

# One-Pot Chicken Thighs with Chickpeas & Herbs

## Ingredients:

- 3 Tablespoons avocado oil (or grapeseed oil)
- 1 Tablespoon cumin seeds (or one teaspoon ground cumin)
- 1 Tablespoon Baharat Spice Blend or Hawaij Spice Blend
- Salt
- Black Pepper
- 2 cups Basmati rice, rinsed
- 2 bunches parsley or cilantro (or one bunch of each)
- 1 can chickpeas, rinsed
- 1 large yellow onion, chopped
- 3 cups boiling water
- 1 lbs. chicken thighs, boneless and skinless

## Directions:

1. Heat oven to 375 degrees.
2. Mix together in a small bowl the oil, cumin seeds, Hawaij spice, salt and pepper.
3. Rinse the rice and place in a large skillet. Top with the chopped onion, chopped herbs, rinsed chickpeas, and half of the spiced oil mixture. Add the 3 cups of boiling water and mix together.
4. Add the chicken thighs on top of the rice and brush the chicken with the remaining spiced oil mixture.
5. Cover the pot and bake in the oven for 50 minutes.
6. Uncover and bake for extra 10 minutes until chicken thighs are browned.







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**Baked Salmon with Fennel and**

# Herbed Dressing

## Ingredients:

- 4 pieces of salmon
- 4 fennel bulbs, quartered

## For the dressing:

- 1/2 cup olive oil
- 2 garlic cloves, minced
- 1 Tablespoon fresh Thyme, chopped
- 1 Tablespoon fresh Rosemary, chopped
- 1 Tablespoon fresh dill, chopped
- Salt
- Pepper

## Directions:

1. Heat oven to 375 degrees.
  2. Brush a baking dish with olive oil and place the salmon pieces and fennel bulbs.
  3. Brush the fish and fennel with the herbed dressing.
  4. Bake for 20 minutes. Roast for 2-3 additional minutes.
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# 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 chickpea rinsed, drained
- 1/4 cup chickpea flour

- $\frac{1}{4}$  cup nutritional yeast
- 2 Tablespoons chopped parsley
- 1 teaspoon cumin
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon black pepper
- 3 Tablespoons water
- 2-3 Tablespoons olive oil

### Directions:

1. In a medium bowl, combine the chickpeas, flour, nutritional yeast, parsley, cumin, salt, pepper. Add 3 Tablespoons water 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.

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# Lemon-Miso Grilled Tofu

## Tofu Grilling Tips

Use firm, or if possible, extra-firm **tofu**, and always press your **tofu** very well before **grilling**. This removes a lot of the water that is naturally in **tofu** and will allow it to **grill** better.

## Ingredients:

- One 14-ounce block extra firm tofu
- 3 tablespoons lemon juice
- 2 tablespoons white miso
- 2 tablespoons avocado oil
- 1-2 garlic cloves, minced

- Freshly ground black pepper, to taste
- 1-2 tablespoons chopped parsley (optional)

### **Directions:**

1. Prepare the tofu by pressing all the water out. Slice into 6-8 rectangles.
  2. Whisk together the lemon juice, miso, avocado oil, garlic and black pepper. Pour 2/3 of the marinate over the tofu and let marinate for 30 minutes or longer.
  3. Grill the tofu approximately 5 minutes on each side.
  4. Top with reserved marinate and chopped parsley and serve.
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## **Super Healthy Kale Salad**

This makes a super healthy salad that you can prepare in advance and enjoy for a couple of days. This salad will compliment any summer BBQ menu.

### **Ingredients:**

- 1 bunch kale, any variety, stemmed and chopped
- 2 cups diced bell peppers, red, yellow, and orange
- 1/2 cup chopped parsley
- 1 1/2 avocado, pit removed and chopped
- 2 Tablespoons flax oil
- 2 Tablespoons lemon juice
- sea salt, to taste
- pinch of cayenne, to taste
- sprouted sunflower seeds (optional)

### **Directions:**

1. In a large bowl, combine all the ingredients.

2. Massage and mix with your hands to “wilt” the kale and cream the avocado.
  3. Serve and enjoy!
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# Grilled Zucchini with Tomato-Mint Relish

## Ingredients:

- 6 Zucchini, 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 zucchini lengthwise and brush with EV00, sprinkle with salt and pepper. Grill, turning once, until tender, about 6 minutes.
  3. Mix chopped seeded tomatoes, with mint, EV00, red wine vinegar, salt and pepper in small bowl. Top the tomato-mint relish over grilled zucchini. Sprinkle with roasted pine nuts (optional).
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# Wheat Bran Waffles

Serving: 2 waffles

## Batter Ingredients:

- $\frac{1}{2}$  cup Shiloh Farms Fine Wheat Bran
- 2 organic egg whites (or  $\frac{1}{4}$  cup liquid egg whites, I like Pete & Gerry's organic egg whites)
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{4}$  cup almond milk
- dash of sea salt
- 1 teaspoon cacao powder (optional for chocolate waffles)

## Directions:

1. Spray waffle iron generously with 100% EV00 spray or Avocado oil spray.
2. Mix all ingredients into a smooth batter.
3. Add batter to the waffle maker and spread with spatula. Cook until very crispy. Carefully remove with a dull knife or spatula.





