Citrus Marinated Chicken

Ingredients:

6 pieces of chicken (I like to use organic skinless and boneless chicken thighs or skinless chicken legs)

Marinade Ingredients:

- 3 Tbs extra virgin olive oil
- ½ cup freshly squeezed orange juice
- ¼ cup freshly squeezed lemon juice
- 2 Tbs. grated orange peel
- 2 Tbs. grated lemon peel
- 2 Tbs. grated fresh ginger
- 3 garlic cloves, minced
- 2 Tbs fresh thyme leaves
- 3 Tbs. sweet chili sauce
- 3 Tbs. Tamari (gluten-free soy sauce)
- ¼ cup organic brown sugar or date sugar
- sea salt and pepper to taste

Directions:

1. In a large bowl, mix together all the ingredients of the marinade and add the chicken. Marinate in the refrigerator for a few hours (you can also leave overnight).
2. Place the marinated chicken pieces in a roasting pan and pour the citrus marinade on top. Bake at 375 degrees for 1 hour. Keep drizzling the sauce over the chicken while cooking.

*Photo from TheKitchn

Greek Salad

Ingredients

- Heirloom Tomatoes (or other tomatoes), chopped
- Cucumber, chopped
- Herbs of your choice (parsley or basil)
- Purple onion, sliced thinly
- Greek Feta Cheese (from sheep milk), cubed
- 1/4 cup Lemon Juice
- 1/4 cup Red Wine Vinegar
- 1/2 cup Extra Virgin Olive Oil
- 1 tsp dried Parsely
- 1 tsp dried Oregano
- 1 tsp fresh garlic, minced

Directions

1. Arrange the tomatoes, cucumber, herbs, onion and feta in a bowl.
2. For the dressing, mix the olive oil, red wine vinegar and lemon juice with the parsley, oregano and garlic and pour over the salad just before serving.

Caprese Salad

Ingredients

- Endive Leaves
- Sliced Heirloom Tomatoes (or normal tomatoes)
- Sliced Buffalo Mozzarella

- Pitted Black Olives
- Fresh Basil leaves
- Extra Virgin Olive Oil
- Balsamic Vinegar

Instructions

1. Arrange the endive leaves on a platter.
2. Add a slice of tomato on top of each endive leaf.
3. Add a slice of mozzarella on top of each slice of tomato.
4. Add an olive on top of each slice of mozzarella and top the arranged platter with chopped basil leaves.
5. For the dressing, drizzle over some extra virgin olive oil and balsamic vinegar. Sprinkle with sea salt and pepper to taste.

Onion & Goats Cheese Tart

Ingredients

- 1 Ready-made frozen pie tart ready for filling
- 5 medium size sweet onions
- 2 eggs
- 1/2 cup extra virgin olive oil
- 1/2 cup soft goat cheese
- 2 cups cold water
- 2 oz. finely shaved Parmesan cheese
- Sea salt and pepper to taste

Directions:

1. Peel and slice the onions into circles and then halves. Place in a large frying pan with the olive oil, 1 cup of cold water, and salt and pepper to season. Slowly cook

on low heat for at least 30 minutes. Stir and add a little water to ensure the onion doesn’t dry out and that it becomes very soft and almost caramelized. Once cooked set aside to cool.
2. Heat oven to 350 degrees.
3. Lightly beat the eggs in a bowl and once onions are well cooled add to the eggs and mix together.
4. Pour the egg and onion mix into the ready-made pie dish.
5. Chop the goats cheese into small cubes and spread over the top of the onion mixture, pressing lightly into the mixture.
6. Sprinkle the tart with parmesan and cook in the preheated oven for 25-30 minutes or until golden brown on top.
7. Let the dish stand for 5-8 minutes before serving.

Kale Salad with Nuts and Dried Berries

Ingredients:

- 1 bunch organic kale
- 2 bulbs endive (sliced)
- 1 cup shredded purple cabbage
- Juice of one lemon
- 3-4 TBS (approx.) extra virgin olive oil
- Sea salt to taste
- Garnish with pistachios and dried cranberries (or sliced almonds and dried cherries)

Directions:

1. Separate the kale leaves from the stems and tear the

leaves into smaller, bite-sized pieces. Place the kale in a large bowl. Add lemon, olive oil and salt and massage leaves by hand until soft and resembling a “cooked” appearance. The acid and salt will help break down the fibrousness of the kale.
2. Thinly slice the endive and red cabbage and add to the bowl of kale.
3. Garnish with your favorite nuts and dried berries.

