

SIMPLY REAL HEALTH

a healthy life, made simple

Week 1 Recipes

Sarah's Everyday Green Smoothie

Makes approximately 1 serving

Notes: This recipe is the best way to start making green smoothies! Use a small amount of spinach when you're first getting started, and add more as you get comfortable—chances are, you won't even taste it. When blended, this smoothie has a great sweet taste to it.

1 cup frozen blueberries
½ avocado
½ banana
3 large handfuls of spinach (or more)
1 cup water
1 cup ice

Add banana, spinach, blueberries, and avocado to a blender with water. Blend first, then add ice and continue to blend until smooth.

Peanut Butter + Date Green Smoothie

Makes approximately 1 serving

Notes: To die for! This is a great beginner green smoothie recipe for kids and adults alike. For a fun twist, try adding 1-2 teaspoons of unsweetened cocoa powder for a chocolate peanut butter green smoothie.

5 leaves romaine, butter lettuce, or kale, or 2 handfuls spinach
1 teaspoon peanut or almond butter
3 dried dates, pits removed
½ banana
½ avocado
½ cup water
½ cup coconut water
1 cup ice

Add greens, nut butter, dates, banana, avocado, coconut water and water to the blender. Blend first, then add ice, and continue to blend until smooth.

Zucchini + Egg McMuffins

Makes approximately 12 muffins

Notes: These muffins are a great healthy breakfast for on the go, and can easily be made ahead of time. Extra ingredients like chopped organic turkey or bacon, grated or chopped vegetables, or hot sauce would be great additions.

10 organic cage-free eggs
1 zucchini, grated or shredded with excess moisture squeezed out (use a paper towel)
½ onion, finely chopped
¼ cup goat cheese, grated parmesan, or other artisan cheese of your choice (optional)
1 tablespoon fresh chopped herbs (chives, basil, or parsley)

sea salt and pepper to taste

Preheat oven to 400°F. Line a muffin tin with baking cups or grease the pan with butter or coconut oil. In a bowl, whisk eggs, zucchini, onion, herbs, and cheese with sea salt and pepper. Pour the batter into muffin tins and bake until cooked through (or not runny in the middle) for approximately 20 minutes. Broil for the last minute to get a nice brown crust.

Photoshoot Salad

Makes approximately 6 servings

Notes: I made this salad on accident during my first photo shoot for simplyrealhealth.com. I was so nervous. And multitasking. And was supposed to be cooking “something” for the camera while smiling and trying not to cut myself. This recipe is what entailed. After a long day, the photographer tasted it, and she just smiled at me, nodding in silence. I tasted it after, not really believing her. But, yes. It was so good! Since then, I always make it while I’m being photographed in the kitchen (yes, even the cover of this book is a rendition of it). It’s got great color, requires no cooking and is so satisfying. It’s a perfect recipe to eat on its own, over mixed greens, mixed into cooked brown rice or quinoa, or over grilled meat or vegetables.

2 cans garbanzo beans, rinsed and drained
1 English cucumber, peeled with the seeds scooped out with a spoon
½ pint baby tomatoes, halved, or 1 red bell pepper, cubed
10 leaves fresh basil, finely chopped
1 avocado, cubed
¼ cup parmesan cheese (optional)

Dressing:

1 lemon, juiced
drizzle of olive oil
sea salt and pepper to taste

Combine all ingredients in a large bowl, except the avocado and parmesan. Add dressing and gently stir. Add avocado and parmesan when ready to serve. Garnish with extra chopped basil.

Kale, Avocado + Roasted Squash Salad

Makes approximately 4 servings

Notes: Think you don’t like kale salad? Try this one first. Marinating kale in dressing helps break down the kale’s bitterness, and creates an excellent base for all kinds of meals, making it easy to take with you on the go. To add more substance to your salad, add baby tomatoes, hard-boiled eggs, organic turkey or chicken, cucumber slices, or some sesame or pumpkin seeds. To save time, use pre-cut frozen butternut squash cubes. This salad gets better with time—make a batch and keep it in the fridge for up to 3 days.

2 heads leafy green kale
1 cup roasted butternut squash cubes (see **Roasted Vegetable** recipe for a basic how-to)
1 avocado, cubed
sprinkle of crumbled feta cheese (optional)
1/3 cup **Maple-Basil Dressing**

Wash the kale, discard the stems, and tear the leaves into bite-sized pieces. Place in a large bowl. Dry leaves with a paper towel. Pour maple-basil dressing over the top and use your hands to massage it into the leaves. Add cooked squash and feta cheese. Add avocado right before serving.

