



Holiday Recipes

BROOKE MADER



Pan Seared Chicken with Garlicky Cranberry Sauce

4 SERVINGS 35 MINUTES



INGREDIENTS

- 1 1/2 lbs Chicken Thighs (bone-in, skin on)
- 1/4 tsp Sea Salt
- 1 1/2 tps Extra Virgin Olive Oil
- 1 cup Frozen Cranberries
- 1 cup Chicken Broth (divided)
- 2 Garlic (clove, minced)
- 1/2 tsp Dried Thyme
- 1 tbs Coconut Aminos

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Season both sides of the chicken thighs with the salt.
- 02 In a large cast-iron skillet, or another oven-safe pan, heat the oil over medium-high heat. Brown the seasoned chicken thighs starting with skin-side down for 5 to 7 minutes then flip and brown the other side for another 2 to 3 minutes.
- 03 Add the frozen cranberries and half of the broth to the pan. Transfer to the oven and bake for 12 to 15 minutes or until the chicken is cooked through. Remove the chicken, place it on a plate and keep warm.
- 04 Place the pan with the cranberries over medium heat and add the garlic, thyme, coconut aminos and the remaining stock and stir to combine. Bring the sauce to a gentle boil and let it simmer until the sauce has thickened, about 8 minutes. Season with additional salt if needed.
- 05 To serve, divide the cranberry sauce and chicken between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

For a sweeter sauce, add a drizzle of maple syrup. For a tart sauce, add 1 to 2 tablespoons of frozen cranberries in with the garlic.

ADDITIONAL TOPPINGS

Top with fresh thyme or parsley.

NO FROZEN CRANBERRIES

Use fresh cranberries instead.

MAKE IT A MEAL

Serve with roasted veggies and quinoa or rice.



Paleo Stuffing

6 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

1 head Cauliflower (chopped into florets)
1 tbsp Coconut Oil
Sea Salt & Black Pepper (to taste)
1/2 cup Extra Virgin Olive Oil
4 cups Portobello Mushroom (diced)
1 Leeks (chopped)
3 stalks Celery (diced)
1 cup Walnuts
1 Lemon (juiced)
3 Garlic (cloves, minced)
1 tbsp Thyme
1/2 cup Parsley (chopped)
1/2 tsp Sea Salt

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 02 Toss your cauliflower florets in coconut oil. Season with sea salt and black pepper to taste. Spread the cauliflower across your baking sheet and bake in the oven for 30 minutes.
- 03 Remove cauliflower from oven and set aside. Reduce oven heat to 375°F (191°C).
- 04 While your cauliflower roasts, place a frying pan over medium heat. Add half of your olive oil and saute mushrooms, leek and celery for about 10 minutes or until the mushrooms are soft.
- 05 In a food processor, add the walnuts, lemon juice, garlic, thyme, parsley and sea salt. Add the remaining olive oil and roasted cauliflower and pulse (do not blend) until the mixture reaches a coarse, stuffing-like consistency. Do not over process as you do not want the mixture to turn into a paste. Note: If you don't mind some manual labour, you can skip the food processor and use a fork and knife to finely chop the stuffing. Once it reaches a good consistency, spoon the mixture into a baking dish. Place in the oven and bake for 1 hour. Stir every 15 minutes or so to prevent burning.
- 06 Remove from oven and transfer into a serving dish. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MEAT LOVER

Add cooked bacon bits, sausage or extra lean ground meat into the mixture as you add it to the baking dish.



Citrus Herb Roasted Turkey Breast

4 SERVINGS 1 HOUR 5 MINUTES



INGREDIENTS

- 1 Navel Orange (cut into quarters)
- 1 Yellow Onion (cut into quarters)
- 2 1/4 lbs Turkey Breast, Skin on (bone-in)
- 1/2 tsp Sea Salt
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 tbsp Thyme (finely chopped)
- 1 tbsp Fresh Sage (finely chopped)
- 1 tbsp Rosemary (finely chopped)
- 2/3 cup Water

DIRECTIONS

- 01 Preheat your oven to 425°F (218°C). Arrange the orange and onion quarters in a large baking dish or a roasting pan.
- 02 Season the turkey breast on all sides with the salt. Place the seasoned turkey breast on top of the orange and onion in the pan.
- 03 In a small mixing bowl combine the oil with the thyme, sage and rosemary. Spoon the oil mixture evenly over top of the turkey breast.
- 04 Add water to the bottom of the pan and bake the turkey breast for 20 minutes. Reduce the heat to 350°F (176°C) and continue cooking for 30 to 40 minutes or until the turkey is cooked to an internal temperature of 165°F (74°C). The skin should be brown and crispy. Be sure to add more water to the pan if it evaporates too quickly or if the pan juices start to burn.
- 05 Let the turkey rest for at least 10 minutes before slicing. Enjoy.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Spoon pan juices over top of the sliced meat upon serving.

MAKE IT A MEAL

Serve with roasted veggies or mashed potatoes. Use cooked turkey in sandwiches, soups or on top of salads.

NO WATER

Use chicken broth instead.



Creamy Potato, Lentil & Kale Casserole

8 SERVINGS 1 HOUR



INGREDIENTS

- 6 Yellow Potato (thinly sliced)
- 4 cups Green Lentils (cooked, drained)
- 6 cups Kale Leaves (stems removed, leaves torn)
- 4 cups Canned Coconut Milk (full fat)
- 3 cups Pureed Pumpkin
- 1 tbsp Garlic Powder
- 2 tbsps Thyme (stems removed)
- 2 tsps Sea Salt

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 In a baking dish, arrange 1/3 of the potato slices to form an even layer along the bottom. Spread half the lentils evenly overtop, and then add another layer using half of the kale. Repeat with the remaining potato, lentils and kale, ending with potatoes as your top layer.
- 03 In a bowl, whisk together the coconut milk, pumpkin, garlic powder, thyme and salt. Pour the mixture over the layers of potato, lentils and kale. Bake for 40 to 45 minutes or until the potato is cooked through and browned on top.
- 04 Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to two months.

