

## **Breakfast**

### **Cherry-Apricot Yogurt Sundaes**



#### **INGREDIENTS**

- 2 cups full-fat unsweetened Greek yogurt
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- Pinch of kosher salt
- 1/2 cup fresh raspberries, halved, or other fruit or berry
- 1/3 cup chopped unsalted pistachios or other nut

#### **PREPARATION**

1. Line a rimmed baking sheet with parchment or wax paper. Using a rubber spatula, mix yogurt, honey, vanilla, and salt in a medium bowl until smooth. Pour into the center of prepared sheet and spread to 1/4" thick. Top with raspberries and pistachios. Freeze until completely firm, about 4 hours. Break into pieces to serve.

#### **Do Ahead**

2. Yogurt bark can be made 2 months ahead. Freeze in a resealable container.

# Raspberry Chocolate-Chip Pancakes



## INGREDIENTS

- 2 large avocados, pits removed
- 1 vanilla bean, split lengthwise
- 3/4 cup unsweetened cocoa powder
- 1/2 cup pure maple syrup
- 1/4 cup agave nectar
- 1/4 cup (or more) fresh orange juice
- 1/2 teaspoon kosher salt
- 1 1/2 cups heavy cream (optional)
- 1/4 cup cocoa nibs and/or chopped hazelnuts

## PREPARATION

1. Scoop avocado flesh into a blender and scrape in vanilla bean seeds; reserve pod for another use. Add cocoa powder, maple syrup, agave nectar, orange juice, and salt and blend to a coarse purée. With motor running, gradually stream in 3/4 cup hot (but not boiling) water; blend, adding more orange juice as needed, until smooth and creamy.
2. Divide pudding among eight 4–6 oz. ramekins or small bowls and chill (uncovered) at least 2 hours.
3. Just before serving, whip cream in a medium bowl to soft peaks and spoon over pudding, if desired; top with cocoa nibs and/or hazelnuts.

# Paleo Granola With Coconut and Almonds



## INGREDIENTS

- Nonstick vegetable oil spray
- 6 ounces Medjool dates (about 12), pits removed
- 3/4 cup whole wheat flour
- 1/2 cup old-fashioned oats (not quick-cooking)
- 1 teaspoon kosher salt
- 1/2 teaspoon baking powder
- 1 1/4 cups almonds, divided
- 1/2 cup room-temperature virgin coconut oil
- 4 tablespoons unsalted butter, room temperature
- 1/3 cup coconut sugar
- 2 tablespoons plus 2 teaspoons agave nectar or honey
- 1 cup sweetened shredded coconut
- 1/2 teaspoon finely grated lime zest
- 2 tablespoons fresh lime juice
- 1/2 cup unsweetened coconut flakes
- 1/2 cup unsweetened shredded coconut

## PREPARATION

1. Preheat oven to 350°F. Lightly coat an 8-by-8-inch baking dish with nonstick spray, then line with 2 sheets of parchment, leaving overhang on all sides. Bring dates and 1 cup water to a boil in a small saucepan. Reduce heat and simmer until liquid is almost completely evaporated. Let cool.
2. Meanwhile, pulse whole wheat flour, oats, salt, baking powder, and 1 cup almonds in a food processor until almonds are very finely ground, about 1 minute. Add oil, butter, coconut sugar, and 2 Tbsp. agave and pulse to combine. Pulse in sweetened shredded coconut.
- 3.
1. Transfer coconut-oat mixture to baking dish and pack evenly across bottom of dish, tamping and smoothing with the bottom of a dry measuring cup (the more compact it is, the better it will hold together when baked).
2. Pulse dates, lime zest, and lime juice in food processor, scraping down sides as needed, until smooth. Spread date purée evenly over coconut-oat mixture, leaving a 1/2-inch border around edges.
3. Chop remaining 1/4 cup almonds and mix in a small bowl with unsweetened coconut flakes, unsweetened shredded coconut, and remaining 2 tsp. agave. Scatter evenly over date purée and press in lightly with your hands. Bake until top and bottom are browned and edges are very firm, 40–45 minutes. Let cool before cutting into eight rectangles.



