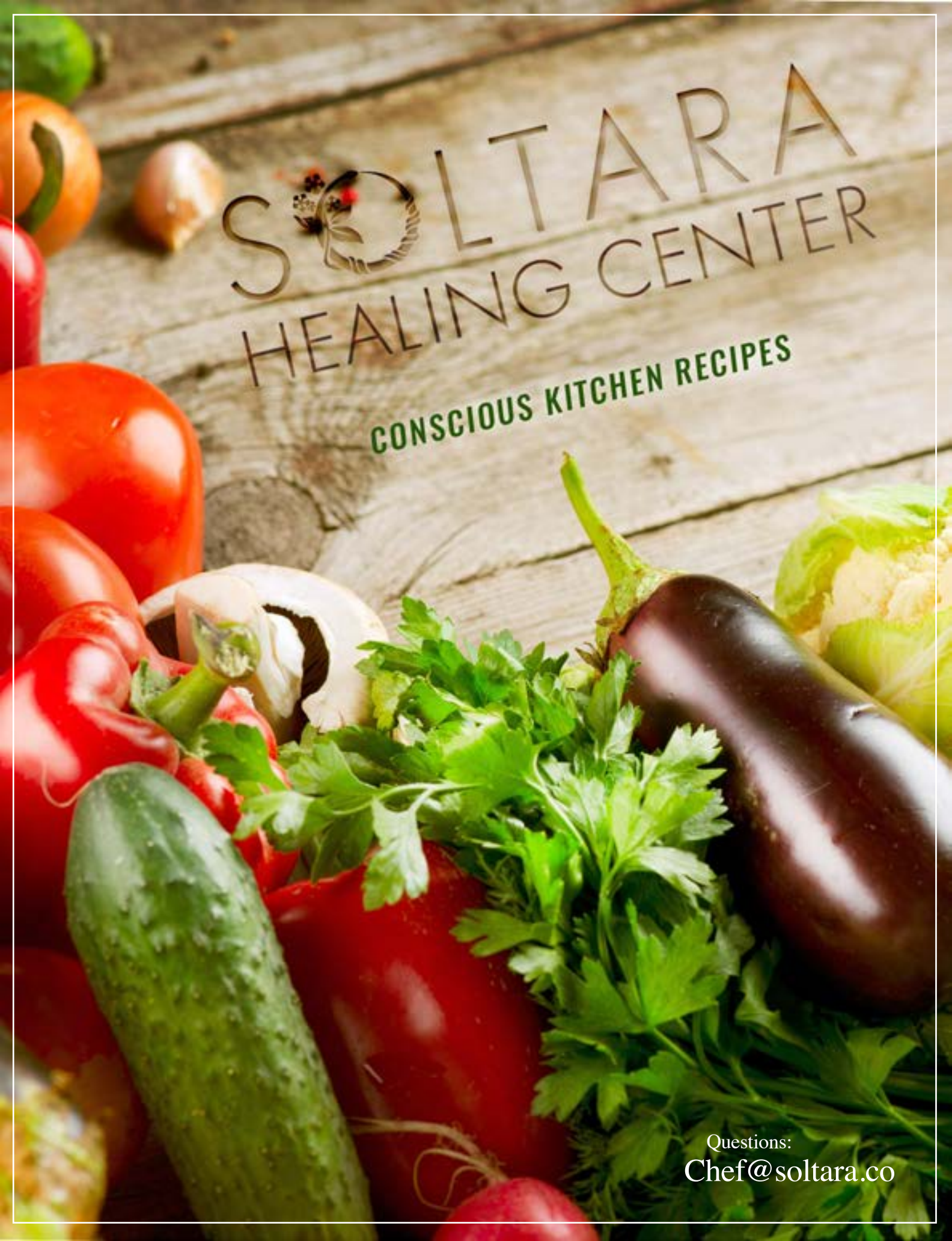




SOLTARA

HEALING CENTER

CONSCIOUS KITCHEN RECIPES

Questions:
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Egg Frittata with Mushrooms, Peppers, Spinach, and Broccoli

This egg frittata is a flexible dish that you can easily adapt to serve more people by using a larger baking pan and increasing the quantities of ingredients.

6-8 eggs (depending on the pan size)
4 or 5 button or cremini mushrooms, sliced
1 cup broccoli, chopped or thinly sliced
A handful of spinach, roughly chopped
1/2 cup red or yellow bell peppers (fresh or roasted), sliced
1/2 cup leek, white, or red onion, chopped
1 tablespoon fresh thyme (optional)
A splash of coconut cream or 35% heavy cream (optional)
salt, and pepper for seasoning

Note: This recipe is versatile; you can start the cooking process on the stove and finish in the oven with an oven-safe frying pan, or keeping the heat on very low and with a lid for the pan you can cook the frittata on the stove top. For a larger frittata; cook the vegetables first and then transfer them to a larger baking pan. Adjust the amount of vegetables and eggs according to the size of your pan and the number of servings desired.

