

# Poached Fish Fillets with Mushrooms and Leeks

## Ingredients:

- 2 5oz. fillets cod or halibut
- 3 cups low sodium organic vegetable broth
- 4 Tablespoons chopped leek
- 4 Tablespoons chopped mushrooms
- Sea salt and pepper to taste
- 2 Tablespoons white miso paste
- $\frac{1}{2}$  cup of warm water
- Juice from  $\frac{1}{2}$  lemon
- 2 Tablespoons chives, chopped (optional)

## Directions:

1. Bring vegetable broth leeks and mushrooms to a simmer in a pot
  2. Sprinkle fish fillets with sea salt and pepper
  3. In a small bowl, whisk the white miso paste with warm water until miso is fully dissolved. Add miso mixture to the simmering broth/leeks/mushroom mixture and bring back to a simmer.
  4. Add fish, wait until mixture returns to gentle simmer and add the lemon juice
  5. Cook about 5 to 7 minutes or until fish is cooked through.
  6. Garnish with chopped chives and enjoy with steamed brown rice or quinoa.
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# Israeli Tahini Sauce

## Ingredients:

- 1 cup tahini sesame seed paste (made from light colored seeds)
- 3/4 cup lukewarm water, or more for consistency
- 3 cloves raw garlic (or 5 cloves roasted garlic)
- 1/4 cup fresh lemon juice (or more to taste)
- 1/4 tsp fine ground sea salt (or more to taste)
- 2 tsp fresh parsley, minced (optional)

## Directions:

1. Grind sesame seed paste, lukewarm water, garlic, lemon juice and salt together in a food processor or blender till sauce is creamy and ivory-colored.
2. A food processor is the easiest way to make this sauce; scrape the sides of the processor periodically during processing. If using a blender, you may need to use a long-handled spoon to break up the thick part of the sauce once every 30 seconds; this will keep it from clogging your blender blades.
3. After a few minutes of blending, sauce will turn into a rich, smooth paste. If mixture is too thick, slowly add more water until it reaches the preferred consistency. You may need quite a bit of water depending on the thickness of your tahini paste.
4. If using tahini to top hummus or a meat dish, keep it thick and creamy. As a condiment for pita or falafel or a salad dressing, a more liquid sauce is usually preferred. Taste often during the blending process; add more lemon juice or salt, if desired.

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# Meatless Loaf

Serves 6-8: Yields one 8-inch loaf

## Ingredients:

- 1  $\frac{3}{4}$  cups uncooked red lentils (yields 4 to 4.5 cups cooked lentils)
- 5  $\frac{1}{2}$  cups water
- 2 tablespoons extra-virgin olive oil
- 1 yellow onion, finely chopped
- 3 garlic cloves, minced
- $\frac{1}{2}$  cup tomato paste
- 3 cups cremini mushrooms (first measure whole, then finely chop)
- 3 tablespoons balsamic vinegar
- 3 tablespoons Bragg Liquid Aminos
- $\frac{3}{4}$  cup flaxseed meal
- $\frac{1}{2}$  cup raw walnut pieces
- $\frac{1}{2}$  cup organic rolled oats
- $\frac{1}{4}$  cup chopped fresh oregano, or 2 tablespoons dried.
- Olive oil or coconut oil spray, for loaf pan

## Directions:

1. Preheat oven to 350 degrees F. Lightly coat 8-inch pan with coconut oil or olive oil cooking spray and set aside.
2. In a large stockpot, combine the lentils and water and bring to a boil. Reduce the heat and simmer for about 35 minutes, or until the lentils are a little mushy and slightly overcooked. Strain the lentils if needed.
3. In a separate large stockpot, warm the olive oil over medium-low heat. Add the onion and minced garlic and cook for about 8 minutes (do not let the garlic brown).

Add the tomato paste and cook for 3 minutes, stirring with a spatula or wooden spoon. Add the chopped mushrooms and continue to cook over medium heat, until liquid evaporates, 6 to 8 minutes, then turn the heat off.

4. Add the lentils to the pot and then fold in well. Using a potato masher, slightly mash the lentils into the mixture. Let the mixture cool slightly, then add the balsamic vinegar, Bragg Liquid Aminos, and flaxseed meal. Fold in the oats, walnut pieces, and oregano.
5. Transfer the mushroom-lentil mixture to the prepared loaf pan and cover with aluminum foil. Bake 30 minutes, or until completely set and cooked through. Remove the foil and cook for an additional 20 minutes. Remove from the oven and set aside to cool.
6. Once the loaf is completely cool, transfer it to a clean work surface and slice it into 1 ½ inch pieces. Serve topped with chutney or barbecue sauce. Save the loaf in an airtight container in the fridge for up to 1 week.