## Lunch

# Pumpkin Bread



## INGREDIENTS

- 250g (9oz) halloumi, cut into 12 fingers
- 4 large flatbreads or wraps
- 125g (4 1/2 oz) hummus
- 1 tbsp harissa

## Crunchy salad:

- 1/2 small red cabbage, shredded
- 2 carrots, coarsely grated
- 1 small red onion, grated
- 4 medjool dates, stoned (pitted) and chopped
- 400g (14oz) can chickpeas (garbanzo beans), rinsed and drained
- A handful of cilantro, chopped
- Juice of 1 orange **Dressing:**

- 2 tbsp olive oil
- 1 red chile, diced
- 1 tsp grated fresh root ginger

- 1 tsp cumin seeds
- 1 tsp black mustard seeds
- 200g (7oz / 3/4 cup) Greek yogurt
- Sea salt and freshly ground black pepper

### PREPARATION

1. Make the crunchy salad: mix all the ingredients together in a bowl.
2. Make the dressing: heat the oil in a small frying pan (skillet) over a low heat. Add the chile and ginger and cook for 2 minutes, then stir in the seeds. Cook for 1–2 minutes until fragrant. Put the yogurt in a clean bowl and stir in the chile, ginger and seed mixture. Season to taste. Gently toss the salad in the dressing.
3. Dry-fry the halloumi in a non-stick frying pan (skillet) over a medium heat for 2–3 minutes each side until golden brown and crispy on the outside and softened inside. Remove and drain on kitchen paper (paper towels).
4. Warm the flatbreads on a griddle pan or in a low oven and spread them with the hummus. Top with the halloumi and crunchy salad, and dot with harissa. Serve immediately.

# Cantaloupe Salad with Lime, Mint, and Ginger



## INGREDIENTS

- 1/2 cup semi-pearled farro
- Kosher salt
- 1 large egg yolk
- 3 drained oil-packed anchovy fillets
- 2 tablespoons fresh lemon juice
- 2 tablespoons white wine vinegar
- 1/2 teaspoon sugar
- 1/4 teaspoon Dijon mustard
- 2 garlic cloves, peeled, divided
- 1/4 cup vegetable oil
- 6 tablespoons olive oil, divided
- 1 teaspoon dried oregano
- Freshly ground black pepper
- 1/2 head of broccoli, stem peeled and trimmed, very thinly sliced lengthwise on a mandoline
- 1/2 small red onion, very thinly sliced, rinsed, patted dry
- 1 Persian cucumber, sliced 1/4-inch thick
- 2 Fresno chiles, thinly sliced
- 1/4 cup oil-packed sun-dried tomatoes, chopped

- 1 cup mint leaves
- 5 radishes, thinly sliced
- 2 ounces young Pecorino, shaved

#### PREPARATION

1. Pulse farro in a food processor until about half of the grains are cracked, about 1 minute. Cook farro in a medium pot of boiling salted water until al dente, 10–15 minutes. Drain and rinse under cold water. Spread out on a plate and chill.
2. Meanwhile, blend egg yolk, anchovies, lemon juice, vinegar, sugar, mustard, and 1 garlic clove in a blender to combine. With motor running, gradually stream in vegetable oil and 4 Tbsp. olive oil and blend until dressing is emulsified and creamy, then add oregano. Season dressing with salt and pepper.
3. Toss broccoli and remaining 2 Tbsp. olive oil in a large bowl. Finely grate remaining garlic clove; toss with broccoli. Let sit 15 minutes to let broccoli soften. Add onion, cucumber, chiles, sun-dried tomatoes, and cooled farro. Drizzle with 1/4 cup dressing and toss to coat; season with salt and pepper and add more dressing, if desired. Add mint and toss again.
4. Serve salad topped with radishes and Pecorino.



# Pink Grapefruit, Grape, Raspberry, and Olive Oil Salad with Minted Yogurt



## INGREDIENTS

- 1/2 a small red onion, finely sliced
- 1 large eggplant, cut in half lengthwise and sliced into thin half moons
- A good glug of extra virgin olive oil
- Juice and zest of 1 lemon
- 2 (13.5-ounce) cans of chickpeas, drained and rinsed
- 2 large fresh tomatoes
- 1 bunch of fresh parsley, chopped
- 2 teaspoons garlic-infused olive oil
- 1 teaspoon cayenne pepper
- Slivered almonds, to serve

## PREPARATION

1. Cover the onion with water and set aside for half an hour—this reduces the harshness of its taste when eaten raw.

2. Next prepare the eggplant. Spread the half-moon slices out on a baking sheet and brush them with olive oil. Place on a high rack under the broiler for 5 minutes, then take out and brush again with a mixture of olive oil and lemon juice—you can make it quite wet, as the eggplant will absorb all the liquid. Place back under the broiler until the edges of the slices are slightly blackened and the flesh is soft. Set aside in a large bowl.
3. On the same baking sheet, spread out the chickpeas and broil until they're golden. Add them to the bowl of eggplant.
4. Dice the tomatoes into small cubes and add to the bowl along with the parsley, drained red onion slices, garlic oil, cayenne pepper, remaining lemon juice, zest, salt and pepper and mix well. Serve warm, with a sprinkling of slivered almonds.