Preheat your oven to 375°F (190°C)

Cook the Vegetables: use an oven-safe non-stick frying pan over medium heat. Transfer the vegetable mixture to the pan, cooking until they are soft and fragrant, about 15 minutes. Stir occasionally to ensure even cooking and prevent sticking.

Note: Use low to medium heat; it helps in releasing moisture, especially from mushrooms.

Add Flavors: Feel free to introduce extra seasonings at this stage, such as paprika, garlic powder, cayenne, thyme or other herbs, according to your taste preferences.

Whisk the Eggs: While the vegetables are cooking, whisk the eggs in a separate bowl with a splash of heavy cream or coconut cream, if desired. Season with salt.

Combine Eggs with Vegetables: Once the vegetables are soft, stir in the chopped spinach, turn off the heat and pour the egg mixture over the vegetables, gently stirring to ensure an even distribution.

Bake: Transfer the pan to the preheated oven and bake until the center of the frittata is firm and not jiggly, approximately 15 minutes.

Serve: Allow the frittata to cool for about 5 minutes. Loosen the edges with a spatula, then slide the frittata onto a cutting board. Slice and serve warm.

Enjoy this delicious egg frittata any time of the day. Also great for leftovers in between bread and cream cheese...

Baked Oats & Fruit 9x12 baking pan size

- **3 cups of rolled oats**
- **1 cup chopped walnuts, almonds or cashews**
- **1/2 cup of sunflower seeds or pumpkin seeds(optional)**
- **4 cups of chopped fruit**
(apple, peach, blueberry, strawberry pineapple, pear, mango, etc..)
- **1 banana**
- **Juice from an orange(optional)**
- **2 tbsp Cinnamon**
- **1.5 cups Almond milk or coconut cream**
- **Honey or maple syrup**

Prepare the Fruit:

Begin by peeling and slicing or chopping your chosen fruits. In a saucepan, simmer the fruit with approximately a cup or so of water. While you can't go wrong with your fruit choices, sticking to two or three types of fruit will ensure a harmonious flavor. Both fresh and frozen fruit mixes are excellent choices.

Adjust Quantity Based on Pan Size:

The amount of fruit, nuts, seeds, and oats you use will depend on the size of your baking dish and how much you want to make. Opt for a roasting pan or a glass or ceramic baking dish. Fill the base of the pan with fruit to your liking.

Mix Dry Ingredients:

In a large bowl, combine oats, walnuts, almonds, seeds, coco flakes and a generous amount of cinnamon. Mix well, crushing the oats and cinnamon together with your hands for better texture. Chop up a banana and mash it well into the mixture with honey; the natural sugars from the honey and banana will help the crumble topping crisp up and brown beautifully.

Assemble the Crumble:

Once the fruit has softened slightly (yet still retains some bite), transfer it to your chosen baking dish. Pour almond milk over the fruit to just cover it. Spread the oat mixture evenly over the fruit layer. Mixing slightly into the fruit mix.

Bake to Perfection:

Bake in a preheated oven at 385°F (about 196°C) for approximately 20 minutes, or until the topping is toasty and golden brown. Allow the crumble to rest for 5 minutes before serving.

Serve this delightful crumble warm, drizzled with honey and a splash of almond milk

Note: This recipe is wonderfully flexible, allowing you to experiment with different fruit combinations and adjust the quantities of nuts, seeds, and oats to suit your preferences and the size of your baking dish.

Dry Rub Grilled Chicken

Whole chicken breasts

Salt & pepper

Dried spices/herbs (see mix options below)

NOTE: You can either leave the breasts whole, grill them to sear the meat then finish them in the oven for 15 minutes for juicy tender meat. Slice and serve. OR you can cook them completely on the grill. For this you will want to reduce the heat after searing the breasts. Lower the grill temperature or the meat and spices will start to burn before the center is cooked. Slow cooking is always best for juicy chicken. You can also cut the breasts into thinner portions as well to allow them to cook faster. Just not too thin or you will end up with dry chicken.

Add the chicken to a large bowl with a splash of oil and a good few pinches of salt and pepper as well. Then mix well with the dry spices mix of your choice.

Place the breasts on the hot grill to sear the meat and create grill marks. About 4-5 minutes per side should be good. They will still be raw in the middle.

Transfer grilled chicken to a roasting pan and cover with foil. Place in the oven at 350°F for about 15-20 minutes to finish cooking. Covering them with foil helps keep moisture in the pan so the chicken doesn't dry out as easily. Check the fattest piece for doneness.

DRIED SPICE OPTIONS

Mix any 2 - 5 of the below spices & dried herbs together for great results. You can't go wrong.

