Potato Latkes with Sour Cream Sauce

Ingredients

3 large potatoes (preferably Yukon Gold)
1 small onion
1 tsp sea salt
2 eggs
Canola oil (or any neutral oil)

1. Peel the potatoes and then grate them together with the onion.
2. Mix in the salt and let the mixture stand for 30 mins to allow it to release some moisture.
3. Squeeze the mixture with your hands and pour out the excess liquid.
4. Add both eggs and whisk everything together.
5. Heat 1-2 inches of oil in a deep pan or skillet. Form mixture into plump latke patties and fry in oil until golden brown on each side.

Sauce

2 cups sour cream
2 cloves garlic
5 green scallions
3 tbsp chopped dill
1 tsp sea salt

1. Mix the sour cream well first to make it creamy and fluffy.
2. Add the rest of the ingredients and whisk it all together. Adjust seasoning to taste.



Mediterranean Lentil Salad

Ingredients

- 12-oz. jar quartered marinated artichoke hearts
- 18-oz pkg. refrigerated steamed lentils
- 1 cup parsley, chopped
- 2 cups cucumbers, halved and sliced
- 2 cups cherry tomatoes, halved
- sea salt and fresh black pepper to taste
- ½ cup crumbled Greek feta cheese (optional)
- ¼ cup pumpkin seeds

Directions

1. Strain artichoke hearts over a small bowl, reserving liquid.
2. In a large bowl, stir together lentils and parsley. Add about 1/3 cup of the reserved artichoke liquid (if necessary, add additional liquid to generously coat lentils). Stir in artichoke hearts, cucumber and tomatoes. Season to taste with salt and pepper.
3. Top with feta cheese and pumpkin seeds and serve.

Light and Creamy Zucchini-Pea Soup

This is the easiest light green soup made with 5 ingredients + salt and water! It is energizing and detoxing and perfect for early spring.

Ingredients:

- 4 tablespoons olive oil
- 10 medium size zucchinis, sliced into rounds
- 3-4 garlic cloves, thinly sliced
- 1 tablespoon salt
- 5-6 cups of water
- 1 bag frozen peas
- 4-5 cups spinach

Directions:

1. Heat up the oil on medium heat in the pot and add the zucchini rounds. Saute the zucchini by constantly stirring, until most rounds are slightly browed on both sides.
2. Add salt, garlic and continue to saute for another 2

minutes until the garlic is slightly browned. Add the water to just cover the zucchini. Bring to a boil. Lower heat and cook for 10 minutes.

3. Add the frozen peas and continue to cook for another 5-8 minutes.
4. Add the spinach and use an immersion blender for 2 minutes to puree the soup.
5. Option: garnish the soup with mint leaves and roasted pine nuts to serve!



Honey-Mustard Brussel Sprouts

Ingredients:

- 2 lbs Brussel Sprouts, halved
- 3 Tbs Extra Virgin Olive Oil
- 1 tsp Coarse Sea Salt
- 2 Tbs Grainy Mustard
- 2 Tbs Raw Apple Cider Vinegar
- 2 Tbs Honey

Directions:

1. Heat oven to 425F
2. Toss brussel sprouts with olive oil and salt in a roasting pan. Roast stirring occasionally, until golden brown, about 30 minutes.
3. Stir together mustard, cider vinegar and honey ands toss the mixture with hot brussel sprouts. Serve immediately.

Stuffed Tomatoes

Ingredients:

- 4 medium size tomatoes
- 2 cups cooked black lentils (can replace with black beans)
- 2 cups cooked quinoa (can replace with millet)
- 4 cups mushrooms (button, cremini or shitake), very finely chopped
- 2 clove garlic, minced
- 1 cup finely chopped parsley or cilantro
- ½ jalapeno, seeded and finely diced (use less for milder

taste)
- 1 tsp sea salt
- Ground pepper, to taste
- 3 Tbsp. extra virgin olive oil
- 2 Tbsp. raw apple cider vinegar
- Optional: grated cheese (I use vegan mozzarella by VioLife to keep the dish vegan).

Directions:

1. Preheat oven to 350 degrees F. Line baking sheet with parchment paper.
2. Cut the top from the tomatoes and empty the insides.
3. To make filling, sauté mushrooms and garlic in ¼ cup vegetable broth over medium-low heat for 5 minutes, until fully cooked. If needed, add additional broth while cooking.
4. In a large bowl, combine remaining ingredients. Stir in mushrooms and garlic.
5. Spoon filling into tomatoes, pressing down mixture slightly.
6. Sprinkle cheese on top of each tomato.
7. Bake for 20 minutes or until heated through and enjoy!

This filling can be used with tomatoes, acorn squash, zucchini or peppers.






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Grilled Zucchini with Tomato-Mint Relish

Here is a new Grilled Zucchini recipe that my family and guests have been enjoying this season.

Ingredients:

- 6 Zucchinis, sliced lengthwise
- 2 Roma tomatoes, seeded and chopped
- 2 Tablespoons fresh mint, chopped
- 2 Tablespoons Extra Virgin Olive Oil
- 1 Tablespoon Red Wine Vinegar
- Salt and pepper to taste
- 2 Tablespoons roasted pine nuts (optional)

Directions:

1. Preheat
   grill to medium-high.
2. Cut
   zucchinis lengthwise and brush with EVOO, sprinkle with salt and pepper. Grill,
   turning once, until tender, about 6 minutes.
3. Mix
   chopped seeded tomatoes, with mint, EVOO, red wine vinegar, salt and pepper in
   small bowl. Top the tomato-mint relish over grilled zucchini. Sprinkle with
   roasted pine nuts (optional).

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>>

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

- 1□4 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
- ¾ cup extra virgin olive oil
- ¼ cup white wine vinegar
- ¼ 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!

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 marinate. 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.

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
- ¾ 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:

- 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.