

# 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
- 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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## **Spaghetti Squash With Cherry Tomatoes and Kale**

Squashes and root veggies are in season and if you haven't tried spaghetti squash yet, now is the time! Spaghetti squash makes for a wonderful alternative to pasta and I love it for Meatless Monday dinners with sauteed tomatoes and kale.

Spaghetti squash possesses an uncanny resemblance to spaghetti strands when cooked, and for this reason is known as vegetable spaghetti, noodle squash, vegetable marrow and "squaghetti".

Spaghetti squash is a variety of the winter squash and has a mild taste similar to pasta. It is often used as a healthful substitute for pasta due to its low carbohydrate levels. Spaghetti squash can be added to a variety of dishes, such as soups and stews and when served as "spaghetti," it can be topped with a wide variety of pasta sauces. Spaghetti squash is significantly lower in calories than traditional pasta. A 1-cup serving of cooked spaghetti squash has 42 calories, while 1 cup of cooked pasta has 221 calories. If you are following a low-calorie diet, consider substituting spaghetti squash for pasta. Doing so can save you 180 calories per cup. Spaghetti squash has a high water content. One cup of cooked squash contains 143 grams of water. Foods high in water can increase your daily water intake. They also typically are lower in calories than foods with little or no water content.

Spaghetti squash is also a good source of fiber, with 2.2 grams in a 1-cup serving. Spaghetti squash also contains beta carotene, which can help improve eye and skin health, maintain a strong immune system and can help prevent infection.

## **Ingredients**

- 1 medium sized spaghetti squash
- 1 bunch kale, stems removed, leaves chopped into small pieces
- 5 medium garlic cloves, thinly sliced
- 1 medium onion, chopped
- 1 quart of cherry tomatoes, halved
- A sprinkle of red pepper flakes
- 2 Tablespoons extra virgin olive oil
- 2 Tablespoons refined coconut oil
- Sea salt
- Fresh pepper
- Fresh herbs (optional)

## **Directions**

1. Pre-heat oven to 400 degrees F. First, slice your spaghetti squash in half lengthwise and use a spoon to scrape out the seeds. Drizzle with a little extra virgin olive oil along with a sprinkle of sea salt and black pepper. Place squash face down on a lined baking sheet (I prefer using parchment paper) and cook for about 45 minutes – until tender.
2. While the squash is baking, get the kale, tomatoes, garlic and onion ready. Next, place 2 tablespoons of coconut oil, chopped onion, garlic and red pepper flakes in a pan over medium heat. Simmer for a few minutes (until garlic begins to brown) and then add tomatoes and kale. Cook for a few more minutes until tomatoes are tender and kale begins to soften.

3. When squash is done cooking, remove it from the oven and let cool a few minutes so you can handle it without burning yourself. Using a fork, scrape out the insides of squash, which will come apart in strands. Place strands in a bowl and mix with kale and tomatoes. Sprinkle with fresh herbs to taste.

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## Quick Quinoa with Cilantro Pesto

Get your “carb fix” with this healthier spin on a pasta with pesto. Tyrosine-rich proteins, like quinoa, can help regulate thyroid. Cilantro, a natural detoxifier, helps remove unhealthy metals like mercury and other toxins that may be harming your thyroid function out of your system. This pesto makes a great accompaniment to frittatas, wraps and gluten-free noodles.

- 1 cup quinoa, rinsed
- 2 cups water
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{1}{2}$  bunch cilantro, cleaned
- 1 1-inch piece of ginger, peeled and minced
- $\frac{1}{2}$  cup extra virgin olive oil
- 2 to 3 tablespoons rice vinegar

1. Rinse quinoa in cold water.
2. In a small pot, bring quinoa and 2 cups of water to boil. Add a pinch of sea salt and lower heat to simmer. Cover and cook for 12 to 15 minutes or until all the

water evaporates.

3. In a food processor or blender, combine cilantro, ginger, olive oil, rice vinegar and sea salt. Pulse until smooth and creamy.
  4. Toss cooked quinoa with cilantro pesto.
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## Spring Out Quinoa

*Easy, healthy and brings the spring flavors to your table, including as a Passover dish.*

- 2 cups quinoa, rinsed in cold water
- 3 <sup>1</sup>/<sub>2</sub> cups water
- 1 bag peppermint tea
- 1 tablespoon extra virgin olive oil
- fresh mint, basil, cilantro

Wash grains. Place them in water and add peppermint tea bag. Bring to a boil. Cover and simmer for 15 to 20 minutes, then remove from heat and let stand for 5 minutes. When it is done, add olive oil and fluff. Garnish with chopped fresh herbs and serve.