- cayenne
- garlic powder
- cumin
- onion powder
- dried thyme
- ground mustard
- dried basil
- dried rosemary
- yellow curry powder
- crushed red pepper flakes

Crispy Rosemary Roasted Potato Wedges

Russet, yukon gold or red potatoes

Fresh rosemary

Garlic powder

Paprika

Olive oil or avocado oil

From raw: Cut the potatoes into wedge shapes and add to a mixing bowl. Not too thick or the outside can burn before the center is soft. Rinse in water to help remove some of the starches. Pat them dry with a clean towel, paper towel or let air dry. Toss them with chopped rosemary, garlic powder, paprika, salt, pepper and olive oil.

Transfer the potatoes (Skin side down) to a baking tray with parchment paper, aluminum foil or directly on the tray if it is a non-stick. Placing the wedges skin side down and the flesh facing up will ensure a perfect crisp all around. Bake for about 20 minutes at 425°F

Having the wedges skin down helps with even cooking on the flesh and crispy wedges every time!

Par boiled: You could also par boil the potatoes first to cook the starches and give you a really fluffy interior. Place the wedges in cold or room temperature water in a pot and bring to a boil, then reduce the heat. Cook for only about 2-4 minutes. (Adding potatoes to water that is already boiling results in the outer layers cooking more quickly than the inside, leading to unevenly cooked potatoes.)

Once the potatoes are cooled off you can toss them with chopped rosemary, garlic powder, paprika, salt & pepper and olive oil in a large mixing bowl.

Transfer the potatoes (Skin side down) same as the raw version. Bake in the oven for about 15 minutes. A little less than from raw.

Garlic & Rosemary Infused Olive Oil

In a small sauce pot add the desired amount of olive oil you want to flavor. Add in 4-6 peeled and smashed garlic cloves. Bring the oil to a simmer on low heat. You do not want to boil it. Just a very low heat until the garlic floats and turns brown. Remove from the heat and toss in a sprig of rosemary no bigger than a pen.



Coconut Curry & Mango Rice

Embrace flexibility when it comes to the vegetable ingredients in this recipe. The provided measurements primarily serve as a guide to maintain balance between the different elements. Feel free to adjust the quantities slightly to suit your taste or to accommodate more servings.

As for the size of the chopped vegetables, there's no need for precision. Whether you opt for a rough chop or a fine dice, the choice is entirely yours. I tend to chop the vegetables to about the size of a thumbnail. Just remember, the larger the pieces, the longer they'll need to simmer to reach the desired tenderness. So, go ahead, play around with the sizes and quantities to find what works best for your taste.

Ingredients:

4 cups 'dry' Jasmine rice OR white rice
1 cups chopped carrots
1/2 cup chopped celery
1/2 cup chopped onion
1/2 cup chopped red or green pepper
1 cup chopped cauliflower
2 diced garlic cloves
1 tbsp diced fresh ginger root
1 - 1.5 cups vegetable broth, chicken broth or water
1/2 cup of coconut cream
1.5 tbsp yellow curry powder
1/2 cup chopped mango
1 tsp crushed coriander seeds(optional)
Fresh chopped cilantro(optional)

Directions:

Begin by perfectly preparing the rice. Whether you're using a dedicated rice cooker or a traditional pot with a lid on the stove, the secret lies in gentle cooking. For those seeking consistency, a rice cooker is a reliable ally for flawless rice every time.

Once cooked, always fluff it meticulously with a large spoon. Keep it covered and set it aside to preserve its warmth and texture. For jasmine rice, use a water-to-rice ratio of 1.5:1, and for white rice, a 1:1 ratio ensures the ideal consistency.

Now, turn your attention to the vegetables. Finely dice the garlic and ginger nice and small. Chop the onions, celery, carrots and peppers at a larger size.

In a sturdy frying pan, bring these ingredients to life over low to medium heat with a splash of coconut oil, nice amount of salt, and crushed coriander seeds. Adding the salt to the vegetables 5 minutes before cooking will help draw out their juices and sugars. The key here is patience - let the vegetables



tenderize gradually and allow the garlic and ginger to soften and brown, releasing their aromatic flavors.

Should the ingredients begin to adhere to the pan slightly, that's ok. If they show signs of becoming too dark or burn, simply remove the pan from the heat entirely for 60 seconds, all the while stirring. This will allow the pan to cool down momentarily. A low heat setting is optimal for coaxing out the flavors, gently melding them together.

Once the garlic and onions are getting darker in color give everything a dusting of yellow curry powder and continue to stir. Let the curry powder darken slightly in the bottom of the pan. This will boost the flavor. Now add in the vegetable broth or chicken broth and bring to a simmer. You want to use enough broth to cover the base of the pan and halfway cover the vegetable mixture.