SERVING SIZE

A 10 x 13-inch dish was used for 8 servings.



Honey Mustard Chicken & Brussels Sprouts

4 SERVINGS 50 MINUTES



INGREDIENTS

1 lb Chicken Thighs with Skin
Sea Salt & Black Pepper (to taste)
1/3 cup Extra Virgin Olive Oil (divided)
2 tbsps Dijon Mustard
1 tbsp Honey
1 tbsp Lemon Juice
3 cups Brussels Sprouts (trimmed and halved)
1/2 cup Red Onion (large, cut into wedges)

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C). Season the chicken thighs with salt and pepper.
- 02 In a large bowl, whisk together 3/4 of the oil, mustard, honey, and lemon juice. Use tongs to dip the chicken in the mixture, coating all sides. Place on a baking sheet and bake for 30 minutes.
- 03 Meanwhile, in a medium sized bowl, toss the Brussels sprouts and onion with the remaining oil and season with salt and pepper.
- 04 Remove the baking sheet and scatter the Brussels sprouts and onion around the chicken. Place back in the oven for 15 minutes, until the sprouts are charred and the chicken is cooked through. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is about two chicken thighs and one cup of Brussels sprouts and onion.



Lentil Mushroom Loaf

10 SERVINGS 1 HOUR 5 MINUTES



INGREDIENTS

- 1 tsp Avocado Oil
- 12 Cremini Mushrooms (sliced)
- 1/2 Yellow Onion (chopped)
- 2 Carrot (finely chopped)
- 3 Garlic (cloves, minced)
- 2 tbsps Coconut Aminos
- 3 tbsps Ground Flax Seed (ground)
- 1/3 cup Water
- 1 cup Walnuts (toasted)
- 1/2 cup Sun Dried Tomatoes (chopped)
- 2 tbsps Thyme (fresh, chopped)
- 2 cups Green Lentils (cooked)
- 3/4 cup Oats
- 1/2 cup Oat Flour
- 1 tsp Sea Salt
- 1/3 cup Sugar Free Ketchup
- 2 tbsps Balsamic Vinegar

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a loaf pan with parchment paper.
- 02 In a skillet over medium heat, add the oil. Once hot, add the mushrooms and cook for about 4 minutes, until softened. Stir in the onion and carrots and cook for an additional 3 minutes. Add the garlic cloves and coconut aminos and stir for 1 minute. Remove from heat and set aside.
- 03 Add the flax seeds and water to a small bowl, stir and set aside.
- 04 Add the walnuts to a food processor, pulse to chop and then place in a large bowl. Then add the vegetable mixture, sun dried tomatoes and thyme to the food processor and pulse to a rough consistency, while still leaving some vegetable chunks. Add to the large bowl. Then add about 3/4 of the lentils to the food processor and pulse to incorporate, but not completely smooth. Add this along with the remaining lentils to the large bowl.
- 05 Add the oats, oat flour, flax mixture and salt to the large bowl and mix to combine. Pour into the prepared loaf pan, pressing down to ensure it's smooth.
- 06 Mix the ketchup and balsamic together in a small bowl. Add this glaze on top of the lentil loaf and place in the oven for 45 to 50 minutes, until cooked through. It should be golden brown and the edges dry to the touch. Let it rest for 10 minutes in the pan, then remove and place on a cooling rack. Slice and enjoy!

NOTES

LEFTOVERS

Refrigerate an airtight container for up to four days. Freeze leftover slices in an airtight container or in a freezer-safe bag wrapped in parchment paper for up to two months.



SERVING SIZE

One serving size is one slice.

NUT-FREE

Use toasted sunflower seeds or omit the walnuts.

MORE FLAVOR

Use a mix of mushrooms such as shiitake and cremini.

NO COCONUT AMINOS

Use tamari instead.



Lemon Oregano Chicken

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 lb Chicken Thighs (bone-in, skin removed)
- 2 Garlic (clove, minced)
- 1 Lemon (zest and juice divided)
- 2 1/2 tsps Oregano
- 1/2 tsp Sea Salt

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Add the chicken to a large bowl with the garlic, lemon zest, half of the lemon juice, oregano and salt. Toss to coat the chicken evenly in the seasonings.
- 03 Transfer the seasoned chicken thighs onto the baking sheet and cook for 25 minutes or until cooked through. Remove from the oven and drizzle with remaining lemon juice. Season with additional salt if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Marinate the chicken for at least 30 minutes up to overnight before cooking.

SERVE IT WITH

Salad or wilted leafy greens.



Maple Roasted Carrots & Chicken

2 SERVINGS 40 MINUTES



INGREDIENTS

- 1 lb Chicken Thighs (boneless, skinless)
- 1/2 tsp Sea Salt (divided)
- 6 Garlic (cloves, still attached to each other)
- 1 tsp Extra Virgin Olive Oil
- 8 Carrot (chopped roughly)
- 1/2 cup Shallot (peeled, cut in half)
- 1 tsp Ginger (thinly sliced)
- 1 tbsp Maple Syrup

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Season the chicken with half the salt. Slice the top off of the head of the garlic and peel away the skin so the cloves are showing.
- 02 In a dutch oven on the stove, over medium heat, add the extra virgin olive oil and the chicken. Cook for 3 to 4 minutes per side. Add the carrots, shallots, ginger, garlic and maple syrup and season the veggies with the remaining salt. Place in the oven and cook for 22 to 25 minutes.
- 03 Remove from the oven and set the chicken aside. Cook the carrots for an additional 10 minutes if needed until they are fork-tender. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add chili flakes.