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## **Spinach and Goat Cheese Stuffed Tomatoes**



### Ingredients:

- 6 medium tomatoes
- 2 cups quinoa (cooked)
- 3 ounces crumbled goat cheese
- 3 cups sautéed organic baby spinach (about 2-3 5oz boxes raw spinach)
- 2 tablespoons minced fresh basil
- 2 tablespoons minced fresh parsley or cilantro
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon black pepper
- 2 tablespoons grated parmesan cheese

### Directions:

1. Preheat the oven to 350F. Lightly grease a rimmed baking dish large enough to hold all of the tomatoes.
2. Cut the top off the tomatoes and gently scoop out and discard the pulp and seeds. Arrange the tomatoes, cut side up, in the baking dish.
3. In a mixing bowl, combine the quinoa, goat cheese,

sautéed spinach, basil, parsley/cilantro, salt, and pepper and stir to combine. Gently spoon the quinoa mixture evenly into the tomatoes.

4. Bake until the tomatoes begin to soften and the quinoa filling turns golden brown, about 15-20 minutes.
  5. Sprinkle the parmesan cheese evenly over the tomatoes and bake until the cheese melts, an additional 4-5 minutes.
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# Lemon Chicken Kale Soup

(Adapted from Skinny Meals by Bob Harper)

This lemony, garlicky soup with chicken and kale is a great all-in-one nutrition boost that can be enjoyed all year round.

## Ingredients

- 2 teaspoons coconut oil (or olive oil)
- 1 cup chopped yellow onion
- 4-6 garlic cloves, crushed
- 8 ounces boneless, skinless chicken breast, cut into cubes
- 2 teaspoons herbs de Provence (or combination of dried thyme, rosemary, oregano and basil)
- 2 bay leaves
- 2 1-quart boxes of organic low-sodium chicken broth
- 1/3 cup freshly squeezed lemon juice
- 3-4 cups chopped kale

## Directions

1. Heat the coconut oil in a soup pot over medium heat. Add the onion and garlic; sauté for 5 minutes, stirring occasionally.

2. Add the chicken, dried herbs, and bay leaves, and raise the heat to medium- high and cook for 6-8 minutes.
  3. Pour in the broth and lemon juice. Reduce the heat, cover, and simmer for 25 minutes.
  4. Turn off the heat and remove the bay leaves. Add the kale and stir until slightly wilted.
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# Easy Fish Fillet

## Ingredients

- 2 5oz. pieces of fish fillet (halibut, cod or red snapper are really great with this marinate)
- 1 lemon juiced
- 2 Tablespoon extra virgin olive oil
- 1 teaspoon garlic, chopped
- 1 Tablespoon fresh oregano, chopped
- 2 small tomatoes, diced
- 1 Tablespoon fresh Italian parsley, chopped

## Directions

1. Preheat oven to 400 degrees.
2. Mix lemon juice, olive oil, garlic, and oregano in small mixing bowl.
3. Place the fish in a shallow baking dish and pour the marinate over the fish. Let the fish marinate for 10-15 minutes.
4. Top the fish fillets with the diced tomato and bake for 10-12 minutes.

5. Garnish with fresh parsley and serve immediately.

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# Zucchini Noodles with Pesto and Parmesan

Serves 2

## Ingredients

- 4 large zucchini
- 2 bunches basil
- 2/3 cup pine nuts, toasted
- Juice of 1 large lemon
- 1/2 cup grated Pecorino cheese (optional)
- 1/4 cup extra virgin olive oil + 1 Tablespoon
- Sea salt, to taste

## Directions

1. Trim zucchini ends and create noodles using a spiralizer
2. Sauté your zucchini noodles in 1 Tablespoon of extra virgin olive oil over medium heat for about 5 minutes. Add salt and pepper to taste.
3. Wash and dry basil and add to a blender with pine nuts, lemon juice, olive oil, and sea salt. Blend until smooth, adding a little water as needed.
4. Toss the zucchini noodles with the pesto and garnish with grated pecorino cheese, if desired.



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# Easy Chicken Cacciatore

This is to satisfy a taste for Italian food with no added oil or fat. Smart Life clients and I have been making this recipe repeatedly this month and we enjoy it every time. Serve plain or with brown rice or cooked quinoa.