Next add in the chopped cauliflower and mix well. I like to cut them larger and break them down in the pan when they soften. Cover with a lid and continue to simmer. Stirring every so often. Adding more broth if needed. You want the carrots to be fork tender.

Now add in 1 cup of coconut cream, salt and stir well. Cover and let simmer for another 5 minutes. It should be a soupy consistency. You don't want it to be reduced too much at this point. You want the rice to absorb the extra liquid.

Once you're happy with the softness of the vegetables, turn off the heat and fold in the cooked rice along with the chopped mango and season with a little more salt. It should be a little wet when mixing the rice in so the rice can absorb it. If it seems to dry then stir in another splash of broth. If it seems there is too much liquid in the pan after folding in the rice then turn the heat back on low for another few minutes to tighten it up.

Keeping the heat off, cover with a lid and let rest for at least 5 minutes.

Taste the seasoning and add more salt if desired. Fold in fresh chopped cilantro right before serving. A squeeze of lime is also great!

Baked Whitefish with Toasted Walnut Crust

Ingredients:

Depending on how much fish you are cooking will determine how many nuts to use. This should work for 4-6 fish serving sizes.

Any whitefish will work. (I recommend seabass, cod, halibut, haddock or Snapper)

1/3 cup walnuts (unsalted)

Handful of fresh chopped thyme

1 tsp garlic powder

1 tsp paprika(optional)

Olive oil

salt & pepper

Directions:

I recommend toasting the nuts lightly in a pan over low heat before chopping. This prevents them from burning while achieving a light browning that enhances their flavor. Allow the nuts to cool slightly, then chop them finely with a knife.

Next, transfer the chopped nuts to a mixing bowl and combine them with thyme, paprika, garlic powder, and a pinch of salt, mixing thoroughly for even flavor distribution.

Prepare your baking tray by lining it with parchment paper (not wax paper), or alternatively, lightly grease the base with oil to prevent sticking.

Lightly brush or rub olive oil on the top side of the fish fillets, seasoning them with salt and pepper. Then, evenly apply the nut mixture on top, pressing it down firmly to adhere well to the fish.

Bake in a preheated oven at 420°F for 15-20 minutes, adjusting the time based on the fish's thickness. The fish is ready when it feels firm to the touch and has a golden appearance. Finish by garnishing with parsley and lime zest for an additional burst of flavor.

Enjoy your meal

Cabbage Slaw with Sesame Cashew Dressing

Ingredients:

- 3 cups of shredded white cabbage
- 2 cups of shredded red cabbage
- 1 grated carrot
- 1.5 cups of sliced red pepper
- 1/2 cup of sliced red onion
- 1/4 cup of fresh chopped cilantro
- 1 pear peeled and sliced thin
- 1 pack(16oz) of rice noodles (Pad Thai noodles)

First soak the noodles in cold water for 20 minutes to soften. Bring a pot of water to a boil then turn OFF the heat. Drain the noodles and add them to the hot water for about 3 minutes.(Stirring occasionally) Drain and rinse then add 1 tbsp of sesame oil to help them from sticking together. Set aside to cool.

Add all the other ingredients to a mixing bowl with a little salt and mix well then add in the noodles and the desired amount of the cashew dressing and enjoy!

Cashew Sesame Dressing

Blend all the ingredients together in a blender or Nutribullet.

- 1/4 cup raw unsalted cashews(soaked in a cup of water for about 10-15 minutes to help soften - just enough water to cover the cashews) (OR you can blend then from raw for a different texture)
- 1/4 cup or more... of fresh mandarin lime juice or regular lime juice
- use the cashew water OR 1/4 cup of water
- 2 tbsp of toasted sesame seeds (OR 2 tbsp of tahini paste)
- 1 tbsp sesame oil
- 1 tbsp of fresh chopped ginger
- 1 garlic clove
- salt to taste



Tomato Basil Sauce

Mirepoix (1.5 cups worth)

- 25% chopped carrots
- 25% chopped celery
- 50% chopped onion

3-4 chopped garlic cloves

1 108oz Can of plum tomatoes OR 4 28oz cans

Handful of fresh basil

Tsp of Dried oregano(optional)

Tomato Paste (optional)

Begin by preparing your mirepoix, which consists of chopped onions, carrots, and celery, and then sauté it in a large pot with just a splash of olive oil; a little goes a long way. Maintain a low to medium heat, stirring the vegetables frequently. Season with dried oregano, salt, and pepper. The salt plays a crucial role in drawing out moisture and natural sugars from the onions and carrots, enriching the sauce's flavor.

Continue cooking until the vegetables have softened and the onions and garlic begin to brown. If the mixture starts to stick or burn, consider lowering the heat or temporarily removing the pot from the stove. The goal is to gently simmer the vegetables in their own juices rather than sautéing them.

When the vegetables are tender and the bottom of the pot shows some color, add in the tomato paste and cook for about 5 minutes more, or until the base darkens (but does not burn).