## Dinner

### Broiled Salmon with Citrus Yogurt Sauce



#### INGREDIENTS

- 2 tablespoons grainy mustard
- 2 tablespoons mild honey or pure maple syrup
- 1 teaspoon minced rosemary
- 1 tablespoon grated lemon zest
- 1 (2-pounds) salmon fillet with skin (1 1/2 inches thick)
- Equipment: a cedar grilling plank (about 15 by 6 inches)

#### PREPARATION

1. Soak cedar grilling plank in water to cover 2 hours, keeping it immersed.
2. Prepare grill for direct-heat cooking over medium-hot charcoal (medium-high heat for gas); see [Grilling Procedure](#) . Open vents on bottom and lid of charcoal grill.
3. Stir together mustard, honey, rosemary, zest, and 1/2 teaspoon each of salt and pepper. Spread mixture on flesh side of salmon and let stand at room temperature 15 minutes.

4. Put salmon on plank, skin side down (if salmon is too wide for plank, fold in thinner side to fit). Grill, covered with lid, until salmon is just cooked through and edges are browned, 13 to 15 minutes. Let salmon stand on plank 5 minutes before serving.





# Watercress Salad with Warm Mustard Dressing



## INGREDIENTS

1.
  - 1 large egg
  - 2 tablespoons fresh lemon juice
  - 1 teaspoon Dijon mustard
  - 1/2 teaspoon sugar
  - 1/4 teaspoon freshly ground black pepper
  - 1/8 teaspoon ground coriander
  - 2 teaspoons olive oil, divided
  - 1/2 teaspoon kosher salt, divided
  - 2 tablespoons raw pumpkin seeds (pepitas)
  - Pinch of smoked paprika
  - 1 bunch watercress, trimmed, washed (about 2 cups)

## PREPARATION

- 1.
1. Whisk egg, lemon juice, mustard, and sugar in a medium heatproof bowl set over a pot of barely simmering water; cook until mixture is foamy, thickened, and hot to the touch, about 6 minutes. Remove from heat and whisk in pepper, coriander, 1 1/2 tsp. oil, and 1/4 tsp. salt.

2. Meanwhile, heat remaining 1/2 tsp. oil in a small skillet over medium. Add pumpkin seeds, paprika, and remaining 1/4 tsp. salt and cook, stirring constantly, until seeds are golden and puffed, about 2 minutes. Transfer to a paper towel-lined plate and let cool.
3. Toss watercress with warm dressing in a large bowl. Top with pumpkin seeds before serving.

# Citrus-Stuffed Branzini



## INGREDIENTS

- 2 whole branzini, cleaned (scaled, gutted, and fins removed, but head left on)
- 1 teaspoon salt
- 4 tablespoons extra-virgin olive oil
- 3 lemons
- 2 oranges
- 1/2 cup fresh basil leaves

## PREPARATION

1. Clean the grill or grill pan, grease it generously with olive oil (or any vegetable oil), and preheat it over medium heat.
2. Season the insides and outsides of the fish with salt, then rub them with 2 tablespoons of the olive oil.
3. Grate the zest from 1 of the lemons and 1 of the oranges; squeeze the juice from 1 of the lemons. Combine the zests and the juice and stir. Cut the remaining lemons and oranges into ¼ inch rounds. Fill the cavity of each fish with the citrus slices and the basil leaves. To the zest-and-juice mixture, add the remaining 2 tablespoons of olive oil. Stir well, then let the zest sink to the bottom.
4. Put the fish on the heated, oiled grill, using indirect medium heat, and cook with the lid closed (see Note). After grilling them for about 10 minutes on one side, turn the fish over and cook them for 7 to 10 minutes longer.

5. While the fish are still hot, spoon the oil and lemon juice mixture over them, leaving the bitter zest behind.