NO SHALLOTS

Use small pearl onions instead.



Acorn Squash & Sausage Hash

4 SERVINGS 30 MINUTES



INGREDIENTS

- 10 ozs Pork Sausage (casings removed)
- 1 tbsp Extra Virgin Olive Oil
- 1 Acorn Squash (peeled, chopped into cubes)
- 1/2 Yellow Onion (chopped)
- 2 cups Mushrooms (sliced)
- 2 cups Kale Leaves (chopped)
- 1 tbsp Nutritional Yeast
- 1 tsp Sea Salt
- 1 Apple (cored, cubed)

DIRECTIONS

- 01 In a skillet over medium heat, cook the sausage. Break it up with the back of a spoon as it browns. Once it is cooked, drain the fat and set the sausage aside on a plate.
- 02 In the same skillet over medium-high heat, warm the olive oil. Add the squash, onions and mushrooms and cook for 10 minutes or until the squash is soft. Lower the heat to medium and add in the kale. Cook for about 2 minutes or until the kale is soft.
- 03 Add the sausage back in along with the nutritional yeast and sea salt. Stir until everything is combined and warmed through.
- 04 Remove from heat and stir in the chopped apples. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 1 cup of the hash mixture.

MORE FIBER

Stir in cooked quinoa or rice.

MAKE IT VEGAN

Use black beans or lentils instead of sausage.

MEAL PREP

Cook the acorn squash in advance to save time.



Baked Chicken & Carrots with Cilantro Lime Sauce

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 lb Chicken Breast
- 3 Carrot (medium-sized, peeled, roughly chopped)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt (divided)
- 1 1/2 cups Cilantro
- 1 1/2 tbsps Ginger (fresh, grated or minced)
- 1 tbsp Lime Juice
- 1 tbsp Water (optional)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Arrange the chicken and carrots on the baking sheet. Season with a quarter of the oil and half of the salt. Bake for 25 to 30 minutes or until the chicken is cooked through and the carrots are tender.
- 03 While the chicken is cooking, add the cilantro, ginger, lime and remaining salt to a food processor. With the food processor running, add in the remaining oil. Blend until mostly smooth. Add in the water to thin, if necessary.
- 04 Divide the chicken and carrots between plates and spoon the cilantro lime sauce over top. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is half a chicken breast, 3/4 cup of carrots and 2 tablespoons of the sauce.

MORE FLAVOR

Season chicken and carrots with black pepper, ground ginger, cumin, paprika, garlic powder or chili powder as well before baking.

NO CHICKEN BREAST

Use chicken thighs or drumsticks instead.

MORE VEGGIES

Add in cauliflower, zucchini or potatoes.



Turkey Cranberry Squash Bowls

4 SERVINGS 40 MINUTES



INGREDIENTS

2 Delicata Squash (small)
2 tbsps Extra Virgin Olive Oil
1 lb Extra Lean Ground Turkey
1 tbsps Poultry Seasoning
1 tsp Sea Salt
1/2 cup Frozen Cranberries (thawed, or use fresh)
4 cups Microgreens
2 tbsps Balsamic Vinegar

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Rinse the outside of the squash and slice in half lengthwise. Brush the flesh with a small amount of olive oil and place face-down on the baking sheet. Bake for 30 minutes.
- 03 Meanwhile, heat the remaining oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 04 Once the turkey is cooked through, stir in the poultry seasoning, sea salt and cranberries. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 05 Remove squash from oven and stuff each half with the turkey/cranberry mix. Serve with microgreens and a drizzle of balsamic vinegar. Enjoy!

NOTES

VEGAN & VEGETARIAN

Use lentils or chickpeas instead of ground meat.

NO MICROGREENS

Use any leafy green like baby spinach, kale, or arugula.

LEFTOVERS

Keeps well in the fridge up to 3 days.



Spinach & Pea Risotto

4 SERVINGS 35 MINUTES



INGREDIENTS

- 4 cups Vegetable Broth
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely chopped)
- 2 Garlic (cloves, minced)
- 1/2 tsp Sea Salt (divided)
- 1 cup Arborio Rice
- 3 tbsps Lemon Juice
- 3 cups Baby Spinach (chopped)
- 1 cup Frozen Peas
- 3 tbsps Nutritional Yeast

DIRECTIONS

- 01 Heat the vegetable broth in a medium pot over medium-high heat. Once it starts to simmer, reduce heat to low to keep warm.
- 02 Meanwhile, heat the olive oil over medium heat in a large pot. Saute the onions for 5 minutes or until translucent but not browned. Add the garlic and half of the salt. Cook for another minute. Add the rice and lemon juice and gently stir until the lemon juice is absorbed.
- 03 Add 1/2 cup of the warmed broth to the rice in the pot stirring constantly until the broth has been absorbed. The rice and broth should be at a gentle simmer throughout the cooking process, not a boil.
- 04 Continue to add the broth 1/2 cup at a time until all but a 1/2 cup of broth is remaining and rice is cooked through. Aim for al dente rice, not mushy. This will take about 20 to 25 minutes.
- 05 Next, add the last 1/2 cup of broth along with the spinach, peas and remaining salt. Continue to stir until the last of the broth has been absorbed, the spinach is wilted and the peas are tender. Remove from the heat and stir in the nutritional yeast. Season with additional salt or lemon juice as needed.
- 06 Divide between plates and enjoy.

NOTES

LEFTOVERS

Keep refrigerated in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 1.25 cups of risotto.