# Spring Vegetable and Cauliflower Rice Soup

## Ingredients:

- 2 tbsp virgin coconut oil (or olive oil or avocado oil)
- 1 medium yellow onion, diced
- 2 garlic cloves, minced
- 2 cups celery, diced
- 2 cups small broccoli florets
- 2 cups zucchini, diced
- 2 cups green peas (organic frozen and thawed)
- 1 (12-ounce) bag frozen or uncooked cauliflower rice
- 2 (1-quart) boxes of organic vegetable broth
- 1 (13-ounce) box organic crushed tomatoes
- 2 cups finely chopped Lacinato kale
- Sea salt and pepper to taste
- 2 tablespoons freshly minced parsley (optional)
- Red pepper flakes, to taste (optional)

## Directions:

1. In a large pot over medium-low heat, heat the coconut oil. Add the onion and garlic and sweat (cook without coloring) until tender. Add the celery, broccoli, and zucchini. Increase the heat to medium and cook for 6-8 minutes, or until the vegetables are fork tender, stirring occasionally. Add the broth and bring to a boil, then add the green peas and cauliflower rice and turn down the heat to a simmer and cook for 6-8 minutes.
2. Add the crushed tomatoes to the soup. Stir in the kale and simmer for 1-2 minutes to wilt, then season to taste with salt and pepper. Add red pepper flakes if you like spice. Garnish with fresh chopped parsley or microgreens.

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# Smart Life Vegan Lasagna

## Ingredients

- 1 large eggplant, peeled and sliced
- 2 medium zucchini, sliced
- 2-3 Roma tomatoes, sliced
- 2 cups organic tomato sauce (“Ugly” from @ourharvest)
- 1 cup Feta cheese, shredded (use Violife feta for dairy-free)
- 1/2 cup gluten-free Panko
- Sea salt and pepper
- Olive oil
- Fresh herbs

## Directions

1. Peel and slice the eggplant, season with salt and leave to “sweat” for 30 min. Wipe the salt off. Arrange the eggplant slices on a lined cooking sheet, brush with olive oil and roast lightly in oven at 400 degrees.
2. Brush a baking dish with olive oil and make first layer with roasted eggplant. Next layer the zucchini slices, brush with olive oil. Next layer with sliced tomatoes. Use salt and pepper to taste as you add the zucchini and tomatoes.
3. Add tomatoes sauce over the veggies and cover with tin foil. Bake covered at 400 for 30 minute.
4. Uncover, top the veggie bake with shredded feta and Panko. Return to oven and cook uncovered for 10 more minutes.
5. Remove from oven and sprinkle with your favorite green herb before serving.

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# Grilled Whole Fish

Branzini, Porgy, Arctic Char, Red Snapper and Sea Bass all turn out amazing with this simple approach to grilled whole fish – a healthy and delicious dinner option for family or guests!

Here are some tips you will find helpful for grilling a whole fish if you never tried it before:

- First, Whole Foods and some other grocery stores will prepare your fish for you, doing the descaling and cleaning while you wait so you don't have to mess around with that at home. Make sure you ask about this at your local fish market!
- Second, I always try to cook a whole fish within a day of purchasing it, preferably the day of, because fish really is so much better fresh, not frozen.
- Third, DON'T PUT YOUR FISH ON THE GRILL STRAIGHT OUT OF THE FRIDGE. A cold fish is more likely to stick to the grill. You want to pull your fish out of the fridge and let it sit on the counter for at least 20 minutes while you are heating the grill and prepping lemons and garlic, as when you cook a steak.
- Finally, grilling on an outdoor grill is amazing in Summer, but you can also grill whole fish on a rack in your oven using same recipe, and they will come out just as delicious.

## Ingredients for the Fish:

- 2 whole fish (1-1.5lbs each), scaled and gutted
- 1-2 tablespoons olive oil
- Sea salt & freshly ground pepper, to taste
- 2 garlic cloves, sliced

- 1/2 lemons, sliced into discs
- 1-2 sprigs oregano or thyme
- 1 tablespoon dried oregano

### **Ingredients for the Oregano Infused Oil for drizzle:**

- 3 tablespoons olive oil
- 1 clove garlic, minced
- 1 teaspoon crushed red pepper flakes
- 1 sprig oregano

### **Preparation:**

1. Remove your fish from the fridge and let it stand at room temperature for 20 minutes. Rinse and pat dry with paper towels.
2. Lightly drizzle the fish all over with the olive oil and season generously, inside and out, with salt and freshly ground pepper. Stuff the cavity of the fish with the lemon discs, garlic cloves, and oregano or thyme sprigs. Sprinkle with dried oregano.
3. Grill your fish!
  - If using a grill: Preheat the grill to medium-high heat and use tongs to brush the cleaned, preheated grill grates with an oil drenched paper towel. Carefully transfer the fish to the grill so the aromatics don't fall out and grill for 6-8 minutes over medium-high heat, without moving the fish. When the first side is lightly charred on the bottom and the skin releases easily from the grill, flip the fish over and grill until cooked through and the flesh is white throughout, another 6-8 minutes.
  - If cooking in the oven: Prep a rack over a baking sheet and heat your oven to 420 degrees on Roast or Convection Roast. Place the fish on the rack and roast for 18-20 minutes, without flipping the fish over. While the fish is cooking, combine the

ingredients for the infused olive oil in a small sauté pan and simmer over low heat for 8-10 minutes. Carefully remove the fish from the grill or oven and place on a platter. Drizzle with the oregano infused olive oil and serve with fresh lemon wedges.