Next, incorporate the canned tomatoes, stirring thoroughly. Season with additional salt (about a tablespoon) and let the sauce simmer on low heat for 1-2 hours. Stirring occasionally. This slow cooking process allows water to evaporate, resulting in a thicker, more concentrated sauce. For a large batch, use one or two large cans of peeled plum tomatoes or four to six smaller cans.

Fresh basil can be added at any point during the simmer to infuse the sauce with its flavor.

After simmering for 1-2 hours, the sauce should be ready for blending. An immersion blender can be used directly in the pot, or you can transfer the sauce in batches to a blender. It's advisable to let the sauce cool slightly before blending.

Taste the sauce and adjust the seasoning with more salt if needed. Your homemade sauce is now ready to be enjoyed immediately or stored in the refrigerator for up to 7-9 days. For longer preservation, let the sauce cool completely before transferring it to freezer bags or containers, where it can be frozen for future use.

Sun-dried Tomato Puree

1 cup of sun-dried tomatoes

Handful of sliced cherry or plum tomatoes

3 cloves of sliced garlic

Small handful of chopped fresh sage

Handful of fresh basil

4oz of veg broth or water

Sun-dried tomatoes are available in two forms: oil-packed in a jar, which are soft and ready to use, or the dried variety, typically found in a sealed bag without oil, which require rehydration. To soften the latter, simply bring water to a boil, remove from heat, and immerse the dried tomatoes for about 5 minutes before draining. They're then prepared for cooking. For oil-packed tomatoes, just add them directly to your dish, making sure to shake off any excess oil first, as only a small amount is needed.

In a small pot, combine the prepared tomatoes, a modest drizzle of olive oil, garlic, and sage. Simmer the mixture over low to medium heat, stirring frequently. If the heat seems too intense, reduce it further; a gentle simmer is key to avoid overheating the oil.

Once the mixture darkens, the garlic begins to brown, and the aroma becomes irresistibly fragrant, introduce 5oz of vegetable broth or water, stirring thoroughly to incorporate.

Now, stir in fresh basil and fresh tomatoes, adding another 5oz of broth. Continue to simmer on low heat for an additional 10-15 minutes, allowing the flavors to meld beautifully.

After cooking, turn off the heat and allow the mixture to cool slightly before transferring it to a blender. Pulse until you reach your preferred texture and consistency, whether slightly chunky or smooth. For a thinner sauce, add a bit more broth; for a texture akin to pesto, incorporate a little more olive oil and less liquid.

This versatile sauce can be served immediately, enhancing any dish with its rich, sun-drenched flavors, or stored in the refrigerator for up to 10 days. It also freezes well, ensuring you have a taste of summer ready at any time.

Mushroom Lentil Loaf

- 3 cups(Raw) green Lentils
- 1/2 cup Leeks (chopped)
- optional
- 1/2 cup Red onion (chopped)
- 1 cup Red pepper (chopped)
- 3 cups chopped white or cremini mushrooms
- 1/2 cup Celery (chopped)
- 2 tbsp Fresh or dried thyme
- 1.5 tbsp Paprika
- .5 tbsp Cumin
- 4 cloves garlic (diced)
- 1/4 cup Balsamic vinegar
- 1/4 cup rolled oats
- 1/4 cup flour or GF flour

Start by cooking the lentils in water until tender. They will also expand in size so make sure there is enough water to allow this. Roughly 1 cup of raw lentils to 3 cups water. Rinse them under cold water and transfer to a pot with water. Bring to a simmer and cook until tender. About 6-8 minutes. Drain and set aside. Do not overcook until they are mushy.

In a large sauce pan add the peppers, celery, garlic, leek, onion with a splash of olive oil or butter and a pinch or two of salt. Simmer on low/medium until the garlic is starting to get brown in color.

Now add in the mushrooms, red pepper, paprika, cumin and a handful of fresh thyme. Mix together well and add in a splash of vegetable broth to loosen up anything sticking to the pan.

Cook for roughly 10-15 more minutes or until the broth has been absorbed. You don't want the mix to be soupy, you want it to be nice and tight with only a little liquid remaining.

Transfer the contents to a large mixing bowl. Blend up the cooked lentils in a food processor or by hand with a potato masher. Add in a pinch or two of salt as well. Combine them with the vegetables in a large mixing bowl and add in a bit more fresh thyme, balsamic vinegar, flour & oats. You can keep the oats whole or grind them up slightly in a food processor.

Mix everything together well. If it seems too wet you can add another 1/4 cup of flour. OR if it seems too dry you can add a splash of vegetable broth to balance it out. It should resemble the texture similar to raw hamburger.

Rub avocado, or sunflower oil in a roasting pan on the bottom & sides. Add in the mixture pressing down and spreading evenly.