MORE FLAVOR

Top with additional nutritional yeast, vegan parmesan cheese, freshly chopped parsley, basil, lemon zest or freshly ground black pepper.



CONSISTENCY

If risotto has become too thick after stirring in the spinach and peas, thin with two tablespoons of warm water at a time until desired consistency is reached.

RICE

This recipe was developed and tested using Arborio Rice. We have not tested this recipe using any other type of rice.



Turkey & Spinach Roasted Acorn Squash Bowls

4 SERVINGS 50 MINUTES



INGREDIENTS

- 2 Acorn Squash
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Coconut Oil
- 1 lb Extra Lean Ground Turkey
- 2 tbsps Chili Powder
- 1 tsp Oregano
- 1 tsp Cumin
- 1/4 tsp Sea Salt
- 1/4 cup Water
- 4 cups Baby Spinach (chopped and packed)

DIRECTIONS

- 01 Preheat the oven to 450°F and line a baking sheet with parchment paper.
- 02 Carefully slice the pointy tips off the bottom of the acorn squash to create a flat surface. Then carefully slice them in half through the center. Carve out the seeds and pulp. Brush the inside of the halves with olive oil. Place face up on the baking sheet and bake for 35 to 45 minutes or until golden brown.
- 03 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 04 Once the turkey is cooked through, stir in the chili powder, oregano, cumin, sea salt and water. Mix very well then add in the baby spinach and continue to stir just until wilted. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 05 Remove squash from oven and stuff each half with the turkey/spinach mix. Top with hot sauce or salsa if you like. Enjoy!

NOTES

VEGAN & VEGETARIAN

Use lentils or black beans instead of ground meat.

SAVE TIME

Roast acorn squash ahead of time and warm it at the time of meal.

LEFTOVERS

Store covered in the fridge up to 3 days. Reheat in the oven, toaster oven or slow cooker.

EXTRA PROTEIN AND HEALTHY FAT

Top with a fried or poached egg.



WASTE NOT, WANT NOT

Set aside the seeds from the acorn squash. Rinse them and spread them across a tea towel to dry. Roast in the oven using our Cinnamon Toast Crunch Pumpkin Seeds recipe.



Seared Cod with Bacon & Kale

1 SERVING 20 MINUTES



INGREDIENTS

- 2 slices Bacon (chopped)
- 1 Cod Fillet
- 1/2 Red Bell Pepper (sliced)
- 2 cups Kale Leaves (roughly chopped)
- 1 tsp Lemon Juice
- 1/8 tsp Sea Salt

DIRECTIONS

- 01 In a skillet over medium heat, add the bacon and cook for 5 to 7 minutes or until cooked through. Remove and set aside, leaving the rendered fat in the pan.
- 02 Add the cod fillet to the pan and cook for 4 minutes, and then remove and set aside. It won't be fully cooked at this point. Add the red pepper to the pan and cook for 2 to 3 minutes, then add the kale. Add the cod back to the pan and cover with a lid. Cook for 6 to 8 minutes, until the cod is cooked through and flaky.
- 03 Add the fillet to a plate along with the kale, peppers and bacon. Squeeze the lemon juice on top and season with sea salt. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add minced garlic to the veggies.

NO PORK

Use turkey bacon instead.

FILLET SIZE

One fillet is equal to 231 grams or 8 ounces.



Roasted Butternut Squash Harvest Bowl

4 SERVINGS 40 MINUTES



INGREDIENTS

4 cups Butternut Squash (diced into cubes)
2 tbsps Extra Virgin Olive Oil (divided)
3/4 cup Quinoa (uncooked)
1 1/4 cups Water
8 cups Kale Leaves (finely chopped)
1 tbsp Balsamic Vinegar
Sea Salt & Black Pepper (to taste)
1/2 cup Pumpkin Seeds
1/2 cup Dried Unsweetened Cranberries

DIRECTIONS

- 01 Preheat oven to 420°F (216°C) and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
- 02 Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
- 03 Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 to 5 minutes). Turn off the heat.
- 04 Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
- 05 Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

NOTES

NO BUTTERNUT SQUASH

Use sweet potato, carrots or beets instead.

SAVE TIME

Use frozen bagged butternut squash.

LEFTOVERS

Keeps well in the fridge up to 3 - 4 days.

EXTRA FLAVOUR

Toss the butternut squash in cinnamon before roasting.



Roasted Butternut Squash Soup with Kale Chips

4 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

- 4 cups Butternut Squash
- 1 tsp Cinnamon (plus extra for garnish)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 Apple (peeled, cored and sliced)
- 1 Sweet Onion (diced)
- 1 tbsp Ginger (grated)
- 4 cups Vegetable Broth
- 2 tsps Sea Salt (divided)
- 4 cups Kale Leaves (cut into large pieces)

DIRECTIONS

- 01 Preheat the oven to 420°F (216°C). Cut the squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender.
- 02 Remove the squash from the oven and let cool. Use a spoon to scoop out the flesh and set aside. Discard the skin.
- 03 Place a large pot over medium heat and add half of the olive oil. Add the apples, onion, and ginger and saute for about 5 minutes or until soft.
- 04 Add the vegetable broth, cooked squash, and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale chips.
- 05 Set the oven to 350°F (177°C) and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining olive oil and sea salt. Transfer kale leaves to the baking sheet in a single layer. Don't overcrowd. Place in the oven and bake for 10 to 15 minutes. Remove from the oven when crisp and let cool.
- 06 Using a blender or immersion blender, puree the soup until smooth. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

NOTES

LEFTOVERS

Refrigerate for up to four days. Freeze for up to three months.

