After 10 minutes add in the soy sauce and mix in.
8. Taste and season one final time, serve hot.

Watch the video here>>

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# Roasted Endive with Walnut Vinaigrette

## Ingredients:

- 12 Belgian Endive hearts, cut in half
- Extra Virgin Olive Oil
- Sea salt and pepper

## For walnut vinaigrette:

- 2 tablespoons white wine vinegar
- 1 teaspoon Dijon mustard
- 5 tablespoons walnut oil
- $\frac{1}{2}$  cup chopped walnuts, toasted

## Directions:

1. Preheat oven to 400F
2. Cut endive in half, lengthwise. Place on baking sheet and drizzle with olive oil. Sprinkle with sea salt and roast for 20 min.
3. In a small bowl whisk together the vinaigrette ingredients except oil.
4. Slowly whisk in the walnut oil.
5. Transfer endive to serving platter. Top with vinaigrette and toasted walnuts.

The vinaigrette is also great for salad dressing and can be saved in the fridge for a few days!

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# Pesto Shrimp, Field Greens, Avocado, and Orange Salad

Yield: 4 servings

Shrimp are a great seafood option known to be low in mercury and vitamin C from the oranges helps the body absorb iron from the greens.

## Ingredients for Salad:

- 2 lbs. field greens of choice or a mix (arugula, endive, spinach, baby kale)
- 2 oranges, supremed and juice reserved (see this link on how to supreme citrus fruit)
- 1 lbs. jumbo or large shrimp, cleaned and shelled
- 3 Tablespoons pesto sauce
- 2 Tablespoons extra virgin olive oil
- 1 avocado
- 1¼ cup pumpkin seeds (optional)

## Ingredients for the vinaigrette:

- 2 Tablespoons orange juice
- 2 Tablespoons fresh lime juice
- 1 small shallot, chopped
- 1 teaspoon grated ginger root
- 1 teaspoon Dijon mustard
- 2 Tablespoons fresh tarragon, chopped
- 1 Tablespoon maple syrup
- $\frac{3}{4}$  cup extra virgin olive oil
- $\frac{1}{4}$  cup white wine vinegar
- $\frac{1}{4}$  teaspoon sea salt
- Freshly ground pepper

## Directions:

1. Make the vinaigrette by combining orange juice, lime



juice, vinegar, shallot, mustard, ginger, maple syrup, tarragon, salt and pepper. Drizzle in the olive oil until emulsified.

2. In a bowl, mix the shrimp with the pesto sauce and 2 tablespoons of olive oil. Let marinate for 10- 15 minutes. Heat a grill pan or sauté pan and grill/sauté the shrimp until done, about 1-2 minutes per side.
3. Mix the salad greens with the vinaigrette and divide into plates. You can also serve this salad on a single platter. (Make sure you mix the vinaigrette with the greens right before serving).
4. Top salad with the pesto shrimp, orange sections, sliced avocado and pumpkin seeds.
5. Serve immediately and enjoy!

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# Grilled Asian Salmon Skewers with Bok Choy

## Ingredients:

- 1/2 cup Tamari sauce (gluten-free soy sauce)
- 1/2 cup Mirin
- 1/4 cup packed light brown sugar
- 1/4 cup rice vinegar
- 4 5-oz skinless salmon fillets, cut into 2-inch pieces
- Avocado oil for brushing
- 4 baby bok chop, large outer leaves removed and bulbs halved lengthwise
- 4 double prong skewers

## Optional:

- Toasted sesame seeds, for garnish

- Steamed rice, for serving

### **Directions:**

- Whisk together soy sauce, mirin, brown sugar, and vinegar in a large bowl until sugar dissolves. Reserve 1/3 cup of the marinade. Add salmon to bowl, mix well, and refrigerate for 30 minutes.
  - Preheat a grill to high, or heat a grill pan over high, and grease with avocado oil. Remove the salmon from the marinade. Thread salmon and bok choy onto skewers.
  - Grill, turning once, until salmon is medium within, 6 to 8 minutes. Transfer to a platter, and garnish with toasted sesame seeds. Serve with steamed brown rice and reserved marinade.
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## **Spinach Patties**

Among my favorite spinach dishes are these simple but delicious patties. Even spinach haters can't resist them, especially with a little horseradish. These patties are traditional on Passover. The secret ingredient passed in from my late mother-in-law, is to add a handful of ground meat (but vegans can eliminate and add a little olive oil to the mixture). I prep these in advance to the Seder and freeze them. To thaw, simply leave at room temperature and warm up on a low heat for 2-3 minutes.