Tomato Basil Topping:

You can either use fresh tomatoes or canned plum tomatoes for the sauce. Add them to a blender with a nice handful of fresh basil and a splash of olive oil, honey and Salt & pepper. Spread evenly over the top of the lentil mixture then bake at 350°C for 45 minutes. Let rest for 10 then cut and serve.

Vegetable Rice

- 2 cups white rice (1:1 ratio rice to water) or jasmine rice (1:1.5 ratio of rice to water)
- 1/2 cup chopped onion or leek
- 1/2 cup chopped carrot
- 1/4 cup chopped celery
- 1/2 cup chopped red pepper
- 2 cups chopped mushroom, broccoli or zucchini.
- 2 tsp dried oregano
- 1 tbsp fresh chopped thyme (or dried)
- 1 tbsp fresh chopped parsley(optional)

****Always give your rice a good water rinse using a strainer before cooking to help remove starches. This helps the rice from sticking or clumping together.**

— You can cook the rice using a rice cooker or using a pot on the stove. If cooking on a stove top then use the lowest heat setting and cover with a lid. Cook until the water has absorbed into the rice. Give it a good stir and then set aside to rest.

— Add the carrots, red pepper, celery, leek/onion, dried oregano and tsp or 2 of salt to a large skillet or sauce pan(14" to 18") with about 10-16oz of vegetable or chicken broth or water if no broth. You want to broth to just barely cover the vegetables.

— Cook on medium to low heat, stirring occasionally until the liquid has reduced by half. You can use a lid as well to maintain the heat and moisture in the pan.

— Now add in the mushrooms, broccoli or zucchini, thyme and another 6oz of broth, and a pinch more salt and turn down the heat on low. Cover with a lid and simmer for 10-15 minutes, stirring occasionally.

— Stir in the rice and a pinch more salt. Mix well (if it seems too dry - add another ladle of broth) Then Cover with a lid and let steam for 4-5 minutes on very low heat. You want the rice to gently absorb the liquid and flavors. Mix well and stir in the fresh chopped parsley before serving.

DRESSINGS

Blend all ingredients in a blender until smooth. Depending on how much you want to make you can play with the ratios below and adjust thickness with a splash of water or cold veg broth if it's too thick. Or 1/2 avocado to help thicken.

Broccoli & Basil

- 1/2 cup raw broccoli
- 3/4 cup cucumber(peeled, seeds in)
- Handful of fresh basil
- 1 garlic clove(optional)
- Good squeeze of lemon juice
- 1/4 cup coconut cream
- 2 Tbsp of olive oil or avocado oil
- 1/4 cup of veg broth or water
- Salt to taste

Tomato, Red Pepper & Thyme

- 1/4 cup chopped tomato
- 1/3 cup or raw or roasted red pepper
- Fresh thyme
- 1 garlic clove (optional)
- 1 tbsp honey(optional)
- 1/4 cup coconut cream
- Tbsp of olive oil or avocado oil
- 1/4 cup of veg broth or water
- Salt to taste

Avocado Dill

- 1/2 avocado
- 3/4 cup cucumber(peeled, seeds in)
- Fresh dill
- Good squeeze of lemon juice
- Tbsp of olive oil or avocado oil
- 1/4 cup of veg broth or water
- Salt to taste

Cacao Bliss Balls

- 1.5 cups of uncooked rolled oats
- 1 cups of (un-salted) walnuts
- 1 Tbsp. of ground cinnamon
- 2 Tbsp of unsweetened cacao powder - or more :)
- 1 Tbsp. of toasted sesame seeds (optional - toasted in a pan)
- 3 tbsp dried Coconut flakes
- 1 large ripe plantain or 3 bananas
- 1 Tbsp coconut oil
- 1/2 tsp of salt(optional)
- 1 Tbsp honey(optional)

First you will need to grind up the nuts, oats & seeds in a food processor or blender and transfer to a mixing bowl. Then add the cinnamon, cacao, coconut and mix well with your hands. Crushing the cinnamon and cacao into the oats.

Set the dry ingredients aside and chop up the banana and add it to the mixing bowl with the coconut oil, honey and mix well with clean hands. Add a splash of water if it seems to dry. or another banana. Now you can start forming the balls to any desired size. Transfer to a plate or serving dish in the fridge for at least 30 mins to chill em' just right. **NOTE:** You could also save the coconut flakes and roll the finished balls in them as a coating.(you may need more)

Carrot & Ginger Salsa w/Mango

- 1 cup diced carrots
- 1 tbsp diced ginger
- 1/2 cup diced red pepper
- 1/4 cup diced red onion
- 1 cup of chopped mango
- 1/4 cup chopped cucumber(optional)
- 1/4 cup of fresh lime juice
- 2 or 3 tbsp fresh chopped cilantro
- salt to taste

Simmer the diced carrots & ginger together in a small pot or sauce pan. Lightly simmer, don't boil. Simmer until the carrots are fork tender then turn off the heat. Let sit for 10 minutes then drain the water and set aside to cool. Mix all the other ingredients together in a mixing bowl with salt and add in the carrots and ginger once they have cooled off.

