

Sweet Potato, Kale and Chickpea Soup

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- 3 medium sweet potatoes, peeled and diced
- sea salt, to taste
- 2 tablespoons Thai red curry paste (available at Asian section at most grocery stores) I like the Thai Kitchen brand
- 1 cup uncooked farro, rinsed (you can replace with 2 cups of cooked wheat berries or quinoa)
- 3 quarts low-sodium organic vegetable broth (I like Pacific) + 2 cups of water
- 2 cups cooked chickpeas (or one can, rinsed and drained)
- 1 bunch of Lacinato kale (flat, dark green), finely chopped
- $\frac{1}{2}$ teaspoon cayenne pepper (optional)

Directions:

1. In a large pot, heat the oil over medium-high heat. Stir in the onion and sweet potatoes and a big pinch of sea salt. Sauté for 5 minutes, stirring occasionally, until the onions start to soften.
2. Add the curry paste and stir until onions and sweet potatoes are coated and the curry is fragrant (about 1 minute).
3. Add the farro, the vegetable broth, and 2 cups of water and bring to a boil. Then cover and reduce the heat and simmer for 30 minutes.
4. After 30 minutes add the chickpeas. Taste and season with

more salt as needed. If you chose to use cooked grains like wheat berries, add them now. Cover and simmer for another 20 minutes.

5. Uncover, stir in the kale, add cayenne pepper if desired, remove from heat. Ready to serve.

Oatmeal Dulse Crackers

Yield: approximately 24 triangles (6 servings)

Ingredients:

- 1½ cups rolled oats
- 1¼ cup sunflower seeds
- 2 tablespoons whole wheat pastry flour
- 1½ teaspoon Sea Seasonings Dulse Granules with Garlic
- pinch sea salt
- 1 tablespoon + 1 teaspoon melted coconut oil
- 1 tablespoon + 1 teaspoon brown rice syrup
- Up to 2 teaspoons filtered water
- 2 tablespoons Sesame seeds
- 2 tablespoons Poppy seeds
- 2 tablespoons Caraway seeds

Directions:

1. Preheat oven to 350F.
2. In food processor, finely grind oats, sunflower seeds, and flour together. Add dulse granules and salt.
3. In separate small bowl, whisk together coconut oil and rice syrup.

4. Add oil-syrup mixture to dry ingredients in food processor, adding in water as needed. (Dough should be stiff, yet pliable.)

5. Between parchments sheets, roll out dough with rolling pin to uniform thickness, 1/8 inch. Remove top sheet of parchment.

6. Mix together equal amounts of sesame, poppy and caraway seeds and sprinkle liberally over rolled dough. Cover with top sheet of parchment again and roll seeds into dough.

7. Remove top sheet of parchment again. Score dough all the way through using pizza cutter or knife at 2-inch intervals vertically and horizontally to create squares. Score diagonally to make triangles. Slide dough with bottom parchment onto half sheet pan.

8. Bake until lightly browned, about 15 to 20 minutes. (Caution: crackers on outer edges may brown more quickly than those in center.)

9. Transfer to wire rack and cool completely. Separate crackers along scored cuts and store in airtight container at room temperature.

*Thank you to the Natural Gourmet Institute / NYC for this recipe.

Spinach and Goat Cheese Stuffed Tomatoes



Ingredients:

- 6 medium tomatoes
- 2 cups quinoa (cooked)
- 3 ounces crumbled goat cheese
- 3 cups sautéed organic baby spinach (about 2-3 5oz boxes raw spinach)
- 2 tablespoons minced fresh basil
- 2 tablespoons minced fresh parsley or cilantro
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper
- 2 tablespoons grated parmesan cheese

Directions:

1. Preheat the oven to 350F. Lightly grease a rimmed baking dish large enough to hold all of the tomatoes.
2. Cut the top off the tomatoes and gently scoop out and discard the pulp and seeds. Arrange the tomatoes, cut side up, in the baking dish.
3. In a mixing bowl, combine the quinoa, goat cheese,

sautéed spinach, basil, parsley/cilantro, salt, and pepper and stir to combine. Gently spoon the quinoa mixture evenly into the tomatoes.

4. Bake until the tomatoes begin to soften and the quinoa filling turns golden brown, about 15-20 minutes.
 5. Sprinkle the parmesan cheese evenly over the tomatoes and bake until the cheese melts, an additional 4-5 minutes.
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Lemon Chicken Kale Soup

(Adapted from Skinny Meals by Bob Harper)

This lemony, garlicky soup with chicken and kale is a great all-in-one nutrition boost that can be enjoyed all year round.

Ingredients

- 2 teaspoons coconut oil (or olive oil)
- 1 cup chopped yellow onion
- 4-6 garlic cloves, crushed
- 8 ounces boneless, skinless chicken breast, cut into cubes
- 2 teaspoons herbs de Provence (or combination of dried thyme, rosemary, oregano and basil)
- 2 bay leaves
- 2 1-quart boxes of organic low-sodium chicken broth
- 1/3 cup freshly squeezed lemon juice
- 3-4 cups chopped kale

Directions

1. Heat the coconut oil in a soup pot over medium heat. Add the onion and garlic; sauté for 5 minutes, stirring occasionally.

