

# Orange and Cucumber Salad with Spring Greens

*Early spring greens are crossing paths with winter citrus in this easy and healthy salad.*

## Ingredients:

- $\frac{1}{2}$  English cucumber, thinly sliced
- 3 to 4 small oranges (clementines), peeled and sectioned
- 2 big handfuls baby arugula leaves
- 2 baby bok choy, thinly sliced
- $\frac{1}{2}$  bunch watercress leaves
- 1 cup green sprouts (pea, broccoli)
- Pumpkin seeds or sunflower seeds, as desired
- Juice of  $\frac{1}{2}$  orange
- Juice of  $\frac{1}{2}$  lemon
- 1 teaspoon orange zest
- 1 teaspoon lemon zest
- 2 tablespoons extra-virgin olive oil
- sea salt and freshly ground pepper to taste

1. Combine all the veggies in a serving bowl.
  2. Mix together the orange and lemon juice, orange and lemon zest, olive oil, salt and pepper.
  3. Pour the dressing on the salad and toss together. Scatter the seeds over the top of the salad and serve.
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# Broccoli Bites

These Broccoli Bites are great for any holiday party and perfect for a variation on Hanukkah Latkes.

You can watch the recipe video here:



## Ingredients:

- 2 cups broccoli florets
- 2 organic eggs, large
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  cup gluten-free panko (Japanese bread crumbs)
- 2 ounces Parmesan cheese, grated (or vegan Nutritional Yeast)
- 2 Tablespoons olive oil

## Directions:

1. Steam broccoli just until fork-tender.
2. Add broccoli, eggs, salt, bread crumbs and parmesan to food processor; blend until just finely chopped. Using 1

Tablespoon at a time, form into balls.

3. Heat oil in a skillet. Drop balls of broccoli mixture into hot oil, fattening with a spatula. Cook both sides until crispy.
  4. Serve warm and enjoy!
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# Gluten-free Chewy Smart Life Granola Bars

This recipe is great for two reasons:

1) They're a healthy go-to snack to get you through the holiday season. Snack on these healthy bars and avoid processed snack foods, cookies, and chocolates from your gift boxes.

2) They're a great gift idea – you can make a batch and package in a nice glass container or bag and give to coworkers, friends, and neighbors with your holiday cards.

**Watch the recipe video here:**



RECIPE  
**GRANOLA  
BARS**

*with Ronit Kalman*



## Ingredients

Coconut oil cooking spray, for the baking sheet

## Dry Ingredients

- 2 cups organic gluten-free oats
- $\frac{3}{4}$  cup raw sliced almonds
- $\frac{1}{2}$  cup raw pumpkin seeds
- $\frac{1}{2}$  cup raw sunflower seeds
- $\frac{1}{2}$  cup unsweetened shredded coconut
- $\frac{1}{4}$  cup sesame seeds
- 2 Tablespoons ground flaxseed
- 1 cup unsweetened sulfur-free dried cherries

## Wet Ingredients

- $\frac{1}{2}$  cup brown rice syrup
- $\frac{3}{4}$  cup unsweetened almond butter
- 2 teaspoons organic vanilla extract
- 1 Tablespoon coconut oil
- $\frac{1}{2}$  teaspoon sea salt

## Directions

1. Preheat the oven to 350 F. Line a baking sheet with aluminum foil and coat lightly with coconut oil cooking spray. Spray a 9 x 13-inch baking dish, line it with parchment paper and set aside.
2. Spread out the oats, almonds, pumpkin seeds, sunflower seeds, and shredded coconut on the prepared baking sheet and roast in the oven for 8 to 10 minutes.
3. In the meantime, in a large saucepan over low heat, combine the brown rice syrup, almond butter, vanilla, coconut oil, and salt and cook, stirring, until heated through and combined well using a spatula.
4. Once the granola mixture has toasted, remove it from the oven, add the toasted sesame seeds, ground flaxseed, dried cherries, and toss to evenly combine. Using the foil as an aid, transfer the granola mixture into the large saucepan with the wet mixture. Mix well with a spatula to coat evenly.
5. Once the mixture is well combined and slightly cool, pour the granola into the prepared baking dish and press it down firmly, to evenly distribute it in the dish. Let cool for at least an hour, or overnight.
6. Cut into squares and store in an airtight container.

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# Thanksgiving Wild Rice Pilaf

## Ingredients:

- 1.5 cups organic wild rice blend
- 1 small organic leek, chopped and rinse well
- 2 organic carrot, grated

- 1/3 cup white wine
- 1/2 cup organic dried cranberries
- 3 cups organic low sodium vegetable stock or water
- 2 bay leaves
- 3-6 sprigs of a mix of organic fresh rosemary, sage, thyme, oregano
- Tbsp organic dried oregano
- 1 pinch red pepper flakes, or to taste

### **Directions:**

1. Heat up a large deep skillet or pot over medium low flame. Add a splash of water (or a drizzle of olive oil) and the chopped leeks. Saute the leeks with a pinch of sea salt until translucent.

