

Cleansing Carrot-Ginger Soup

This is a great cleansing soup during the cold months of winter. You can double or triple amounts as needed.

- 2 Tbs coconut oil
- 1 medium yellow onion, chopped
- 2 Tbs ginger, peeled and chopped
- 2 garlic cloves, sliced
- 6 medium size carrots, chopped
- 6 cups low sodium vegetable broth
- 2 cups of water
- $\frac{1}{4}$ teaspoon turmeric
- sea salt and pepper to taste
- chopped chives to garnish (optional)

Directions

1. Saute onion, garlic and ginger in coconut oil until onions translucent.
2. Add carrots and vegetable broth, water and turmeric.
3. Bring to simmer, cover, cook for 30 minutes.
4. Add all ingredients to blender (or use hand blender to stir in pot), add sea salt and pepper to taste, blend until smooth.

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 $\frac{1}{2}$ 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.

Baked Fish in Tomato-Caper Sauce

This is a great recipe that even people who aren't fish lovers enjoy. It's also one of my favorite dishes for dinner parties because the sauce is easy to prep in advance, so all that's left to do is bake the fish when guests arrive.

This dish is always a winner at my house and with Smart Life clients. What I love about it is that I can pre-make the tomato sauce a day or two ahead and bake it with fish right before serving. I can also use the sauce to bake fish or shrimp for different meals.

Give this Mediterranean flavored dish a try and elevate your fish dinner to a new level of YUM!

3 tablespoons extra virgin olive oil

2 large yellow onions, chopped

3 cloves garlic, chopped

2 teaspoons fresh oregano

2 tablespoons capers, drained

2 cups canned crushed tomatoes

2 cups fresh tomatoes (with seeds and juices), chopped

1 to 2 zucchinis, chopped
2 teaspoons freshly squeezed lemon juice
1 teaspoon Himalayan or sea salt
Freshly ground black pepper to taste
1 ½ pounds fresh white fish like cod or sole

Preheat oven to 350 degrees.

Heat olive oil over medium heat in a sauté pan. Add onion and sauté until soft, 5 to 7 minutes. Add garlic and sauté until lightly colored, about 1 minute. Stir in oregano, capers and zucchini.

Add crushed tomatoes, fresh tomatoes, lemon juice, salt and pepper. Lower heat to a simmer and cook for 15 minutes. Spread one quarter of tomato sauce on the bottom of a large baking dish.

Arrange fish in a single layer on top of sauce. Bake in over for 15 to 20 minutes, or until fish is just done and opaque. Garnish with lemon and fresh herbs and serve.

Roasted Root Vegetables

I love this super-easy recipe, not just because it tastes fantastic and uses local, in-season produce, but also because it takes just 10 minutes to prep and 30 minutes or so to cook. You can make the rest of the meal while it bakes.

1 sweet potato
2 parsnips
2 carrots
2 turnips or 1 large rutabaga
1 daikon radish, or substitute/add in other favorites, like

squash

Extra virgin olive oil

Salt and pepper

Herbs: rosemary, thyme or sage, fresh if possible

Preheat oven to 375 degrees.

Wash and dice all vegetables into bite-size cubes.

Place in a large baking dish with sides.

Drizzle with olive oil; mix well to coat each vegetable lightly with oil.

Sprinkle with salt, pepper and herbs.

Bake uncovered for 25 to 35 minutes until vegetables are tender and golden brown, checking every 10 minutes to stir and make sure veggies are not sticking. Serves 4 to 6.

Tip: Any combination of vegetables will work. Roasting only one kind of vegetable also makes a nice side dish.

Roasted Eggplant Bruschetta

This is a perfect dinner appetizer or platter for a brunch buffet. It's becoming a favorite in my house so I thought I would share:

- 2 medium sized eggplants, cut into 1-inch rounds
- 3 cups cherry tomatoes, chopped (I mix red and orange)
- 1/2 small red onion, finely diced
- 2 tablespoons capers
- 4 tablespoons mint leaves, chopped
- 2 tablespoons parsley, chopped

- 3 tablespoons grated parmesan
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar
- Pinch of salt
- Black pepper to taste

Preheat oven to 425 degrees

Brush olive oil on a baking sheet. Layer the eggplant rounds on the baking sheet and roast for 15 minutes. Flip and roast for 12-15 minutes.

In the meantime, combine cherry tomatoes, onion, capers, herbs, oil, vinegar, a pinch of sea salt and pepper in a bowl.

When eggplants are roasted, top each round with a sprinkle of Parmesan cheese and leave in the oven for 2-3 minutes.