MORE PROTEIN

Blend in a 1 can of cooked red lentils or top with some shredded chicken breast



Quinoa Chickpea Stuffed Squash

4 SERVINGS 40 MINUTES



INGREDIENTS

- 2 Acorn Squash (medium)
- 3/4 cup Quinoa (dry, uncooked)
- 2 cups Baby Spinach (packed)
- 2 tbsps Lemon Juice
- 2 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1 1/2 cups Chickpeas (cooked, from the can)
- 1/2 cup Feta Cheese (crumbled)

DIRECTIONS

- 01 Preheat your oven to 400°F (204°C).
- 02 Cut the acorn squash in half and remove the seeds. Place flesh side down on a baking sheet lined with parchment paper and bake for 25 to 30 minutes.
- 03 While the squash is cooking, cook the quinoa according to the directions on the package.
- 04 When the quinoa is done, fluff with a fork, add the spinach and cover with a lid allowing it to wilt. Once the spinach has wilted, add the lemon juice, extra virgin olive oil, sea salt and chickpeas. Mix well.
- 05 Remove the squash from the oven and fill with the quinoa mixture and top with feta cheese. Serve and enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to 3 days.

LIKES IT SPICY

Add hot sauce or chili flakes.

DAIRY-FREE

Omit the cheese and use sea salt to taste.

NO ACORN SQUASH

Use a different type of squash like butternut or spaghetti.



Sausage & Mushroom Stuffed Squash

4 SERVINGS 1 HOUR



INGREDIENTS

- 1 tsp Avocado Oil
- 2 Acorn Squash (halved and seeds removed)
- 1/3 cup Wild Rice (dry, uncooked)
- 3/4 cup Water
- 12 ozs Pork Sausage (casings removed)
- 2 stalks Celery (chopped)
- 1 1/2 cups Shiitake Mushrooms (chopped)
- 3 cups Baby Spinach
- 1/4 Lemon (juiced)
- 1/4 tsp Sea Salt
- 1/4 cup Parsley (optional, finely chopped)

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C). Drizzle the oil on the squash and place cut side down on a baking sheet lined with parchment paper. Bake for 20 to 30 minutes, or until tender when pierced with a fork.
- 02 While the squash bakes, add the rice to a medium pot with the water and cook according to the directions on the package.
- 03 In a pan, over medium heat, add the sausage and cook for 3 to 4 minutes, breaking it up as it cooks. Add the celery and cook for 2 to 3 minutes, then add the mushrooms and cook for 4 to 5 minutes. Add the spinach and stir until it has wilted and the sausage is completely cooked through.
- 04 Remove the pan from the heat and add the wild rice to the pan along with the lemon juice and sea salt. Mix well.
- 05 Spoon the rice/sausage mixture into the baked squash and garnish with parsley (optional). Enjoy!

NOTES

NO PORK SAUSAGE

Use chicken sausage or beef sausage instead.

VEGAN AND VEGETARIAN

Use cooked lentils instead of sausage.

MEAL PREP

Cook the squash and the rice ahead of time and warm through before serving.

LEFTOVERS

Keeps well in the fridge up to three days.



Baked Sauerkraut with Apples

8 SERVINGS 1 HOUR



INGREDIENTS

- 4 cups Sauerkraut
- 2 1/2 tbsps Extra Virgin Olive Oil
- 2 Apple (cored, thinly sliced)
- 2 Yellow Onion (thinly sliced)
- 2 Garlic (cloves, minced)

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C). Rinse the sauerkraut well and wring out the excess liquid using a kitchen towel or paper towel. Set aside.
- 02 In a large frying pan, heat the oil over medium heat. Sauté the apples and onion for about 10 minutes or until the onions soften and the apples become very tender. Add in the garlic and sauerkraut to the pan and stir to combine. Transfer the sauerkraut mixture to a baking dish and cover with a lid or foil.
- 03 Bake in the oven for 30 minutes. Remove the lid and continue to bake for another 20 minutes until the sauerkraut is tender and browned along the edges of the dish. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 1/2 cup of the mixture.

MAKE IT A MEAL

Serve along side sausages, chicken or pork.



Savory Sweet Potato & Sage Mash

4 SERVINGS 25 MINUTES



INGREDIENTS

- 4 Sweet Potato (medium sized, peeled and chopped into cubes)
- 1 tsp Sea Salt (divided)
- 1/2 tsp Avocado Oil
- 1/4 cup Fresh Sage (loosely packed)
- 2 tbsps Ghee

DIRECTIONS

- 01 In a large pot, add the sweet potato and half of the sea salt. Fill the pot with water and bring to a boil. Reduce to a simmer and cook for 10 to 12 minutes, until the potatoes are fork-tender. Drain and mash with a potato ricer.
- 02 In a skillet, add the avocado oil and sage and fry until crispy, about 2 to 3 minutes. Remove the sage and chop finely. Add the sage, ghee and remaining sea salt to the mashed sweet potatoes and mix together. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately 1/2 cup of mashed potato.

DAIRY-FREE

Use extra virgin olive oil, avocado oil, coconut oil or vegan butter instead of ghee.

NO SAGE

Use another fresh herb such as rosemary or thyme.



Sautéed Spinach with Toasted Pecans

4 SERVINGS 10 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
6 cups Baby Spinach
1/2 cup Nutritional Yeast
1/2 cup Pecans
1 tsp Sea Salt
1 tsp Black Pepper

DIRECTIONS

- 01 Heat a skillet over medium heat and add the olive oil. Add the spinach and cook for five minutes or until it is soft.
- 02 Add the nutritional yeast, pecans, sea salt and black pepper. Sauté for 5 minutes or until the pecans begin to toast. Serve between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NUT-FREE

Use sunflower seeds or pumpkin seeds instead of pecans.

MORE FLAVOR

Add minced garlic or garlic powder.

ADDITIONAL TOPPINGS

Top with hemp seeds or flaxseeds.

