

Sweet Potato Latkes (or Pancakes)

Adapted from “Orna and Ella, The Cookbook” (published in Hebrew)

Ingredients: (makes about 20 small latkes)

For the latkes:

- 2 lbs. sweet potatoes – preferably small
- $\frac{3}{4}$ cup gluten-free flour
- 1 tablespoon Tamari sauce (gluten-free soy sauce)
- 1 teaspoon sea salt
- 1 teaspoon coconut sugar
- A little organic Grapeseed oil for frying

For the dipping sauce:

- $\frac{2}{3}$ cup sour cream (or make your own vegan sour cream)
- 2 tablespoons vegan mayonnaise
- sea salt and pepper to taste
- 3 tablespoons chopped chives

Directions:

1. If you are using mini sweet potatoes, cook them in their skins until completely soft (pierce with a blade of a knife), cool slightly and peel. If you are using big ones – peel and cut them in large, fairly uniform cubes and cook until soft. Place in a colander to drain excess liquid.
2. Let cool, add soy sauce and mix gently with your hands (the mixture is quite sticky). Add salt, sugar and flour and mix again, until thoroughly combined.
3. Discard any hard bits, and avoid over mixing, which will make the batter heavier and even stickier.
Set aside for half an hour.

4. Gently heat a skillet and add just enough oil to cover its surface. Wet your hands and form balls size of a walnut, drop on a skillet and flatten with a spatula.
 5. Fry the latkes gently for 4-5 minutes, flipping them once. They should be nicely browned and firm enough to be removed with a spatula. Drain on paper towel. Fry in batches until all the batter is used. Add more oil if necessary and make sure the oil is hot before adding another batch of pancakes.
 6. Combine the dipping sauce ingredients in a small bowl.
 7. Serve the latkes warm with the dipping sauce or set aside and reheat in a medium-hot oven (not in a microwave!). Reheating actually improves the texture, so these latkes are perfect for making ahead.
-

Mushroom and Kale Mac & Cheese

Yield: 8-10 servings, 9 x 13 casserole dish

Ingredients:

- 1 pound elbow pasta, cooked al dente (I prefer buckwheat, quinoa, or brown rice)
- 5 Tablespoons extra virgin olive oil, divided
- 1 lbs. cremini mushrooms, sliced
- 4 garlic cloves, minced
- 1 large bunch Tuscan kale, stems removed, chiffonade
- 12 cherry tomatoes, halved
- 3 cups Vegan béchamel sauce (see recipe)
- 3 Tablespoons white miso
- 2 teaspoons umeboshi paste
- 2 cups toasted breadcrumbs (I prefer gluten-free panko)

breadcrumbs)

For toasted breadcrumbs:

- 2 Tablespoons extra virgin olive oil
- 2 cups gluten-free panko breadcrumbs
- 2 Tablespoons parsley, chopped
- 1-2 garlic cloves, minced
- salt and pepper to taste

Directions:

1. Heat 3 Tablespoons olive oil in sauté pan and sauté the mushrooms. Add garlic when mushrooms are caramelized. Add kale and cook until wilted. Toss in cherry tomatoes. Set aside.
2. Heat béchamel sauce (recipe below) and add miso and umeboshi paste. Stir until miso is dissolved. Season to taste with sea salt and fresh pepper.
3. Heat olive oil in a small sauté pan and add the panko breadcrumbs and sauté with salt, pepper, garlic and chopped parsley. Brown lightly.
4. Mix together the pasta and veggies with the béchamel sauce and transfer to a baking dish. Top the pasta with the toasted breadcrumbs and bake at 350 degrees until the breadcrumbs brown (6-8 minutes).
5. Serve garnished with chopped herbs (optional).