Maple-Basil Dressing

Makes approximately 4 servings

Note: Store this in a small glass bottle or jar, and keep it in the fridge for up to 7 days.

¼ cup olive oil
5 tablespoons red or white wine vinegar
2 tablespoons dijon mustard
1 tablespoon maple syrup
10 fresh basil leaves

¼ teaspoon sea salt
½ teaspoon pepper

Combine all ingredients in a blender.

Lentil Yogurt Dip + Salad

Makes approximately 6 servings

Notes: This is a great dip with veggies, chips, or crackers of your choice. Also excellent on top of salad greens for an easy and satisfying lunch.

1 cup whole milk greek yogurt
3 cups cooked lentils (canned, steamed, or tiny French dry lentils that you soak and cook yourself)
4 green onions, thinly chopped
1 tablespoon chopped chives (approximately 6 stems)
sea salt and pepper to taste

Combine all ingredients together. Adjust seasonings as necessary.

Poblano Quinoa Chicken Chili

Makes approximately 8 servings

Notes: With the quinoa added, this chili is very thick and hearty—almost like a stew. If you can't find poblano peppers, use a green bell pepper and jalapeño instead. Serve with avocado, chopped green onions, organic sour cream, or whole milk greek yogurt.

1 cup shredded chicken or 4 links organic chicken sausage (pre-cooked)
1 can black, white, or kidney beans, rinsed and drained (optional)
1 poblano pepper, cubed
1 red bell pepper, cubed
2 zucchini, cubed
2 carrots, chopped
3 stalks celery, chopped
1 onion, chopped
½ cup quinoa
2 cups organic chicken stock
1 24 ounce can fire-roasted crushed tomatoes
½ teaspoon garam masala powder
1 teaspoon roasted chili powder
sea salt and pepper to taste

In a stock pot, heat a generous dollop of olive oil over medium heat. Add sliced sausage pieces; cook until brown on all sides. Remove the sausage, and set aside.

Add chopped celery and onion into the pot, and let cook on medium heat for 3-4 minutes. Then add carrots and cook for another 3-4 minutes. Add peppers, and cook for 5 more minutes.

Add chopped zucchini, roasted tomatoes, and chicken stock, plus 1 cup water. Add quinoa, cooked sausage or shredded chicken, chili powder, sea salt, pepper, and garam masala powder. Turn the heat up, cover, and let water come to a boil, then reduce to a low simmer for 15-20 minutes until the quinoa is cooked through. Add in beans if desired.

Soup is done when the quinoa softens, expands and naturally thickens the soup to a stew-like texture.

Chicken + Vegetable Provencal Soup

Adapted from Rachel Ray

Makes 4 servings

1 sweet onion, chopped
2 cloves garlic, peeled and chopped
2 carrots, peeled and chopped

1 zucchini, chopped
1 red bell pepper, chopped
1 ½ lb baby potatoes, thinly sliced/chopped
1 lb organic chicken tenders, chopped
1 cup white wine
1 14 oz can diced tomatoes
4 cups organic chicken or vegetable stock
1 teaspoon sea salt
1 teaspoon pepper

Heat a large drizzle of olive oil in a large soup pot, over medium heat. Add onion and garlic and sauté for a few minutes before adding carrots. Cook for a few minutes, then add zucchini, bell pepper, sea salt, pepper, herbs de provence, and white wine. Turn heat up to medium high.

Let cook for a few minutes, stirring often. Add tomatoes, stock, potatoes and chicken pieces to the broth. Reduce heat back to a simmer, cover and let cook for 10-15 minutes or until the chicken pieces and potatoes are done. Season to taste with extra sea salt and pepper.

Great served with pesto, avocado or toasted sesame seeds on top!

Pumpkin Spice Latte [for coffee or tea]

Makes approximately 1 serving

¼ cup pumpkin puree
1 teaspoon pumpkin pie spice
1 tablespoon maple syrup or honey (or more or less depending on your tastes)
½ teaspoon vanilla
1 cup coffee or brewed black, green, or rooibos tea
½ cup coconut milk, almond milk, hemp milk or coconut water

Brew coffee or tea of your choice first. Then, in a saucepan, add pumpkin puree, maple syrup, pumpkin pie spice and vanilla. Warm over low heat and whisk ingredients together. Add coffee or brewed tea, then milk of your choice (or froth it separately in true latte style- in a blender works great!). Top with extra pumpkin pie spice, cinnamon or nutmeg.