### **Ingredients:**

- 2 pounds fresh spinach, rinsed, stemmed and chopped

- About 3/4 cup of matza meal
- About 1 teaspoon sea salt
- Ground pepper to taste
- 5 large eggs, lightly beaten
- 8 ounces lean ground meat
- Avocado oil for frying



### Directions:

1. In a large bowl, hand massage and mix the chopped spinach with sea salt. Remove the extra water. Add the matza meal, pepper, eggs and ground meat. If the mixture is too loose, add a little more matza meal. Refrigerate the mixture for 30 minutes. (The mixture can also stay in the refrigerator for a day)
  2. Shape the spinach mixture into patties with wet hands. In a large skillet, heat a thin layer of oil over medium heat. In batches fry the patties, turning until golden brown, about 3 minutes per side. Drain on paper towels. Serve warm, accompanied with red or white horseradish.
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# Leek and Chicken Patties

Leek patties are commonplace throughout the Jewish Sephardi world – in Turkey, Bulgaria, Greece, Romania and elsewhere. They're popular during Rosh Hashanah and for the Passover Seder. Some versions include meat and others are vegetarian; some add only potato to the mixture, others use breadcrumbs or matzo meal for Passover. This is my version for Passover inherited from my late mother-in-law, Malka Kalman. It can't be Passover unless I made these and her inspiration is resonates all over my kitchen and Seder table.

Yield: 12-14 Patties

Ingredients:

- 6 to 8 leeks (about 2 pounds), white and light-green parts, chopped
- 6 scallions, chopped
- 3 Tablespoons olive oil
- 2 Tablespoons hot water (if needed)
- 1 teaspoon fine sea salt
- $\frac{1}{2}$  teaspoon freshly ground black pepper
- $\frac{1}{2}$  teaspoon ground nutmeg
- 2 Tablespoons chopped fresh parsley
- 1 lbs. organic ground chicken
- 2 large eggs, lightly beaten
- 1 cup bread crumbs or matzo meal, or more as needed
- Organic Grape seed oil or Avocado oil, for frying



### Directions:

1. Wash and chop the leeks and scallions.
2. Warm up the olive oil in a large sauté pan and add the leeks. Saute the leeks for 4-5 minutes until soft; if necessary you can add a little hot water and continue to cook over low-medium heat until all liquids are absorbed. Add the salt, pepper, nutmeg and parsley. Cook for another minute and then add the scallions and sauté for another 2 minutes.
3. Let the leeks and scallions mix cool completely to room temperature.
4. In a large bowl mix together the ground chicken, eggs, breadcrumbs or matzo meal, and the leeks mixture. If the mixture is runny, add breadcrumbs as needed. Cover the bowl and transfer it to the refrigerator for 30 minutes.
5. Line a baking sheet with 2 layers of paper towels.
6. Pour grape seed or avocado oil into a skillet to a depth of 1/8 inch and heat over medium heat. Form the batter into 2- to 2 1/2-inch patties. When the oil is hot, add several patties at a time and fry on both sides until they are golden brown.

- Transfer the cooked patties to the paper towels to drain. Repeat to use all of the batter.
7. Serve patties warm or at room temperature.
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# Baked Red Snapper with Onions, Peppers and Chickpeas

## Ingredients:

- 6 5-6-oz red snapper fillets
- 2 tablespoons extra virgin olive oil
- 2 large sweet onions, cut into strips
- 3 garlic cloves, sliced
- 4 red peppers, sliced (you can also mix yellow and red)
- 2 cups cooked chickpeas (I HIGHLY recommend getting boxed chickpeas from Whole Foods (or anywhere else you can find them). The only ingredient added to the chickpeas is water, no preservatives and no BPA).
- 1 teaspoon turmeric
- 1 teaspoon sweet paprika
- $\frac{1}{2}$  teaspoon black pepper
- 1 teaspoon sea salt
- $\frac{1}{2}$  teaspoon cayenne pepper (optional)
- 1.5 cups filtered water
- 2 Tablespoons fresh lemon juice
- 1-1.5 cups chopped herbs (parsley, dill, cilantro –mix your favorite fresh herbs)

## Directions:

1. Preheat oven to 400 degrees.
2. Saute the onions and garlic with olive oil on medium heat, about 4 minutes, stirring occasionally.
3. Add the peppers and continue to sauté for another 3-4 minutes. Add the chickpeas, turmeric, sweet paprika, black pepper, sea salt, cayenne pepper and continue to mix for another 3-4 minutes.
4. Add water, lemon juice and fresh herbs and continue to cook for about 20 minutes.
5. Transfer the vegetable mixture into a large baking dish.
6. Sprinkle the fish fillets with salt and pepper and slightly immerse (skin down) in the vegetable mixture. (If you like to eat later, you can cool down the vegetable mixture to room temperature and then add the fish before moving to the oven).
7. Cook in preheated oven for 10-15 minutes. Serve immediately.