Vegan béchamel sauce

Yield: 3 cups

Ingredients:

- 2 teaspoons coconut oil
- 1 shallot, minced
- $\frac{1}{4}$ cup oat flour
- 5 cups almond milk
- 1-2 sprig fresh thyme

- 1 bay leaf
- pinch nutmeg
- 2-3 tablespoons lemon juice (1/2 lemon)
- salt and pepper to taste

Directions:

1. Use 2½ quart sauce pan, heat oil over medium flame. Sweat shallots until translucent.
 2. Add flour and cook over low heat, stirring constantly for about 5 minutes.
 3. Slowly whisk in almond milk; add thyme, bay leaf, and nutmeg.
 4. Increase heat to simmer and continue cooking for about 10 minutes stirring often until sauce thickens.
 5. Remove thyme and bay leaf. Add lemon juice. Season to taste.
-

Tomato Salad with Roasted Figs and Balsamic Reduction

This salad is a great appetizer for your holiday meal. If you choose slightly bitter greens like watercress or arugula, the tomatoes and caramelized figs will add sweetness and make a great combination for this seasonal salad.

Yield: 4-6 Servings

Ingredients:

- 6 fresh figs, cut in quarters

- 4 tablespoons extra virgin olive oil
- 8-10 cups of fresh greens (watercress, arugula, or spinach)
- Juice from 1 lemon
- 2 medium tomatoes, cut in large pieces
- 8-10 yellow/orange cherry tomatoes, halved
- 12-14 red cherry tomatoes, halved
- 1 small jalapeño, without seeds, sliced thinly
- Sea salt
- Fresh ground black pepper
- 3/4 cup organic balsamic vinegar
- 1 tablespoon dark brown sugar

Directions:

1. In a small saucepan reduce the balsamic vinegar with the sugar over low heat. Remove from heat and let chill.
2. Warm the oven to 400 degrees Fahrenheit. Spread the figs over a baking sheet lined with parchment paper. Brush the figs with olive oil and roast for 3-4 minutes.
3. In a large serving plate, spread the greens and drizzle with a little fresh lemon juice. Toss lightly.
4. In another bowl toss all the tomatoes with the jalapeño, sea salt, pepper and a little olive oil. Spread the tomatoes over the greens.
5. Top the salad with the roasted figs and drizzle with the balsamic reduction. Serve immediately. Option: garnish the salad with chopped fresh parsley.

Fish in Pomegranate-Cilantro

Sauce

This fish sauce is delicious, light, and works well with any white fish. The sauce is mildly spicy and a little sour. The cilantro can be replaced with parsley for those who prefer the milder flavor of parsley.

Yield: 12-14 servings

Ingredients:

- 3 lbs. white fish (12 fillets; I like Halibut, Wild Cod, Wild Snapper or Hake)
- Sea salt
- White pepper
- 1 lemon

For the sauce:

- 1/3 cup Grape seed oil (or cold pressed organic canola oil)
- 2 medium purple onions, peeled and sliced thinly
- 1 tablespoon date or coconut sugar (or brown sugar)
- 10 small garlic cloves, peeled
- 2 tablespoons sweet paprika
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 1 bunch cilantro, chopped
- 1 tablespoon pomegranate molasses (optional)
- 2 cups pomegranate juice (POM)
- Juice from 1 lemon
- 1 jalapeño pepper, chopped (seeds optional)

For Garnish:

- 1/2 cup chopped cilantro
- 1/2 cup chopped mint

Directions:

- In a large sauté pan, heat up the oil and add the onion

and sugar. Sauté until onion is lightly caramelized (about 5 minutes).

- Add the garlic cloves, paprika, salt and pepper and cook for another 2 minutes.
- Add the cilantro, pomegranate juice, pomegranate molasses, and lemon juice and bring to a boil. Lower the heat, add the jalapeño and cook on low heat for another 10-12 minutes, until sauce thickens. (You can prepare the sauce a day ahead and refrigerate. Warm up the sauce before serving and add the fish as follows)
- One hour before serving, drizzle the fish fillets with sea salt, white pepper and lemon juice. Place fish fillets in one layer over the sauce, cover the pot and cook on low heat for 12-15 minutes. Remove from heat and let stand in the covered pot for 20 minutes.
- Plate the fish on a platter or individually, garnish with fresh herbs, and serve.