## Ingredients

- 4 medium tomatoes, cored, seeded and diced
- 2 Tablespoons tomato paste
- 2 garlic cloves, minced
- 1 teaspoon, onion flakes
- 2 cups low-sodium organic chicken broth
- 2 teaspoons red wine vinegar
- $\frac{1}{4}$  teaspoon each dried oregano, basil, and parsley.
- 1 bay leaf
- Sea salt and pepper to taste
- 2 chicken breast fillets, each cut horizontally into 2 pieces.
- 2-3 Tablespoons Red Wine (optional)

## Instructions

1. In a large nonstick skillet combine all the ingredients except for the chicken. Cook, stirring often, over medium heat until the tomatoes break down and the sauce is thickened.



2. Submerge the chicken pieces in the sauce, reduce the heat to low and cook, covered, stirring occasionally, until the chicken is cooked through and the sauce is thick. Serve immediately or warm-up later on the stove.



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# Smart Life Guide to Roasted Vegetables

Steps to Roasting Success:

1. **Preheat Well:** Give your oven 20 minutes or more to reach 450 degrees F.
2. **Cook Like with Like:** Use vegetables with similar cooking times on the same baking sheet.
3. **Use Just Enough Oil:** Too much oil may cause burning. I

like to mix my oil with vegetable broth.

4. **Give Veggies Plenty of Room:** Arrange veggies in a single layer with space between them. Space is key to keeping the hot air circulating around and browning vegetables not just heating them and letting them steam in their juices.

**Add Seasoning Last:** Minced garlic, fresh herbs, dried spices and sweeteners can burn at high heat. Stir them into vegetables just before serving – the heat of the vegetables is enough to release their flavors and aromas.

5-10 Minutes	10-15 Minutes	15-20 Minutes	20-25 Minutes	25-30 Minutes
Asparagus spears, trimmed	Brussels Sprouts, halved	Broccoli florets	Carrot chunks	Potato chunks
	Whole Okra pods	Whole cherry tomatoes	Cauliflower florets	Rutabaga cubes
		Whole green beans	Eggplant cubes	Turnip cubes
		Mushrooms (button, shiitake, Portobello)	Fennel chunks	Winter Squash, halved
		Summer Squash slices or chunks	Mushrooms (wild, oyster, trumpet)	Celery root cubes
		Winter Squash chunks	Parsnip chunks	
		Zucchini chunks	Sweet Potato cubes	

## Mediterranean Medley

Toss 2 cups zucchini chunks, 1 cup eggplant chunks, 2 cups cherry tomatoes, and 1 cup sliced sweet onions with 2 Tbs. olive oil and 1 Tbs vegetable broth. Spread vegetables on 2 baking sheets and roast 15 to 20 minutes. Transfer to serving dish and toss with 1Tbs. herbs de Provence and 1 tsp. minced garlic. Season with sea salt and pepper to taste.

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# Vegetable Soup with Cannellini Beans\*

This heartwarming, healthy soup will comfort you during the coldest wintery days. It is a bowl of nutrition that can stand as a full meal. Add your favorite herbs to this flavorful veggie soup.

Makes 6 servings.

## Ingredients

- 2 teaspoons extra virgin olive oil
- $\frac{1}{2}$  cup diced yellow onions
- $\frac{1}{2}$  cup diced fennel
- $\frac{1}{2}$  cup diced celery
- $\frac{1}{2}$  cup diced carrots
- 1 cup diced tomatoes
- $\frac{1}{2}$  cup diced zucchini
- $\frac{1}{2}$  cup diced yellow squash
- 6 cups vegetable stock
- $\frac{1}{2}$  teaspoon minced fresh oregano
- $\frac{1}{2}$  teaspoon minced fresh thyme
- 1 teaspoon minced fresh parsley
- 1 bay leaf
- 2 cups chiffonade spinach or kale
- 1 cup canned cannellini beans (drained and rinsed)
- 1 tablespoon red wine vinegar
- 1 teaspoon sea salt
- freshly ground black pepper to taste

## Directions

1. Heat oil in large saucepan. Saute onions, fennel, celery and carrots until onions are translucent. Add tomatoes and cook 5 minutes. Add zucchini and yellow squash and cook 5 more minutes.

2. Add stock and herbs and simmer for 1 hour.
3. Add spinach or kale, beans, vinegar, salt and pepper and mix well. Remove and discard bay leaf.