NO SPINACH

Use arugula, Swiss chard, or collard greens instead.

NO NUTRITIONAL YEAST

Use parmesan cheese or a dairy-free cheese.



Smoked Paprika Cabbage

2 SERVINGS 10 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1 Garlic (clove, minced)
4 cups Green Cabbage (thinly sliced)
2 tsps Smoked Paprika
Sea Salt & Black Pepper (to taste)

DIRECTIONS

01 Heat olive oil in a pan over medium heat. Add garlic, cabbage, smoked paprika, salt and pepper. Cook for 7 to 8 minutes, stirring occasionally until cabbage is tender. Enjoy!

NOTES

NO SMOKED PAPRIKA

Use regular paprika.

SERVE IT WITH

Roasted chicken, meatballs, tofu, our Honey Lime Tilapia or Grilled Halibut recipe.

LEFTOVERS

Refrigerate in an airtight container up to 3-4 days, or freeze. Reheat by sauteing in a skillet on the stovetop.



Roasted Veggies with Cranberries & Orange

4 SERVINGS 35 MINUTES



INGREDIENTS

- 1 Sweet Potato (peeled, cubed)
- 1 bulb Fennel (cored, sliced)
- 1 1/2 cups Brussels Sprouts (trimmed, halved)
- 1/2 cup Frozen Cranberries
- 2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1 tbsp Orange Juice (freshly squeezed)
- 1 1/2 tsps Thyme
- 1 tsp Maple Syrup

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 02 Arrange the sweet potato, fennel, brussels sprouts and cranberries on the baking sheet. Drizzle with oil and season with the salt. Toss to evenly coat everything.
- 03 Bake in the oven for 30 to 35 minutes or until very tender, stirring once halfway through.
- 04 In a small mixing bowl combine the orange juice, thyme and maple syrup. Drizzle over top of the roasted veggies. Season with additional salt if needed. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 3/4 cup.

NO MAPLE SYRUP

Omit or use honey or agave instead.

NO FRESH THYME

Use another fresh herb like parsley instead.



Turmeric Beef Stuffed Squash

4 SERVINGS 45 MINUTES



INGREDIENTS

- 1 tsp Extra Virgin Olive Oil
- 2 Acorn Squash (halved, seeds removed)
- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (finely chopped)
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 1 tbsp Turmeric
- 1 tsp Sea Salt
- 1/4 tsp Cinnamon
- 2 cups Kale Leaves (finely chopped)
- 1/2 cup Canned Coconut Milk (full fat)

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 02 Rub the oil on the cut sides of the squash. Place the squash cut sides down on the prepared baking sheet and bake for about 30 to 35 minutes or until just tender.
- 03 Meanwhile, heat a large pan over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 04 To the browned beef add the onion, garlic and ginger and cook for 3 to 5 minutes until the onion begins to soften. Add in the turmeric, salt and cinnamon and stir to combine. Add the kale to the beef mixture and stir until the kale begins to wilt. Stir in the coconut milk. Season with additional salt if needed.
- 05 Turn the squash cut side up and fill the beef mixture. Return to the oven and continue to bake for an additional 10 minutes.
- 06 Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to half of a filled acorn squash.

MORE FLAVOR

Add lemon or lime juice, red pepper flakes, chili powder or coriander to the beef mixture.

ADDITIONAL TOPPINGS

Top with cilantro or parsley.



NO ACORN SQUASH

Use a different variety of squash or a sweet potato.



Maple Mustard Brussels Sprouts

2 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Brussels Sprouts (trimmed and halved)
1/2 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 tbsp Dijon Mustard
1 tbsp Maple Syrup
1/4 cup Feta Cheese (crumbled)
2 tbsps Pumpkin Seeds
1/4 cup Microgreens (optional)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Toss the Brussels sprouts with olive oil, sea salt and pepper. Spread across the baking sheet and bake for 22 to 24 minutes.
- 02 While the Brussels sprouts roast, mix the dijon mustard with the maple syrup in a small bowl and set aside.
- 03 Remove the Brussels sprouts from the oven and toss with the dijon maple dressing. Transfer to a serving dish and top with feta, pumpkin seeds and microgreens (optional). Enjoy!

NOTES

NO EXTRA VIRGIN OLIVE OIL

Use avocado oil instead.

LEFTOVERS

Store in the fridge in a sealed container for 2 to 3 days.

DAIRY-FREE

Omit the feta or use a plant-based cheese instead.

NO PUMPKIN SEEDS

Omit, or use another type of nut or seed such as walnuts, almonds, or sesame seeds.

NO DIJON MUSTARD

Use a grainy mustard instead.



Green Bean Casserole

4 SERVINGS 1 HOUR 20 MINUTES



INGREDIENTS

- 2 tbsps Coconut Oil (divided)
- 1 1/2 cups French Shallot (thinly sliced)
- 1/2 head Cauliflower (chopped into florets)
- 5 cups Green Beans (trimmed and halved)
- 2 cups Mushrooms (sliced)
- 3 Garlic (cloves, minced)
- 1 1/2 cups Water
- 1 tsp Sea Salt
- 2 tbsps Nutritional Yeast
- 1/4 cup Slivered Almonds (toasted)

DIRECTIONS

- 01 Add half of the coconut oil in a large skillet and place over medium-low heat. Add the sliced shallots. Stir often to prevent burning for 30 to 40 minutes, or until caramelized. Once the onions are golden, remove from the heat, transfer into a bowl, and set aside.
- 02 While the onions cook, steam the cauliflower in a steaming basket until softened and are easily pierced with a fork. Transfer to your blender or food processor and set aside.
- 03 Steam the green beans for 6 to 8 minutes or until bright green. Transfer the beans into a casserole dish.
- 04 Heat the remaining coconut oil in a skillet over medium-low heat. Saute mushrooms for 5 minutes or until softened then add in the garlic. Saute for another minute and remove from heat. Spread half of this mushroom mixture over your green beans in the casserole dish. Add the remaining half to your blender with your steamed cauliflower.
- 05 Preheat the oven to 350°F (177°C). Add water, sea salt, and nutritional yeast to the blender. Blend until very smooth.
- 06 Pour desired amount of creamy cauliflower sauce into your casserole dish over the green beans and mushrooms. You might not need it all. Smooth with a spoon or spatula. Top with the caramelized onions.
- 07 Bake the casserole for 30 minutes. Remove from the oven and let sit for 5 minutes before serving. Garnish with toasted slivered almonds and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.



