

SIMPLY REAL HEALTH

a healthy life, made simple

FOOD ACADEMY WEEK 2 RECIPES

Cinnamon Green Smoothie

Makes approximately 1 serving

Notes: If you are ready for a refreshing and bright tasting smoothie, give this one a whirl. The cinnamon and cucumber are such a great combination. Also try this with pumpkin pie spice too, or a scoop of pureed pumpkin ☺

1 cucumber, peeled
1 cup spinach
2 stalks green kale, stems discarded
½ banana
½ avocado
1 teaspoon vanilla extract
1 teaspoon cinnamon
½ cup water
1 cup ice

Add cucumber, spinach, kale, banana, avocado, vanilla, cinnamon, and water to the blender. Blend first, then add ice, and continue to blend until smooth.

Grape Green Smoothie

Makes approximately 1 serving

Notes: Frozen grapes work best for this recipe, and you only really need a few as they are naturally pretty sweet. Works great with red and green grapes.

3 stalks kale (or 2 cups spinach or lettuce)
4-6 grapes
¼ banana
¼ cup hazelnut milk (or almond/hemp/whole milk)
½ cup water
1 cup ice

Add all ingredients except ice to the blender and puree until smooth. Add ice after the produce has blended and continue to blend until smooth.

Spring Green Lettuce Salad with Lemon Feta Dressing

Makes 4 servings

1 head butter lettuce, chopped
1 ripe avocados, sliced
½ cup snap peas, ends removed
½ bunch radishes, thinly sliced
½ cup dry quinoa
handful of chives for garnish
crumbled feta cheese for garnish

Lemon Feta Dressing

Cook quinoa first by adding it, 1 cup water and a generous dash of sea salt to a small saucepan. Bring to boil, then reduce heat to a simmer until all the water absorbs, around 10 minutes.

In the meantime, make the **Lemon Feta Dressing** and assemble the rest of the salad ingredients, adding quinoa in when ready. Toss with dressing right before serving.

Lemon Feta Dressing

Makes 8 servings

Notes: This dressing is also great on roasted veggies, brown or wild rice, or chicken! Keeps in the fridge for up to 10 days in a sealed container.

½ cup olive oil
½ cup crumbled feta cheese
1 lemon, juiced
¼ cup dill, chopped
7 stalks chives, chopped
sea salt and pepper to taste

Blend all ingredients together in a blender. Store in a glass jar in the fridge for up to a week.

Tuscan White Bean Stew

Makes approximately 8 servings

Notes: Other great additions to this amazing stew would be chopped yams or sweet potatoes, shredded chicken or sausage, or a dollop of whole milk greek yogurt, sour cream, or the pistou. Leftovers freeze great!

2 cans organic cannellini or white beans, rinsed and drained
6 small red or white potatoes, cubed
¼ pound green beans, ends trimmed
3 roma tomatoes, diced
3 stalks celery, chopped
1 large or 2 small carrots, chopped
½ onion, chopped
3 cups organic chicken or vegetable stock
8 ounces tomato sauce
2 cloves garlic, chopped
1 tablespoon dried rosemary or 2 tablespoons fresh rosemary
1 teaspoon balsamic vinegar

Heat a bit of olive oil in a soup pot over medium heat. Add onion first, then after a few minutes, add carrots, celery and potatoes. After 4 additional minutes, add the white beans, tomatoes, tomato sauce, garlic, rosemary, green beans, and broth. Turn heat to high, and bring to a boil. Once boiling, immediately reduce heat to a simmer, and cover for 10-15 minutes until the potatoes are soft enough to poke with a fork. Season with sea salt and pepper to taste. Add a splash of balsamic vinegar right before serving.

Garlic-Ginger Larb Lettuce Wraps

Makes approximately 6 servings

*Notes: Larb is a classic Thai dish, and this is my favorite healthy upgrade to it, minus all the salt and soy sauce. It's excellent paired with a homemade **Peanut Sauce**, hummus, salsa, guacamole, or avocado slices.*

1 pound organic ground turkey, beef, or chicken
2 cloves garlic, whole
1 2 inch ginger root, peeled
1 cucumber, peeled into ribbons
1 carrot, peeled into ribbons
1 head iceberg or butter lettuce, washed and separated into whole leaves
2 tablespoons crushed peanuts

In a skillet, heat a dollop of coconut or olive oil over medium heat. Add ground meat of your choice, and sauté until cooked through, grating the garlic and ginger with a cheese grater over the pan as you go. Sprinkle with sea salt. Add ground meat to lettuce wraps, top with cucumber, carrot ribbons and salad dressing or the **Peanut Sauce**. Garnish with crushed peanuts and extra dipping sauce.

Peanut Sauce

Makes approximately 8 servings

*Notes: The perfect addition to the **Larb Lettuce Wraps**, **Fresh Spring Roll** (from the cookbook), stir-fries, or grilled chicken or vegetables.*

2 tablespoons tamari sauce (gf) or shoyu sauce
4 tablespoons natural peanut butter, almond butter, or tahini
2 tablespoons honey
1 16 ounce can of coconut milk
sprinkle of cayenne pepper
sprinkle of sea salt

Whisk all ingredients together in a saucepan over low heat until warm.