Roasted Chicken Marinated with Date Molasses

The combination of the sweet date molasses (sometimes labeled “syrup”), orange, ginger and olive oil brings the Middle Eastern flavors to this chicken marinate. The addition of soy sauce (Tamari) brings saltiness into the mix. The chicken comes out nicely brown, crisp and full of flavor. Garnished with toasted pine nuts and fresh parsley it makes a great presentation for the your holiday meal.

Yield: 10-12 servings

Ingredients:

- 12-14 skinless, organic chicken pieces (choose legs, thighs, or large pieces of chicken breast)

For the marinate:

- 1/4 cup extra virgin olive oil
- 6 garlic cloves, minced
- 1 tablespoon ginger, grated
- 4 tablespoons soy sauce (preferably gluten-free like Tamari sauce or Coconut Aminos)
- 3/4 cup organic date molasses/syrup (see this link)
- 1 tablespoon date sugar (or brown sugar)
- 2 tablespoons orange juice
- 1 teaspoon orange peel, grated
- 1 tablespoon sweet paprika
- 2 tablespoons organic Dijon mustard
- 1 teaspoon sea salt
- 1 teaspoon fresh black pepper

For garnish: (optional)

- 1 cup toasted pine nuts or walnuts or slices almonds
- 1/2 cup fresh parsley leaves, chopped.

Directions:

1. In a large bowl, mix together all the marinate ingredients, add the chicken and toss to coat well. Refrigerate for minimum of 2 hours.
 2. Heat up to oven for 375 degrees Fahrenheit. Place the marinated chicken in an oven proof baking dish and bake for about one hour, tossing occasionally to brown on all sides.
 3. Plate the chicken and garnish with toasted pine nuts and parsley. You can also serve over cooked quinoa, brown rice or wild rice.
-

Roasted Cherry Tomatoes

Ingredients

- 2-3 pints cherry tomatoes
- 2-3 sprigs fresh thyme or rosemary
- 3 Tablespoons Extra Virgin Olive Oil
- Sea salt
- Fresh ground pepper

Directions

1. Preheat oven to 425 degrees
2. Toss tomatoes with herbs, EV00, salt and pepper and spread on a rimmed baking sheet.
3. Roast, tossing occasionally, until tomatoes are blistered – 20-25 minutes.
4. Transfer the tomatoes to a serving platter and sprinkle with a little more sea salt. Serve hot or at room temperature.

How to Grill like a Smart Life Pro

In summertime, everyone loves easy grilling as a way to enjoy the season with friends and family. Here are a few Smart Life tips and recipes to help you keep up your healthy habits and still enjoy the fun and flavors of a barbecue.

1. Start with Choosing High Quality Protein: Start by making a smart choice at the market. Look for sustainably raised meats, ideally 100% grass-fed or grass-finished beef and organic chicken. By choosing high quality meat you avoid added

hormones and antibiotics. Furthermore, animals who are raised in their natural environment and allowed to roam on pasture are the healthiest, and hence the healthiest to consume. When it comes to fish and seafood choose sustainable wild-caught fish like cod or Alaskan salmon, which are high in healthy omega-3 fatty acids. Avoid fish with higher concentrations of mercury, like tuna and swordfish. Shop savvy with fish-buying guides like the **Monterey Bay Aquarium**.

2. Grill Smart. A little sear on meat can be delicious, but too much char can be dangerous. Using very high-heat cooking can cause the formation of HCAs (heterocyclic amines), chemicals that have been related to higher risk of some cancers. To avoid the formation of these chemicals, either start by cooking the meat in the oven and finish on the grill, or cook it to medium rare over moderate flame. Choosing smaller cuts and making kebabs instead of selecting larger cuts keeps grilling time shorter, too. Another way to keep HCAs away is to use marinates. Brushing on a thin layer of marinate or marinating meats ahead of cooking, and using acidic marinades with lemon juice or apple cider vinegar can be helpful in avoiding charring. It's best to use a low- or no-sugar marinade to avoid charring. Another way to reduce exposure is to use a rack or cedar plank on the grill; wild salmon is especially tasty prepared this way.