Summer Wheat Berry Salad

For the Salad:

- 1 cup wheat berries
- 2 plum tomatoes seeded and chopped
- 2 cups green peas (fresh or frozen, blanched)
- 3 ounces Greek feta cheese, cut into small chunks
- Handful of flat-leaf parsley, chopped

For the Vinaigrette:

- ½ cup extra virgin olive oil
- ¼ cup raw apple cider vinegar
- 2 Tablespoons balsamic vinegar
- ½ to 1 teaspoon of sea salt
- pepper to taste

Directions:

1. Bring 4 cups of water to boil in a medium saucepan. Add a tablespoon of sea salt and wheat berries. Reduce to a simmer and cook until wheat berries are tender, about 25 to 30 minutes. Drain and cool.
2. In a medium bowl, combine the wheat berries with chopped tomatoes, green peas, and parsley . In a separate bowl

whisk together the vinaigrette ingredients. Stir to combine with the wheat berries and vegetables. Add the feta cheese. Toss and serve.

Detoxifying Beet Salad

Beets are an incredible, natural detoxifier for the liver. Thanks to high amounts of pectin, a fiber that helps clear toxins from the body, they're an amazing addition to a Spring cleanse. They're also antioxidant-rich and promote heart, lung, colon, and skin health so be "Smart" and eat up, even if you're not detoxing.

Ingredients

- 2 to 3 beets
- 1/2 medium-size red cabbage chopped
- 2 stalks celery, chopped
- 1 small cucumber, chopped
- 1 small green apple, chopped
- 2 tablespoons apple cider vinegar
- Cilantro, chopped
- Juice of 1 or 2 Meyer lemons
- Sea salt and freshly ground pepper (optional)
- 1 teaspoon cumin powder (optional)

Directions

1. Boil a pot of water, add the beets, and boil for 10 to 12 minutes until they're cooked. Drain and let cool.
2. Peel and slice beets.
3. In a bowl, combine the sliced beets with the rest of the ingredients and toss well. Add salt and pepper to taste. You may also add cumin powder for added flavor.

Spring Out Quinoa

The secret weapon in this innovative salad is the addition of (drum roll, please) a tea bag! Adding a tea to your quinoa as it cooks is like steeping tealeaves in a cup of boiling water. Basically you're infusing your grains with healthy active vitamins, minerals, anti-virals, anti-bacterials, and more. This recipe calls for peppermint, but if you're feeling creative, switch out your tea bag for your favorite flavors like ginger, orange, or green tea. It's simple, easy, and perfect for Passover as well as year-round.

Ingredients:

- 2 cups quinoa, rinsed in cold water
- 3 ½ cups water
- 1 peppermint tea bag
- 1 tablespoon extra virgin olive oil
- Fresh mint, basil, cilantro

Directions:

1. In a saucepan, add grains, water and peppermint tea bag.
2. Bring to a boil. Cover and simmer for 15 to 20 minutes, then remove from heat and let stand for 5 minutes.
3. When it's done, add olive oil and fluff.
4. Garnish with chopped fresh herbs and serve.

Spicy Shakshuka

Shakshuka is a wonderful eggs-for-dinner recipe, though in Israel it is often a breakfast or brunch food served with pita or challah on the side. It’s a one-skillet recipe of eggs baked in a tomato-red pepper sauce spiced with cumin, paprika and jalapeno pepper (you can make it less spicy if you like). First you make the tomato sauce, which comes together fairly quickly on the stove, and then you gently nestle the eggs into the sauce and let them cook to desired doneness. In my house we try to load on the green veggies, so I also add spinach or chopped kale to the tomato sauce right before I add the eggs.

Ingredients

- 1 Tablespoon olive oil
- 1 small onion, chopped
- ½ small jalapeno, seeded and chopped
- 2 cloves garlic, minced
- 1 (28 oz.) can crushed tomatoes with juice (I like San Marzano)
- ½ cup of water or broth
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1 teaspoon oregano
- ½ teaspoon sea salt
- freshly ground pepper to taste
- 6 large eggs
- ¼ cup cilantro or parsley, chopped (optional)

Directions:

1. Saute onion and jalapeno in oil over medium heat, about 3 minutes. Add garlic and sauté another minute. Add tomatoes, broth, and spices and bring to a boil. Lower heat a simmer about 20 minutes uncovered until thickened.

2. Crack eggs into a bowl and add on top of sauce. Cover and cook about 4-5 minutes or until desired doneness (less time for runny yolks).
3. Remove from heat and sprinkle with fresh herbs. Serve immediately right out of the pan with whole wheat pita triangles.

Recipe adapted from www.greennapkinnutrition.com

Quick and Easy Quinoa Pilaf

Serves 4

Ingredients

- 2-3 tablespoons coconut oil or olive oil
- 1 onion, peeled and diced
- 4-5 crimini mushrooms, sliced thin (can use other mushrooms)
- 2-3 celery stalks, diced
- 1 tablespoon fresh sage, minced
- ½ teaspoon sea salt
- 1 cup of dry quinoa, rinsed
- 2 cups of water or vegetable broth
- ¼ cup dried cranberries

Instructions

1. Sauté onions for 1-2 minutes. Add mushrooms and continue cooking for 2-3 minutes.
2. Add celery and sage and cook for 2 minutes.
3. Add quinoa, dried cranberries and water or broth.
4. Bring to a boil.
5. Reduce flame and simmer for 12-15 minutes.
6. Garnish with a few dried cranberries and sage.