2. Stir in the grated carrots, herb sprigs, bay leaves, and red pepper flakes. Add the wild rice mix and stir well to combine. Allow it to toast together with the aromatics for a couple of minutes.

3. Add 1/2 cup of dried cranberries. Pour in the wine and simmer until reduced by half, then add the vegetable stock (or water). Stir and taste for seasonings. Add more sea salt to your taste if desired.

4. Bring the rice to a simmer, cover with a tight lid and cook on low flame for 50 minutes.

5. Turn off the flame but do not remove the lid. Allow the rice to sit covered for 10 to 15 minutes and continue cooking in its own steam.

6. Discard the bay leaves and the woody sprigs from the herbs. Use a fork and gently fluff up the rice.

7. Serve warm or cold garnished with more cranberries and more fresh herbs.

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# Quinoa Lettuce Wraps

Serving Size: 2

Ingredients:

- 4 large Romaine or Iceberg leaves
- 1 cup cooked quinoa
- 1 cup red cabbage, shredded
- 1 small Bell Pepper, sliced
- Sprouts and Micro Greens

Dressing:

- 2 tbsp Olive Oil
- 1-2 tsp Sriracha Sauce (depending how spicy you want it)
- 1 tbsp Vegan Mayo or 1/2 Avocado
- Salt & Pepper to taste

Directions:

1. Cook the quinoa as directed on the package.
2. For the dressing, if you are using vegan mayo you can whisk all of the ingredients in a bowl. If you are using avocado, I recommend using a blender or food processor to get a creamy texture.
3. Divide and arrange the quinoa, cabbage, bell peppers, sprouts, micro greens inside of the lettuce leaves.
4. Drizzle the dressing on top and enjoy!

Recommendations: If you don't like spicy foods, you can replace the Sriracha for Dijon mustard. Feel free to mix & match the veggies in this recipe for your favorite ones!





# “General Tso” Sticky Tofu

## Ingredients:

- 1 package organic extra firm tofu, drained
- 3 Tablespoons avocado oil
- 1/3 cup cornstarch or Arrowroot (Arrowroot flour is a gluten-free substitute for cornstarch)

## Sauce:

Whisk together:

- 4 Tablespoons Tamari (or soy sauce)
- 1 Tablespoon maple syrup
- 2 Tablespoon hot chili sauce or sriracha
- 2 Teaspoons toasted sesame oil
- 2 Tablespoons rice vinegar
- red chili pepper flakes (optional)

## Directions:

1. Remove tofu from packaging, place on a plate and add plates on top to squeeze out all the water. Cut into cubes (1- 1.5 inches)
2. Add cornstarch to a bowl, roll each tofu cube in it.
3. Heat oil on medium in non-stick pan, and once oil is hot, add tofu and fry until golden and crispy- about 6-8 minutes eat side, turning occasionally so all sides are crispy.
4. Remove crispy tofu cubes to a plate with paper towels to get excess oil. Remove the pan from heat and clean off the excess oil.
5. Return pan to the stove and pour in the sauce. Heat the sauce a little and add the tofu cubes. Stir until all cubes are evenly coated in the sauce. The sauce will thicken.



# Chickpea Patties with Tahini and Greek Salad Bowls

## Chickpea Patties:

These chickpea patties are made with simple ingredients and easy prep. They are gluten free and dairy free. They pair well with tahini dressing and chopped vegetable salad.

## Ingredients:

- 1 15-ounce canned chickpeas rinsed, drained
- $\frac{1}{4}$  cup chickpea flour
- $\frac{1}{4}$  cup nutritional yeast
- 2 Tablespoons chopped parsley
- 1 teaspoon Hawaij spice (can replace with cumin)
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon black pepper
- 3 Tablespoons water
- 2 Tablespoons olive oil (plus oil 1-2 to brush the pan)

## Directions:

1. In a medium bowl, combine the chickpeas, flour, nutritional yeast, parsley, cumin, salt, pepper. Add 3 Tablespoons water and 2 Tablespoons of olive oil and use a masher to combine the ingredients until they are well blended.
2. Form 6 patties from the mixture.
3. Heat a large pan with oil and add the patties. Cook until browned, 3-5 minutes per side.
4. Serve with tahini or any other sauce of choice.

## For Tahini:

## Ingredients:

- 1 cup tahini sesame seed paste (made from light colored

seeds)

- 3/4 cup cold water, or more for consistency
- 1 clove garlic, minced
- 1/4 cup fresh lemon juice
- 1/4 tsp fine ground sea salt
- 2 tsp fresh parsley, minced

Directions:

1. Whisk together the tahini paste, water and lemon juice until creamy consistency.
2. Add garlic, salt and parsley and mix well together.

To serve, assemble 2 bowls with chopped romaine, tomatoes, and cucumbers. Add the patties and drizzle with tahini sauce.