Sesame Cashew Cauliflower

- 1 large head of cauliflower or (enough to fill a baking tray)
- 1 cup cashews
- 1 garlic clove
- 3 tbsp sesame oil
- 3 tbsp ground turmeric
- 1 tbsp garlic powder
- roughly 2 cups of water
- 3 tbsp sesame seeds
- 2 tbsp salt

Soak the cashews in water for at least 20-30 minutes. Just enough water to cover the cashews.

Wash and cut the cauliflower into large portions. Removing most of the stem, leaving the tops in tact. The tops should be relatively the same size for even cooking. Add them to a mixing bowl and toss well with 1 tbsp of ground turmeric and garlic, salt and 2 tbsp of sesame oil. Sprinkle everything evenly over the cauliflower as you stir the bowl.

Drain the cashews and rinse then add water again, just enough to cover the cashews and add to a blender with 1 tbsp of salt, 1 garlic clove, 1 tbsp of sesame oil and a teaspoon of ground turmeric. Blend well until smooth. Adjust with water if it's too thick. It should be similar to a thin pancake batter or crepe batter. Transfer to a mixing bowl and add the sesame seeds to the puree and stir them in. Do Not Blend them.

Coat each portion of cauliflower by hand, shaking off any excess mixture. Add them to a large baking tray with parchment paper and bake at 425°F for 20-25 minutes. Until they are golden brown and slightly charred on top. If you desire more char consider turning on the oven broiler on low for 5 minutes or so to cook them from the top down. Once ready remove from the oven and serve with fresh chopped parsley or cilantro.

Beet and Carrot Salad

- 2.5 cups peeled & chopped carrots
- 2.5 cups peeled & chopped beet root
- 1/4 cup diced or sliced red onion
- 1 cup spinach or arugula leaves
- 1 tbsp sesame oil
- 1 tbsp chopped dill
- 1/4 cup fresh lime juice

You can cook both the carrots and beets in water together. They cook at a similar time, but the carrots will absorb the color from the beets, so cooking separately and mixing later typically has a better appearance. Then add the diced red onion and dill at the end. OR For even more flavor I recommend baking everything together in the oven at 425°F in a roasting pan. In this case it's okay for the veg to be crowded.

Toss the raw carrots and beet in a mixing bowl or in the roasting pan or dish with a teaspoon or so of salt and the sesame oil and cover with foil and bake for 20 minutes or until fork tender. Remove, Stir well and add the dill, spinach or arugula and lime juice plus another pinch of salt and set aside. Ready to serve.

Gluten-Free Banana Almond Pancakes

Makes roughly 15 pancakes

- 2½ cups ground almonds (or almond flour)
- 2 cups ground rolled oats or oat flour
- 1 tablespoon ground flax seeds (optional)
- 2 ripe bananas
- 2 tablespoons coconut oil (or similar oil)
- 4 eggs
- 2 cups almond milk
- 1 teaspoon vanilla extract (optional)
- 1 tablespoon cinnamon
- 1 teaspoon baking powder

In a large mixing bowl, combine the ground almonds, oat flour, flax seeds (if using), cinnamon, and baking powder. If grinding whole almonds or rolled oats, process them in a food processor until fine.

Blend the bananas with ¾ cup water until mostly smooth—small chunks are fine. Add the blended banana mixture to the bowl with the dry ingredients. Then add the coconut oil, eggs, almond milk, and vanilla extract. Mix with an electric mixer until smooth but avoid overmixing, as gluten-free batters can become gummy. Let the batter rest 5–8 minutes. Add extra almond milk if it becomes too thick.

Heat a ceramic or nonstick pan over medium heat for about 5 minutes to preheat.

Ladle in the batter to your desired pancake size and cook for about 1 minute, then flip and cook for 30 seconds more. Adjust the heat if the pancakes brown too quickly or too slowly. If the first one sticks, increase the heat slightly.

Note: Every stovetop behaves differently.

- If they brown too fast, lower the heat.
- aren't browning within 1 minute, increase the heat.
- Avoid scratched nonstick pans—replace if needed.



Here is a list of vegetables with their nutrient, mineral, vitamin, and protein content. Please note, the nutritional values mentioned are approximate and can vary based on factors like soil quality, ripeness, and preparation. The values are generally based on 100 grams of the raw vegetable.