Take out of the oven and top with the tomato and herbs mixture. Arrange on a platter and serve.

Tip: You can roast the eggplants and make the tomato mixture in advance and save them in the fridge. Just before serving, warm the eggplants, add the grated cheese and then top with tomato mixture and serve.

Meatless Monday Veggie Bake

This is a great way to use leftover veggies in your fridge. Or, a great option for a main dish on Meatless Monday!

- All leftover veggies in your fridge that need to be used up (carrots, zucchini, squash, eggplant, etc.)
- 1 large can chopped tomatoes

- 1 can tomato puree
- 1 can chickpeas or white beans
- 1 cup vegetable broth
- 6 large yams, sliced into 1/4-inch-thick slices
- Extra-virgin olive oil
- Sea salt and pepper to taste
- 2 cloves garlic, chopped
- 2 tablespoons parsley (optional)
- 1 teaspoon turmeric (optional)

Preheat oven to 375 degrees.

Chop veggies (not yams) and sauté in a bit of olive oil until soft, 8-10 minutes.

Add tomatoes, tomato puree, vegetable broth, spices, garlic and herbs.

Add chickpeas or white beans and mix well.

Cook vegetables and beans in tomato sauce for 15 minutes on low to medium heat.

Remove veggie mixture from heat.

Slice yams into thin sheets.

Spread a little olive oil on the bottom of a square dish and cover with a layer of yams.

Spoon out veggie mix and spread evenly on top of yams.

Finish with a layer of yams and lightly brush the yams with olive oil.

Bake covered for 40 minutes.

Take off the cover and turn up the temperature to 450 degrees for 10 minutes to crisp up the top layer.

Vegetable Sauté

This dish is super simple and tasty! Time saver: Start quinoa before chopping and cooking vegetables, so the grain cooks at the same time.

- 2 tablespoons olive oil
- 1 zucchini, chopped
- 1 yellow squash, chopped
- 1 red sweet pepper, chopped
- 1 celery stalk, chopped
- Black pepper to taste
- 2 cloves garlic, minced
- 1 teaspoon turmeric

In your favorite skillet, add olive oil and heat over a medium setting. Add chopped vegetables and sauté until they begin to soften.

Top them over brown rice or quinoa, or put in a gluten-free wrap.

Kale & Lentil Soup

Feel free to substitute your favorite vegetables. This vegan, gluten-free soup is one of the easiest ways to chock your diet full of antioxidants.

- 8 cups vegetable broth
- 6 cups water
- 1 1/2 cups red lentils, rinsed
- 2 carrots, diced
- 2 onions, diced
- 1 bunch kale, stem removed, roughly chopped
- 2 cloves garlic
- ½ teaspoon red pepper flakes (optional)
- 1 tablespoon parsley
- ½ lemon, zested
- 1 teaspoon turmeric
- Salt and pepper to taste

Add vegetable broth, water, carrots, onions, kale and garlic to a large pot. Bring to boil and lower heat immediately. Cook until tender, about 10 minutes.

Stir in rinsed red lentils, red pepper flakes, parsley, lemon zest, turmeric, salt and pepper. Cook on low heat for 5 more minutes.

Garlic Shrimp

This is a great solution for a speedy dinner when I run home late from work and everyone is already “sooooo hungry!”

- 8 ounces shrimp (4 ounces per person)
- 2 cloves garlic
- 2 teaspoons olive oil
- Lemon wedge

Preheat skillet. Add olive oil. When olive oil is hot, add garlic and cook for 1 minute. Add shrimp and sauté 4 to 7 minutes or until they're opaque in the center. Squeeze lemon on shrimp and serve over steamed spinach or kale.

Poached Cod or Halibut

The flavors of this recipe are sophisticated and delicate yet it is so easy to make. I use this recipe when I want to easily impress!

- 2 cod or halibut fillets (4 ounces each)
- 2 cups low-sodium vegetable broth (try organic like Imagine or Pacific brands)
- 4 tablespoon leeks, chopped
- Sea salt and pepper to taste
- 2 tablespoons mellow white miso
- $\frac{1}{2}$ cup warm water
- Juice of $\frac{1}{2}$ lemon

Bring vegetable broth and leeks to a simmer in a pot. Sprinkle cod with salt and pepper.

In a small bowl, whisk miso paste with warm water until it's fully dissolved. Add the mixture to the simmering broth and bring back to a simmer.

Add fish. Wait until mixture returns to gentle simmer and add the lemon juice.

Cook 5 to 7 minutes or until fish is cooked through.