Coconut Chive Flatbread

4 SERVINGS 15 MINUTES



INGREDIENTS

- 1/2 cup Coconut Flour
- 2 tbsps Psyllium Husk Powder
- 1/4 cup Dried Chives
- 1/4 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil (plus extra for greasing)
- 1 cup Water (warm)

DIRECTIONS

- 01 In a mixing bowl, combine the flour, psyllium husk, dried chives, baking soda and salt.
- 02 Add the oil and water. Knead with your hands and form a ball. The texture should be soft and elastic, but not sticky. If the dough is too wet, add more psyllium husk. If it is too dry, add water.
- 03 Cut the dough into the according number of recipe servings. Roll into balls.
- 04 Place one dough ball between two sheets of parchment paper and use a rolling pin to roll it out evenly to approximately 8 inches wide. Repeat until the remaining balls of dough are shaped.
- 05 Very lightly grease a cast iron or non-stick pan and place over medium-high heat. Cook for 2 to 3 minutes. Flip and cook for another 1 to 2 minutes. Grease the pan as needed and repeat until all servings are cooked. Enjoy!

NOTES

LEFTOVERS

Stack between layers of parchment paper and refrigerate in an airtight container or storage bag for up to five days. Freeze for up to one month. Reheat on a pan or in the oven for best results.

SERVING SIZE

One serving is equal to one 8-inch flatbread.

MORE FLAVOR

Add your choice of herbs or spices to the flour before mixing.

SERVE IT WITH

Grilled chicken, tofu, roasted chickpeas, fresh veggies and tzatziki sauce.



Cauliflower Mash

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 head Cauliflower (large, sliced into florets)
- 2 Garlic (cloves, minced)
- 2 tbsps Butter
- 1 tbsp Thyme
- Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Place cauliflower florets in a large steamer basket on the stove. Cover, bring to a boil and steam for 10 to 15 minutes, or until very soft.
- 02 Transfer steamed cauliflower to a food processor or blender along with the garlic, butter, thyme, salt and pepper. Process until desired texture. (If you like a chunkier mash, you can use a hand masher for this step.)
- 03 Divide between plates and top with extra butter if desired. Enjoy!

NOTES

MORE CARBS

Make with half cauliflower and half mashed potatoes.

DAIRY-FREE

Replace butter with olive oil.

MAKE IT CHEESY

Add nutritional yeast or parmesan cheese to the mash (about 1 tbsp per serving).



Fennel, Radicchio & Grapefruit Salad

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 bulb Fennel (cored and thinly sliced)
- 3 cups Radicchio (thinly sliced)
- 2 tbsps Shallot (thinly sliced)
- 2 tbsps Grapefruit Juice
- 1/4 cup Extra Virgin Olive Oil
- 1 tsp Raw Honey
- 1/8 tsp Sea Salt
- 2 Grapefruit (peeled and pulled apart into pieces)
- 1/4 cup Mint Leaves (thinly sliced)
- 1/3 cup Hazelnuts (toasted and chopped)

DIRECTIONS

- 01 Add the sliced fennel, radicchio and shallot to a large salad bowl.
- 02 In a small bowl, combine the grapefruit juice, extra virgin olive oil, honey, and sea salt. Mix well.
- 03 Add the grapefruit slices, mint and hazelnuts to the salad bowl and drizzle with the dressing. Enjoy!

NOTES

NO RADICCHIO

Use endive or romaine lettuce instead.

NO GRAPEFRUIT

Use navel orange instead.

NO HONEY

Use maple syrup instead.



Creamy Fall Vegetable Bake

6 SERVINGS 1 HOUR



INGREDIENTS

- 3 cups Butternut Squash (peeled, chopped into 1/2-inch pieces)
- 3 Parsnip (medium, peeled and chopped into 1/2-inch pieces)
- 1 Sweet Potato (peeled and chopped into 1/2-inch pieces)
- 1 Carrot (large, peeled and chopped into 1/2-inch pieces)
- 1 Yellow Onion (chopped)
- 1/4 cup Water
- 3/4 cup Canned Coconut Milk (full fat)
- 3 Garlic (cloves, minced)
- 2 tsps Nutritional Yeast
- 1 tsp Sea Salt

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C)
- 02 Add the chopped vegetables to a baking dish and toss to combine.
- 03 Add the remaining ingredients to a jar with a lid and shake well. Pour the mixture over the vegetables and carefully stir to incorporate.
- 04 Cover the baking dish and bake for 45 to 50 minutes or until the vegetables are very tender.
- 05 Remove from the oven and let cool slightly before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add herbs like parsley or thyme. Use vegetable broth instead of water.

ADDITIONAL TOPPINGS

Fresh herbs, nutritional yeast or fresh ground pepper.

VEGETABLES

For six servings, use any combination of raw, hearty, root vegetables totaling 8 cups.

BAKING DISH

For six servings, use an 8.5 x 11.5-inch or 9 x 9-inch baking dish.