3. Choose Easy and Smart Sides: Instead of energy-sapping fries, potato or macaroni salad, opt for lots of greens and other fresh vegetables. Lightly grill some eggplant, asparagus, zucchini or summer squash slices by tossing these veggies in a bowl with a little EV00, sea salt, fresh pepper and vegetable broth and fresh herbs. Salads and slaws are also easy to prep ahead. Veggies, raw or grilled, make the perfect accompaniments to grilled proteins and they fill you up with nutrients and fiber that help you cut down on your protein portion sizes.

4. Slow down, be social and have fun. It is ok to relax and

enjoy a summer barbecue. If you slow down, enjoy the company of your friends and family and make the gathering not just about the food, you will make the best choices. But if you end up eating or drinking a little too much or tasting an amazing dessert you would normally skip, simply savor it, and move on. No guilt! The next day go back to your healthier Smart Life choices and maybe join us for the 3-Day Smart Life Soup Cleanse to help reboot after the July 4th barbecue parties.

Grilled Romaine

For the Dressing:

- 2 clove garlic, minced
- 6 anchovy fillets, rinsed and minced
- 2 teaspoons vegan mayo (I like this one)
- 2 teaspoons organic Dijon mustard
- $\frac{1}{2}$ cup extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- sea salt and black pepper to taste

For the Salad:

- 2 tablespoons extra-virgin olive oil
- 2 heads romaine lettuce, bottoms trimmed, cut lengthwise into halves
- $\frac{1}{2}$ cup grated Pecorino (optional)
- $\frac{1}{2}$ cup chopped parsley

Directions:

1. Whisk the minced garlic and minced anchovies together until they form a paste. Add the mayonnaise and mustard and whisk. Add the olive oil, then vinegar. Season to taste with salt and pepper. Set aside.

2. Brush the lettuce heads with olive oil. Lightly grill over medium heat for 2 minutes. Then brush with the dressing and cover the grill for 1-2 minutes to allow dressing to melt into the lettuce.
 3. Platter and drizzle with remaining dressing and garnish with grated Pecorino cheese and chopped parsley.
-

Turkey Burgers

Yield: 4 patties.

Ingredients:

- 1 $\frac{1}{4}$ lbs. ground organic turkey
- 1 medium zucchini grated
- 1 teaspoon dried oregano
- 2 scallions chopped
- $\frac{1}{4}$ cup fresh mint chopped
- 1 Tablespoon extra virgin olive oil
- 1 teaspoon sea salt
- pepper to taste

Mix all the ingredients together and form 4 patties. Heat the grill and barbecue over medium heat until cooked through, about 4 minutes per side. Serve with Tahini sauce over greens.

Garlic Lemon Shrimp with

Artichokes

Yield: 4-5 Servings

Ingredients:

- 1 9-ounce package frozen artichoke hearts, thawed
- 2 lbs. large peeled and deveined shrimp

Marinate Ingredients:

- $\frac{1}{2}$ teaspoon red pepper flakes
- $\frac{1}{4}$ cup finely chopped fresh parsley
- $\frac{1}{4}$ teaspoon dried oregano
- 1 cup dry white wine
- 2 Tablespoon fresh lemon juice
- 3 Tablespoon extra virgin olive oil
- 4 garlic cloves, minced
- 1 teaspoon sea salt

Directions:

1. In a large bowl, mix together all the ingredients for the marinate.
2. Add the shrimp and artichoke hearts to the marinate and toss well. Let marinate for at least 30 minutes.
3. Use a nonstick grill topper to grill the shrimp over medium heat. Grill for 5-8 minutes.