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## Lemon-Miso Tofu with Greens Stew

For the Tofu:

- One 14-ounce block extra firm tofu
- 2 Tablespoons lemon juice
- 1 Tablespoon white miso paste
- 2 Tablespoons avocado oil
- 2 Tablespoons water
- Black pepper, to taste

For the Greens Stew:

- 2 Tablespoons coconut oil (or avocado oil)
- 2 garlic cloves, minced
- 2 Tablespoons minced ginger
- 1 teaspoon ground coriander

- 1 teaspoon ground cumin
- ½ teaspoon red pepper flakes
- 2 bunches of dark green Lacinato kale (or collard greens), stemmed & cut into strips
- ½ teaspoon turmeric powder
- 1 13-ounce can coconut milk
- ½ teaspoon fine sea salt
- 1-2 tablespoons fresh lemon juice

Directions:

1. Preheat oven to 375F.
  2. Start by pressing the water out of the tofu by placing on a plate with heavy plates on top. Let all the water come out for 15-20 minutes.
  3. In a medium bowl, whisk together the lemon juice, water, miso, oil and black pepper.
  4. Cut the tofu into cubes, mix with the marinate, and let marinate for 10 minutes.
  5. Arrange the tofu on a baking sheet with parchment paper and bake for 15-20 minutes.
  6. Meanwhile, start the stew. Heat the oil in a heavy pan over medium heat. Add the garlic, ginger, coriander, cumin, and pepper flakes. Cook for 30 seconds.
  7. Add the greens and toss to coat with the oil and spices. Cook for 2 minutes until the greens are bright green.
  8. Add the coconut milk and turmeric. Cover and let simmer on low heat for 5-8 minutes.
  9. Season with lemon juice and salt.
  10. Place greens in bowl, top with tofu. Optional to add cooked wild rice, brown rice or quinoa.
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# Soba Noodles Bowl

Yields 2 servings

## Ingredients:

- 1 package (9 oz) organic soba noodles
- 1 Tbsp sesame oil (optional)
- 4 oz organic sliced shiitake, oyster, sliced cremini, or sliced button mushrooms
- 2-3 organic baby bok choy, ends trimmed
- 2-3 Tbsp organic yellow miso\*
- 4 cups filtered water\*
- 2-4 oz cubed organic firm or extra firm tofu (optional)

## Garnish Options:

- 2 organic scallions/green onions, sliced
- Fresh organic cilantro sprigs
- Sesame seeds
- Red pepper flakes (optional)

## Directions:

1. Cook your soba noodles according to package instructions, rinse under cool water and set aside.
2. In a wok or medium pan, heat 1 Tbsp sesame oil or 1/4 cup water over medium-high heat, add fresh mushrooms and stir fry for about 4-5 minutes. Optional to add a little soy sauce or tamari for a little extra flavor.
3. Reduce heat to medium, pour 4 cups of water into the pan, and add the bok choy.
4. Whisk the miso paste with  $\frac{1}{4}$  cup of warm water to dissolve and add to the pan.
5. Cook over medium to medium-low heat for 6-8 minutes, or until bok choy is tender, stirring occasionally (don't let the soup boil). Add the optional tofu to the soup to warm through.

6. Assemble the bowls: in individual serving bowls, add 1/2 of the soba noodles and top with 1/2 of the bok choy, mushrooms, and miso broth over top. Top with sliced scallions, cilantro sprigs and sesame seeds if using.

*\*If you don't have miso on hand, vegetable broth may be used in place of miso and water.*

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## Cauliflower Rice and Beans Bowl

### Ingredients:

For the beans:

- 2 15-ounce cans organic black beans, drained and rinsed
- 2 tablespoons EV00
- 2 shallots, finely chopped
- ½ teaspoon sea salt
- 1/3 cup water
- 1 teaspoon cumin
- Hot sauce (optional)
- Parsley, chopped

For the cauliflower rice:

- 5 cups store-bought cauliflower rice\*
- 3 Tablespoons EV00
- 1 teaspoon chili powder
- ½ teaspoon sea salt

\*You can make cauliflower rice using 1 head of cauliflower broken into florets. Add half to a food processor. Pulse several times until chopped. Next do the other half.

For serving:

- avocado sliced
- salsa
- parsley or cilantro, chopped

**Directions:**

Make the Beans: In a medium saucepan, heat oil over medium-high heat. Add the shallots and stir until softened. Add cumin and stir for 30 seconds. Add the beans, hot sauce and water. Reduce the heat and simmer for 5 minutes. Take off the stove and mix in chopped parsley.

Make the Cauliflower Rice: In a skillet, heat oil over medium-high heat. Add the cauliflower and cook for 6-8 minutes, stirring often, until it is softened. Stir in the chili powder and salt.

Make the Bowls: Divide the beans and rice among the bowls. Top with avocado, salsa, and more chopped parsley or cilantro.