2. Add the chicken, dried herbs, and bay leaves, and raise the heat to medium- high and cook for 6-8 minutes.
 3. Pour in the broth and lemon juice. Reduce the heat, cover, and simmer for 25 minutes.
 4. Turn off the heat and remove the bay leaves. Add the kale and stir until slightly wilted.
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Easy Fish Fillet

Ingredients

- 2 5oz. pieces of fish fillet (halibut, cod or red snapper are really great with this marinate)
- 1 lemon juiced
- 2 Tablespoon extra virgin olive oil
- 1 teaspoon garlic, chopped
- 1 Tablespoon fresh oregano, chopped
- 2 small tomatoes, diced
- 1 Tablespoon fresh Italian parsley, chopped

Directions

1. Preheat oven to 400 degrees.
2. Mix lemon juice, olive oil, garlic, and oregano in small mixing bowl.
3. Place the fish in a shallow baking dish and pour the marinate over the fish. Let the fish marinate for 10-15 minutes.
4. Top the fish fillets with the diced tomato and bake for 10-12 minutes.

5. Garnish with fresh parsley and serve immediately.

Zucchini Noodles with Pesto and Parmesan

Serves 2

Ingredients

- 4 large zucchini
- 2 bunches basil
- 2/3 cup pine nuts, toasted
- Juice of 1 large lemon
- 1/2 cup grated Pecorino cheese (optional)
- 1/4 cup extra virgin olive oil + 1 Tablespoon
- Sea salt, to taste

Directions

1. Trim zucchini ends and create noodles using a spiralizer
2. Sauté your zucchini noodles in 1 Tablespoon of extra virgin olive oil over medium heat for about 5 minutes. Add salt and pepper to taste.
3. Wash and dry basil and add to a blender with pine nuts, lemon juice, olive oil, and sea salt. Blend until smooth, adding a little water as needed.
4. Toss the zucchini noodles with the pesto and garnish with grated pecorino cheese, if desired.

Flourless Almond Torte With Balsamic Glazed Strawberries and Honey-Mascarpone

This recipe, adapted from Laura Rosenberg at www.greennpakinnutrition.com, is the perfect Valentine's Day indulgence!

For torte:

1½ cups raw almonds, blanched and skinned

¼ cup maple syrup

3 large organic eggs

1 teaspoon almond extract

¼ teaspoon vanilla extract

¼ teaspoon sea salt

Pre-heat oven to 375°F. Line an 8-inch spring form pan or cake pan with a parchment paper circle cut to fit the bottom.

In a food processor fitted with a metal blade or a Vitamix (preferred), grind the almonds until flourlike, about 3 minutes. If the oil from the nuts causes the mixture to stick to the sides, run a spatula around the edge to loosen the mixture. Continue to process another 1 minute.

Measure the maple syrup, eggs, extracts, and salt into a measuring cup, mixing well to break up the eggs. While the food processor is running, pour the maple syrup mixture through the feed tube and process until smooth.

Pour the batter into the prepared pan and bake for 25-30 minutes. The torte is ready when the top is lightly golden brown and the center is firm. If the top browns too quickly,

tent with foil and continue baking.

For balsamic glazed strawberries:

6 tablespoons balsamic vinegar

$\frac{1}{2}$ cup finely ground maple crystals

Sea salt and freshly ground black pepper

2 cups fresh strawberries, quartered

Combine vinegar and maple crystals in a small bowl. Stir until maple crystals dissolve. Add a pinch of salt and pepper; stir to mix well. Let sit for 15 minutes.

In a bowl, pour marinate over the strawberries. Gently toss to coat.

For honey mascarpone:

2 teaspoons honey

$\frac{1}{2}$ cup mascarpone

Mix honey with mascarpone until well blended.

Serve the torte in wedges, covered with honey mascarpone and topped with balsamic glazed strawberries.

Chocolate Bark

Looking for a sweet V-Day treat that won't sabotage your smart life? Try this amazing Dark Chocolate, Cherry, and Almond Bark, adapted from Laura Rosenberg at www.greennpakinnutrition.com. Be sure to use raw, organic dark chocolate to retain nutrients and avoid additives like sugar, milk, and preservatives!

Ingredients:

- 1 cup almonds
- 3 cups dark chocolate chips (70% cocoa)
- 1/2 cup dried cherries, chopped
- 1/4 teaspoon sea salt (optional)

Instructions:

1. Roast almonds in the oven at 350°F until lightly toasted, about 10 minutes.
 2. While the almonds are toasting, place chocolate chips in a large, heat-proof bowl.
 3. Place hot almonds in bowl over chocolate chips and let set 5 minutes until chocolate is melted. If necessary, place over a double boiler to melt chocolate.
 4. Stir in cherries.
 5. Spread chocolate mixture on a parchment-lined cookie sheet. Sprinkle with sea salt if desired.
 6. Place in refrigerator to cool. Break into pieces and serve.
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Easy Chicken Cacciatore

This is to satisfy a taste for Italian food with no added oil or fat. Smart Life clients and I have been making this recipe repeatedly this month and we enjoy it every time. Serve plain or with brown rice or cooked quinoa.

Ingredients

- 4 medium tomatoes, cored, seeded and diced
- 2 Tablespoons tomato paste
- 2 garlic cloves, minced
- 1 teaspoon, onion flakes
- 2 cups low-sodium organic chicken broth

- 2 teaspoons red wine vinegar
- $\frac{1}{4}$ teaspoon each dried oregano, basil, and parsley.
- 1 bay leaf
- Sea salt and pepper to taste
- 2 chicken breast fillets, each cut horizontally into 2 pieces.
- 2-3 Tablespoons Red Wine (optional)

Instructions

1. In a large nonstick skillet combine all the ingredients except for the chicken. Cook, stirring often, over medium heat until the tomatoes break down and the sauce is thickened.



2. Submerge the chicken pieces in the sauce, reduce the heat to low and cook, covered, stirring occasionally, until the

chicken is cooked through and the sauce is thick. Serve immediately or warm-up later on the stove.



Gluten-free Chewy Granola Bars



Makes 24 squares

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.

6. 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.



7. Cut into squares and store in an airtight container.



I packaged them up as gifts for my clients.

