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!



Dark Chocolate, Cranberry & Nut Bark with Matcha and Sea Salt Dust

Yield: 1 pound

Matcha offers even more antioxidants than green tea. Green tea, or matcha, paired with berries helps to support heart health.

- 15 ounces dark chocolate chips
- 2 cups raw organic almonds (can replace with pistachios or 1 cup of each)
- 1□2 cup unsweetened dried cranberries
- 2 teaspoons ground matcha green tea
- Sprinkle of coarse sea salt

1. Preheat oven to 350 degrees. Line 2 cookie sheets with parchment paper.

2. Place chocolate in a wide bowl and set aside. Place almond/pistachios on a cookie sheet and toast in oven for 10 minutes, careful not to burn.

3. Pour hot almonds over chocolate and let sit for 1-2 minutes until chocolate melts. Place over a double boiler if chocolate does not melt completely. Add cranberries and toss to coat.

4. Using a rubber spatula, scrape chocolate, almond and cranberry mixture on a parchment lined cookie sheet and spread out evenly. Sift matcha powder and sea salt over chocolate.

5. Place in refrigerator to cool and harden. When solid, break into pieces and serve.

Savory Chickpea Muffins

Makes 12 muffins

Ingredients:

- 2 1/4 cups chickpea flour
- 2 1/4 cups water
- 1 red bell pepper, diced
- 8 oz mushrooms, diced
- 1/2 onion, diced
- 2 cloves garlic, minced
- 2 tbs nutritional yeast
- 1/4 tsp salt plus more to taste
- 1/4 tsp freshly ground black pepper
- 1/4 tsp turmeric powder
- 1/4 tsp cayenne pepper
- 1 tsp baking soda
- juice of 1/2 lemon
- 1 tbs olive oil, plus olive oil spray

Directions:

1. Preheat the oven to 400F and grease muffin tins.
2. In a medium saute pan, saute the onion for 5 minutes with salt and pepper, add in the peppers and mushrooms next and cook for another 5 minutes. Finally add the garlic in until fragrant.
3. Turn off the flame and allow the mix to cool for 5 minutes
4. Meanwhile, in a large bowl, whisk together chickpea flour, water, nutritional yeast, salt, black pepper, cayenne pepper, baking soda and lemon juice.

5. Stir in the vegetable mix now as well. Make sure the batter is evenly mixed. Poor into the greased muffing tray and bake for 30-35 minutes.
6. Remove from the oven and allow to cool before removing from the tray.

Roasted Broccoli with Pine Nut Gremolata

Ingredients:

- 2 large broccoli heads, separated into florets with stems
- Extra virgin olive oil
- Sea salt and freshly ground black pepper
- 2 garlic cloves, minced
- ½ cup Gluten-Free panko (Japanese bread flakes)
- 3 tablespoons roasted pine nuts
- 2 teaspoons grated lemon zest
- 2 tablespoons freshly squeezed lemon juice

Directions:

1. Preheat oven to 400 degrees F.
2. Place the broccoli florets with stems on two sheet pans. Drizzle with 4 tablespoons of EVOO, salt and pepper. Toss well, and spread in one layer on each pan. Roast for 15 minutes until crisp-tender and the edges are starting to brown.
3. In a small sauté pan over medium-low heat, heat 2 tablespoons of olive oil, add the garlic, and cook for 1 minute (do not brown). Add the panko, tossing to coat in

the oil. Cook until the panko is golden brown. Take off the stove, and add the pine nuts and lemon zest.
4. Place the roasted broccoli on a serving dish, sprinkle with lemon juice, then the panko mixture, and toss well. Serve hot, warm, or room temperature.

Natural Applesauce

Ingredients:

- 6 apples, peeled and chopped (your choice of apple, I used organic Pink Ladies)
- ¼ teaspoon cinnamon (or more if you like cinnamon like we do)
- About ½ cup of water to cover the bottom of pot

Directions:

1. Place all ingredients in a pot on the stovetop and bring to a boil. Reduce heat to simmer and cover with lid.
2. Simmer apples for about 20 minutes or until soft. The smaller the pieces of chopped apple the faster cook time.
3. Remove from heat and mash with potato masher for chunkier applesauce, or put in a food processor or blender for smoother texture.

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.

Balsamic Garlic Mushrooms

Ingredients:

- 2 pounds mushrooms (I like to use medium size crimini or small size portobello caps)
- 2 tablespoons olive oil
- 4 tablespoons balsamic vinegar
- 3 tablespoons tamari (or coconut aminos)
- 3 garlic cloves, chopped
- 3 tablespoons parsley, chopped
- salt and pepper to taste

Instructions:

1. Toss the mushrooms in the oil, balsamic vinegar, tamari sauce, garlic, parsley, salt and pepper.
2. Arrange in a single layer on a baking pan and roast in preheated 400F oven until the mushrooms are tender, about 15 minutes, mixing half way through.

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).

Shredded Kale and Brussels Sprouts Salad

Ingredients:

- 3 tablespoons fresh lemon juice
- 1 teaspoon dijon mustard
- 1 tablespoon minced shallot
- 1 small garlic clove, grated
- 1 teaspoon honey
- ¼ cup olive oil
- sea salt
- freshly ground black pepper
- 3 cups finely shredded Lacinto kale
- 3 cups finely shredded Brussels sprouts
- 3 cups finely shredded red cabbage
- ¼ cup sliced almonds or pumpkin seeds

For the dressing:

In a small bowl, whisk together the lemon juice, mustard, shallot, garlic and honey. Slowly stream in the olive oil while whisking the dressing until well combined. Season the dressing with salt and pepper. Adjust the lemon juice or honey to your personal taste if necessary.

For the salad:

In a large bowl, toss together the shredded kale, Brussels sprouts, cabbage and toasted almonds. Add a few tablespoons of dressing and toss well. Taste and add salt and pepper or more dressing if desired. Sprinkle the almonds or pumpkin seeds over the top and serve.