Beets & Onions

4 SERVINGS 15 MINUTES



INGREDIENTS

- 4 Beet (peeled and sliced into 1/2 inch pieces)
- 1 tbsp Avocado Oil
- 1 Sweet Onion (thinly sliced)
- 1/8 tsp Sea Salt
- 1 tbsp Apple Cider Vinegar

DIRECTIONS

- 01 Place the beets in a small steamer basket and steam for about 10 minutes, or until soft. Set aside.
- 02 Prepare avocado oil in a pan over medium heat. Add onion and cook until soft, stirring occasionally.
- 03 Season the onion with salt. Add apple cider vinegar and the cooked beet slices. Stir until combined and serve.

NOTES

SERVE IT WITH

Our Portobello Veggie Burgers with Goat Cheese, Orange Beef Stir Fry, or as a side to any main dish.

TURN IT INTO A SALAD

Toss with spinach, goat cheese and sunflower seeds.

NO AVOCADO OIL

Use olive oil, coconut oil or butter instead.



Basil Bursted Tomatoes

2 SERVINGS 20 MINUTES



INGREDIENTS

2 tbsps Avocado Oil
2 cups Cherry Tomatoes
1 tsp Dried Basil
1/4 tsp Sea Salt

DIRECTIONS

- 01 In a large saucepan, heat the oil over medium-high heat. Cook the tomatoes until they start to burst, about 15 to 20 minutes.
- 02 Stir in the basil and salt. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

MORE FLAVOR

Add chopped fresh basil, parmesan or nutritional yeast.



Baked Sweet Potato with Walnuts

2 SERVINGS 40 MINUTES



INGREDIENTS

- 2 Sweet Potato (medium sized, halved)
- 1 tsp Coconut Oil
- 1/3 cup Walnuts
- 1/4 tsp Sea Salt
- 1 tsp Nutritional Yeast (optional)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Rub the sweet potatoes with oil and place cut side down. Bake for 35 to 40 minutes, until slightly caramelized and soft.
- 03 Place the walnuts in the oven with the sweet potato during the remaining 8 minutes of cooking. Then remove, let cool slightly and roughly chop.
- 04 Season the sweet potatoes with salt. Top with chopped walnuts and nutritional yeast, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is one medium sweet potato.

NUT-FREE

Use sesame seeds or pumpkin seeds instead.

MORE FLAVOR

Add fresh herbs such as thyme on top.

NO COCONUT OIL

Use olive oil or avocado oil instead.



Maple Cranberry Sauce

8 SERVINGS 30 MINUTES



INGREDIENTS

- 1 cup Water
- 1 cup Maple Syrup
- 3 cups Frozen Cranberries (or fresh)

DIRECTIONS

- 01 Combine water and maple syrup in a saucepan and bring to a boil.
- 02 Add cranberries and cook until they burst and soften, about 20 to 25 minutes. Let cool before serving. Enjoy!

NOTES

SERVING SIZE

One serving is equal to approximately 1/4 cup of cranberry sauce.

LEFTOVERS

Refrigerate in an airtight container up to one week or freeze for up to three months.

SERVE IT WITH

Turkey, stuffing, brie, as a jam, with yogurt or in baked goods.



Garlic & Herb Hasselback Potatoes

2 SERVINGS 1 HOUR 5 MINUTES



INGREDIENTS

- 2 Russet Potato (large)
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Butter
- 2 Garlic (cloves, sliced thin)
- 1/2 tsp Rosemary (chopped)

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with aluminum foil or parchment paper.
- 02 Place two chopsticks (or wooden spoons) on both sides of the potato lengthwise. Using a sharp knife, thinly slice the potato until it reaches the chopstick (this prevents the knife from going all the way through). Repeat with remaining potatoes.
- 03 Brush the potatoes with the oil and season well with salt and pepper. Place on the baking sheet and bake for 50 minutes.
- 04 Melt the butter in a microwave safe bowl in 30 second increments. Once melted, add the garlic and rosemary and stir to combine.
- 05 Remove the potatoes from the oven and brush with the butter mixture, making sure to coat all the slices in the potato well. Place back in the oven and bake for another 10 to 15 minutes, until cooked through. Let cool slightly before eating. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to three days.

SERVING SIZE

One serving is one potato.

DAIRY-FREE

Use a dairy-free butter alternative.

ADDITIONAL TOPPINGS

Top with finely grated parmesan.

MAKE IT VEGAN

Use a vegan butter.



Miso Glazed Roasted Carrots

4 SERVINGS 25 MINUTES



INGREDIENTS

- 10 Heirloom Carrots (cut in half lengthwise)
- 2 tbsps Orange Juice (freshly squeezed)
- 1 tbsp Orange Zest
- 1 tsp Ginger (minced)
- 1 tsp Coconut Oil (melted)
- 2 tbsps Miso Paste
- 1 tsp Sesame Oil
- 2 tbsps Water
- 1 tbsp Rice Vinegar
- 1 tsp Maple Syrup

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the carrots on the baking sheet.
- 02 In a small bowl, mix together the orange juice, orange zest, ginger and coconut oil. Brush this mixture on the carrots and place in the oven to cook for 16 to 20 minutes.
- 03 While the carrots are cooking, whisk together the miso paste, sesame oil, water, rice vinegar and maple syrup in a small bowl.
- 04 Remove the carrots from the oven and drizzle the miso sauce over top. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO RICE VINEGAR

Use apple cider vinegar instead.

MISO PASTE

This recipe was developed and tested using white miso.

COOK TIME

Depending on the thickness of your carrots, you can either slice in half or quarter them if they are large. The cook time will vary depending on how thick your carrots are.

ADDITIONAL TOPPINGS

Top with sesame seeds.