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## 5 Reasons to Love Quinoa

Quinoa may be a super food, but most people don't find it super interesting. I disagree! It packs the same amount of

protein per serving as milk, while giving you loads of nutrients, vitamins and minerals. It can easily stand alone in meals or be incorporated into a variety of healthy and flavorful recipes.

Not convinced to put this powerful grain into your meal rotation yet? Maybe these five reasons will change your mind:

1. **It super fuels your body with energy.** Cooked quinoa contains approximately 8 grams of protein per cup, according to the USDA. It's also one of the few vegetarian complete proteins, meaning it contains all 9 essential amino acids your body needs. Try it for breakfast or lunch to help you power through tough afternoon workouts or long days at work.
2. **It stimulates healthy digestion.** One cup of quinoa contains a healthy serving of 5 grams of fiber, which improves digestion, lowers cholesterol levels, controls blood sugar and helps you maintain a healthy weight.
3. **It's a nutrient-dense food.** Quinoa is an amazing source of iron, magnesium, calcium, potassium, folate (a B vitamin) and more. In fact, a recent study showed that the grain contains the same concentrated amounts of two flavonoids, quercetin and kaempferol, as found in antioxidant-rich berries like cranberries and lionberries.
4. **It's naturally low in calories.** One cup of quinoa boasts just 222 calories. Because of its high levels of protein and fiber, this healthy carbohydrate doesn't convert quickly to sugar in your body. This means it doesn't spike your blood sugar levels and keeps you feeling fuller longer.
5. **It's a versatile grain.** Breakfast, lunch and dinner? Check, check and check! Quinoa can be prepared in delicious ways at all mealtimes. And research has shown that this superfood's nutrient profile isn't compromised by boiling, steaming or simmering. Toss it in salads,

stir-fries, soup and porridge, or shape it into a veggie burger or a sushi roll.

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# Quinoa-and-Apple Salad with Curry Dressing

*Welcome autumn into your kitchen:* Try new recipes for fall featuring the season's freshest crop of apples and root vegetables. This will help you maximize nutrients by eating fresh local produce ,while also keeping dinners exciting and new.

## Quinoa-and-Apple Salad with Curry Dressing

I love this salad because it's rich with flavor as well as nutrients. Quinoa is packed with protein so this recipe makes a great vegetarian meal, or can serve as a side dish when paired with a lean healthy protein like organic chicken. And if you're busy like me, you'll love the fact that quinoa cooks fast and stays fresh in the refrigerator for three to four days.

- 1/4 cup raw whole almonds
- 1 cup white quinoa
- 1 teaspoon honey
- 1 tablespoon shallot, finely chopped
- 1 teaspoon curry powder
- 1/4 teaspoon coarse salt
- 2 tablespoons fresh lemon juice
- Freshly ground pepper

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons dried currants
- 1 small McIntosh apple, cut into 1/8-inch-thick wedges
- 1/4 cup loosely packed fresh mint leaves, coarsely chopped, plus more for garnish

Preheat oven to 375 degrees. Spread almonds on a rimmed baking sheet; toast until lightly toasted and fragrant, about 7 minutes. Let cool; coarsely chop nuts.

Rinse quinoa thoroughly in a fine sieve; drain. Bring 2 cups water to a boil in a medium saucepan. Add quinoa; return to a boil. Stir quinoa, cover and reduce heat. Simmer until quinoa is tender but still chewy, about 15 minutes. Fluff quinoa with a fork and let cool.

Whisk together honey, shallot, curry powder, salt and lemon juice in a large bowl. Season with pepper. Whisking constantly, pour in oil in a slow, steady stream; whisk until dressing is emulsified. Add quinoa, currants, apple, mint and nuts; toss well. Garnish with mint.

*Source: MSL Cookbook Vol. 2; The New Classics*

Per serving: 304 calories, 14g fat, 0mg cholesterol, 38g carbs, 154mg sodium, 8g protein, 5g fiber