

# 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.
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# 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:**

- $\frac{1}{2}$  cup extra virgin olive oil
- $\frac{1}{4}$  cup raw apple cider vinegar
- 2 Tablespoons balsamic vinegar
- $\frac{1}{2}$  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.

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## **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.

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## **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  $\frac{1}{2}$  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.
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## **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
- $\frac{1}{2}$  small jalapeno, seeded and chopped
- 2 cloves garlic, minced
- 1 (28 oz.) can crushed tomatoes with juice (I like San Marzano)

- $\frac{1}{2}$  cup of water or broth
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1 teaspoon oregano
- $\frac{1}{2}$  teaspoon sea salt
- freshly ground pepper to taste
- 6 large eggs
- $\frac{1}{4}$  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](http://www.greennapkinnutrition.com)*

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## **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
- $\frac{1}{2}$  teaspoon sea salt
- 1 cup of dry quinoa, rinsed
- 2 cups of water or vegetable broth
- $\frac{1}{4}$  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.
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# Baked Red Lentil Patties

## Ingredients

- 1 cup red lentils, rinsed
- 1 cup quinoa, rinsed
- 1 shallot, finely chopped
- 2 tablespoons extra virgin olive oil
- 2 cups cremini mushrooms, finely chopped
- 3 cloves garlic, minced
- 1 teaspoon paprika
- 1 teaspoon coriander
- 1 teaspoon sea salt
- freshly ground pepper to taste
- 1 Tablespoon tamari
- 2 Tablespoons tomato paste
- $\frac{1}{4}$  cup ground flax seeds

- 1 egg
- 1/2 cup chopped scallions
- 1/4 cup chopped cilantro or parsley
- cooking spray oil or extra olive oil

## Directions

1. Bring 3 cups of water to a boil. Add lentils and quinoa, bring to a boil and then simmer for 15 minutes. Drain and set aside to cool.
2. Saute shallot in olive oil for 2 minutes, until starting to soften. Add mushrooms and cook until soft and juices are released, about 5 minutes. Add garlic and saute another minute until juices are absorbed. Add spices, salt and pepper, and let cool completely.
3. Combine lentils, quinoa and mushroom mixture. Add tamari, tomato paste, flax, egg, scallions, and herbs.
4. Scoop patties using 1/4 cup measure and place on parchment lined baking sheet with cooking spray. Refrigerate for 30 minutes.
5. Pre-heat oven to 400 degrees F. Spray the patties with cooking spray or brush with olive oil. Bake lentil patties for 25-30 minutes.

*Recipe adapted from [www.greennapkinnutrition.com](http://www.greennapkinnutrition.com)*

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# Wild Rice and Edamame Salad

## Ingredients

- 2 cups wild rice, rinsed
- 2 cups shelled edamame
- 3 scallions, sliced diagonally
- 2 medium carrots, diced

- 1 red pepper, diced
- 1/2 cup fresh basil, chopped
- 1/2 cup fresh cilantro, chopped
- 2 garlic cloves, minced
- 1 Tablespoon minced ginger
- 4 Tablespoons lime juice
- 2 Tablespoons brown rice vinegar
- 3 Tablespoons tamari
- 1 teaspoon raw honey
- 2 Tablespoons sesame oil
- 2 Tablespoons toasted sesame oil
- 1 cup chopped walnuts, toasted
- 1/2 cup golden raisins
- 2 Tablespoons sesame seeds, toasted

## Directions

1. Bring 4 cups of water to a boil and add rice. Bring to a boil, cover and reduce heat to low. Simmer until rice grain are tender and most water has been absorbed, about 45-60 minutes. Drain if water remains. Place on a sheet pan, spread out to cool.
2. Blanch edamame in a pot of boiling salted water, about 1 minute. Drain and cool in ice bowl.
3. In a large bowl, combine rice, scallion, carrot, pepper, edamame, and fresh herbs. Toss.
4. In a small bowl, combine garlic, ginger, lime juice, vinegar, tamari and honey; mix. Drizzle in sesame oils and whisk to blend.
5. Add dressing to rice mixture and combine. Stir in walnuts, and raisins, reserving a few to garnish. Top with sesame seeds.

\* Recipe adapted from [www.greennapkinnutrition.com](http://www.greennapkinnutrition.com)

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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.
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# Acorn Squash with Quinoa and Black Lentils

## Ingredients:

- 4 small acorn squash
- 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
- $\frac{1}{2}$  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

## Directions:

1. Preheat oven to 350 degrees F. Line baking sheet with parchment paper.
2. Remove stems from squash, cut in half and remove seeds.
3. Cut a thin slice of the skin from the outer edge of squash, perpendicular to cutting board, so it sits without wobbling. Place squash flesh side down on baking sheet and bake for 45 minutes or until tender. Let cool.

4. To make filling, sauté mushrooms and garlic in  $\frac{1}{4}$  cup vegetable broth over medium-low heat for 5 minutes, until fully cooked. If needed, add additional broth while cooking.
5. In a large bowl, combine remaining ingredients. Stir in mushrooms and garlic
6. Spoon filling into squash, pressing down mixture slightly.
7. Bake squash for 20 minutes or until heated through and Enjoy!