Vegetables

Broccoli - Vitamins: C, K, A; Minerals: Iron, Potassium; Protein: 2.8g
Spinach - Vitamins: A, C, K, Iron, Folate; Protein: 2.9g
Kale - Vitamins: K, A, C, Calcium; Protein: 2.9g
Carrots - Vitamins: A (beta-carotene), K; Minerals: Potassium; Protein: 0.9g
Bell Peppers - Vitamins: C, B6; Minerals: Potassium; Protein: 1g
Garlic - Vitamins: C, B6; Minerals: Manganese; Protein: 6.4g
Onions - Vitamins: C, B6; Minerals: Potassium; Protein: 1.1g
Tomatoes - Vitamins: C, K, A, Lycopene; Protein: 0.9g
Cucumbers - Vitamins: K; Protein: 0.6g
Zucchini - Vitamins: C, Potassium; Protein: 1.2g
Eggplant - Fiber, Folate; Protein: 1g
Sweet Potatoes - Vitamins: A, C; Minerals: Potassium; Protein: 1.6g
Beets - Folate, Manganese; Protein: 1.6g
Cauliflower - Vitamins: C, K; Protein: 1.9g
Asparagus - Vitamins: K, A, C, Folate; Protein: 2.2g
Green Beans - Vitamins: C, K, A; Protein: 1.8g
Lettuce - Vitamins: A, K; Protein: 1.4g
Mushrooms - Vitamins: D, B; Minerals: Potassium, Selenium; Protein: 3.1g
Cabbage - Vitamins: K, C; Fiber; Protein: 1.3g
Pumpkin - Vitamins: A, C; Protein: 1g

Legumes

Lentils - Protein: 9g; Fiber; Vitamins: B; Minerals: Iron, Magnesium
Chickpeas (Garbanzo Beans) - Protein: 9g; Fiber; Vitamins: B; Minerals: Iron, Phosphate
Black Beans - Protein: 8.9g; Fiber; Vitamins: B; Minerals: Iron, Calcium
Kidney Beans - Protein: 8.7g; Fiber; Vitamins: B; Minerals: Iron, Potassium
Peas - Protein: 5.4g; Vitamins: A, C, K; Minerals: Iron, Manganese
Soybeans - Protein: 36g; Vitamins: C, B; Minerals: Iron, Magnesium
Navy Beans - Protein: 6.5g; Fiber; Vitamins: B; Minerals: Iron, Magnesium
Pinto Beans - Protein: 9g; Fiber; Vitamins: B; Minerals: Iron, Potassium
Edamame - Protein: 11g; Vitamins: C, A; Minerals: Iron, Calcium
Lima Beans - Protein: 6.8g; Vitamins: B; Minerals: Iron, Potassium

Refrigerating certain foods can actually diminish their flavor, texture, and nutritional quality or accelerate spoilage. Here's a list of foods that are generally better off stored outside the fridge:

Tomatoes: Refrigeration can make tomatoes mealy and dull their flavor. Store them at room temperature on a counter away from direct sunlight.

Potatoes: Cold temperatures convert the starch in potatoes into sugar more rapidly, affecting their texture and taste. It's best to store them in a cool, dark, and well-ventilated place.

Onions: The moisture in the fridge can make onions soft and moldy. Store them in a cool, dry, well-ventilated space. Avoid storing them near potatoes, as gases from the onions can accelerate potato sprouting.

Garlic: Like onions, garlic prefers a cool, dry place with good air circulation to prevent it from becoming moldy.

Bread: Refrigeration can dry out bread quickly. It's best kept in a cool, dry place and consumed within a few days, or it can be frozen for longer storage.

Bananas: Cold temperatures slow down the ripening process of bananas. Leave them at room temperature to ripen evenly.

Stone Fruits: Peaches, plums, and apricots should be left out at room temperature to ripen for maximum flavor. Once ripe, they can be moved to the fridge if not eaten immediately.

Avocados: Like stone fruits, avocados should be stored at room temperature until they're ripe. You can refrigerate them after ripening if you need to extend their shelf life.

Honey: Refrigeration can cause honey to crystallize and become almost dough-like in texture. It's best stored at room temperature, tightly sealed.

Coffee: Refrigeration can cause condensation, which can affect the flavor of coffee beans or grounds. Store coffee in an airtight container in a cool, dark place.

Oils: Most cooking oils solidify and become cloudy when refrigerated (except for nut-based oils, which can spoil more rapidly and may benefit from refrigeration). Keep oils in a cool, dark place.

Melons: Whole melons like watermelon, cantaloupe, and honeydew should stay at room temperature until cut to keep their flavor and texture. Once cut, they should be refrigerated.

Winter Squashes: Varieties like acorn, butternut, and spaghetti squash store well in a cool, dark place and do not need refrigeration until cut.

Chocolate: While not a health risk, refrigerating chocolate can affect its texture and flavor. It's best stored in a cool, dry place.

For the best quality and taste, consider these storage tips and adjust based on your climate and home environment. Some items might require refrigeration in very warm climates or during certain times of the year to prevent spoilage.