Pistou

Makes 4 servings

Notes: Pistou is a French pesto- minus the cheese. It's amazing on all meat, stirred into any soup, or as a dip for veggies.

1 large bunch basil
½ cup pine nuts or walnuts
½ cup olive oil
sea salt and pepper to taste

Blend all ingredients together. Store in the fridge for up to a week.

Crockpot Lamb Ragù

Makes 3 servings

½ onion, chopped
3 cloves garlic
½ cup white wine
½ lb lamb shoulder
28 oz can of crushed tomatoes
sea salt and pepper to taste

Add all ingredients to a crock pot. Set for 4-6 hours. Shred meat when ready to serve and adjust seasonings as necessary.

Portobello Mushroom Pizzas

Makes 2 servings

4 portobello mushrooms, caps removed

Toppings of your choice. I suggest: spinach + cooked sweet potato + caramelized onions OR red sauce + spinach + gouda/parmesan/goat or mozzarella cheese OR pesto + pulled chicken or roasted red peppers.

Preheat oven to 400 and line a baking sheet with parchment paper. Remove stems of the mushrooms and rub each with olive oil. Roast for 15 minutes. Cook any other toppings you'd like on the stovetop while you wait. Remove mushrooms from the oven and top with your choice of toppings.

Place back in the oven for 3-4 minutes until the cheese or sauce melts. Serve hot. Optional to garnish with arugula on top to sneak some extra veggies in!

Stuffed Sweet Potatoes with Kale

Makes 4 servings

4 small yams or sweet potatoes (more narrow and long than round, if possible)

1 cup shredded kale

½ onion, thinly sliced

sprinkle of good quality cheese or hot sauce (optional)

sprinkle of pinenuts (optional)

Preheat oven to 400 and line a baking sheet with parchment paper. Wrap each yam in foil and bake for 25-30 minutes until done.

In the meantime, sauté onion over low heat in olive oil on the stove top. Optional to add chopped garlic as well. When almost done, add shredded kale to the pan until it softens. Season generously with sea salt and pepper.

Remove yams from the oven when you can easily poke them with a fork. Open up each foil packet, slice each potato almost in half, mash the insides slightly with a fork, and stuff with the onion and greens mixture. Optional to sprinkle with good quality cheese or hot sauce of your choice and pine nuts. Serve warm.

Pesto Chicken + Veggie Bake

Makes approximately 6 servings

Notes: This is a great one-pan dish. If you don't like pesto, use a tomato sauce.

1 6 ounce jar of pesto or 1 cup homemade pesto

6 thin-cut organic chicken breasts

1 bunch asparagus or ½ pound green beans, ends trimmed

½ pint baby tomatoes, halved

sprinkle of parmesan cheese or mozzarella cheese (optional)

Preheat oven to 375°F. Spread a bit of pesto to cover the bottom of a baking dish. Rinse chicken, pat dry with a paper towel, and arrange the breast pieces close together in the pan, without overlapping them. Cover each with a thin layer of pesto.

Add asparagus or green beans on top of the chicken, down the middle of the pan. Add the baby tomatoes around the border. Spread whatever leftover pesto you have across the top. Sprinkle cheese on top.

Cover with foil and bake for 30-35 minutes. Check to make sure the chicken is done, then remove the foil and broil on high for 6 minutes or so, or until the cheese browns and bubbles on top.

Pistachio + Chocolate Covered Frozen Bananas

Makes approximately 12-15 bites

Notes: Try dipping these sweet healthy bites in shredded coconut or peanut butter too! You can swap out the type of nut as well, depending on what you have in your pantry already.

2 bananas, sliced into 1 inch pieces
1 dark chocolate bar, melted in a small, shallow pan
¼ cup pistachios, shelled and chopped

In a saucepan, melt chocolate on low heat, stirring frequently. Set aside. Dip banana pieces in melted chocolate (one side only) and place, chocolate-side up, on parchment paper. Sprinkle with chopped pistachios and sprinkle with sea salt. Freeze for at least 1 hour before serving.

Sesame Sea Salt Caramel Corn

Makes approximately 2 servings

Notes: Chopped peanuts or other nuts can be great additions, as can raisins or dark chocolate.

1 cup organic popcorn kernels
4 tablespoons unrefined coconut oil
5 tablespoons caramel (*store bought or homemade- TJ's has a great one. There will be sugar, just look for no high fructose corn syrup!*)
1 tablespoon sesame seeds
sea salt to taste

Preheat oven to 350 and get a parchment lined baking sheet ready before you start.

Make popcorn first: melt 2 tablespoons coconut oil over medium-high heat in a Whirly Pop or big stock pot with a lid. When warm, add popcorn kernels and cover. Shake occasionally as you start to hear popping, keeping lid closed until the popping is done.

Start to heat up the caramel on very low heat over the stove. Add in remaining coconut oil and sesame seeds and stir to combine. When the popcorn is done, spread it out on the baking sheet.

Drizzle the caramel mixture over the top and sprinkle with sea salt. Bake for 5-10 minutes or until starting to crisp. Let cool before serving. Keeps fresh for up to 10 days in an airtight container.