

Breakfast

Breakfast Bowl With Quinoa and Berries



INGREDIENTS

- 2 lbs. sweet potatoes, scrubbed
- 8 oz. bacon, baked
- 2 Tbsp. coconut milk
- 1 tsp. vanilla extract
- Pinch of sea salt
- 2 Tbsp. collagen powder, optional
- 1 pint fresh blueberries
- 1 ripe banana, sliced
- 1/4 cup chopped almonds

PREPARATION

1. Preheat the oven to 400°F.
2. Line a rimmed baking sheet with parchment paper. Place the sweet potatoes on the sheet and roast them for about 45 minutes, or until they're quite soft and a knife easily pierces through the flesh. Remove them from the oven, slice them open, and allow them to cool for a few minutes.

3. About 30 minutes into the roasting of the sweet potatoes, start baking the bacon. Once the bacon is cool, roughly chop it, then set it aside.
4. To make the sweet potato purée, I find it easiest to cut the ends off the sweet potatoes, then peel the skin off. Place the roasted flesh into a food processor, then add the coconut milk, vanilla, salt, and, if desired, collagen powder. Purée for about 30 seconds, or until the mixture is smooth. If it's too thick, add a splash more of the coconut milk and process again. If you don't have a food processor, combine everything in a large bowl and stir it very well with a wooden spoon.
5. Divide the sweet potato purée between serving bowls. Top it with the chopped bacon, blueberries, sliced banana, and chopped almonds, and serve.
6. The bowls can be assembled ahead of time, but it's best to leave the fruit off until they're ready to eat. They can be eaten cold or gently reheated.

Change It Up

Add a side of eggs for more protein.

Make savory bowls with the same sweet potato purée but topped with sautéed spinach, sautéed mushrooms, bacon, and a fried egg.

Honey Almond Granola



INGREDIENTS

- 3 cups old-fashioned oats
- 1/2 cup coarsely chopped skin-on hazelnuts or pecans
- 1/2 cup skin-on almonds
- 1/2 cup unsweetened coconut flakes
- 1/4 cup raw pumpkin seeds (pepitas)
- 1/4 cup raw sunflower seeds
- 1 Tbsp. ground cinnamon
- 1/2 tsp. kosher salt
- 1/2 cup honey
- 1/4 cup virgin coconut oil
- 1 tsp. vanilla extract
- 1/2 tsp. flaky sea salt
- 3 cups brewed rooibos tea, cooled
- 3/4 cup chia seeds

2. Assembly:

- 4 cups plain Greek yogurt
- 2 tsp. honey

- 1/2 tsp. vanilla extract
- 4 Tbsp. apricot jam
- Chia seeds (for serving; optional)

PREPARATION

Granola and chia pudding:

1. Preheat oven to 300°F. Toss oats, hazelnuts, almonds, coconut flakes, pumpkin seeds, sunflower seeds, cinnamon, and kosher salt in a large bowl.
2. Heat honey, oil, and vanilla in a small saucepan over medium-low, whisking until melted and combined, about 2 minutes. Pour over oat mixture and mix thoroughly to coat. Spread out on a rimmed parchment-lined baking sheet and sprinkle with sea salt.
3. Bake granola 10 minutes. Remove from oven and stir. Return to oven and bake until golden brown and crisp, 8–10 minutes. Remove from oven and stir again. Let cool on baking sheet.
4. Combine tea and chia seeds in a 1-qt. jar or airtight container. Cover and shake to combine. Let sit 5 minutes, then shake again. Let sit at least another 15 minutes before serving. (You'll have enough granola and chia pudding for about 16 servings. Keep on hand for making more bowls or other uses (try a scoop of chia pudding in a smoothie!).

Assembly:

Mix together yogurt, honey, and vanilla in a small bowl, then divide among 4 shallow bowls. Top each with 1/4 cup granola, 1/4 cup chia pudding, and 1 Tbsp. jam. Sprinkle with more chia seeds if desired.

Banana and Blueberry Overnight Oats



INGREDIENTS

- 1 cup water (or 1/2 cup water and 1/2 cup vegetable broth for more flavor)
- Sea salt
- 1/2 cup rolled oats (gluten-free if necessary)
- 3 teaspoons olive oil
- 2 cups spinach
- Pinch of crushed red pepper flakes
- Freshly ground black pepper to taste
- 1 egg
- 1/2 cup kimchi, store-bought or homemade
- Sliced avocado
- 1 tablespoon hemp seeds
- Hot sauce (optional)

PREPARATION

1. Bring the water and a pinch of salt to a boil in a small or medium saucepan over high heat, then add the oats. Turn the heat down to a simmer and let the oats simmer uncovered for 3 to 5 minutes. When the oats have cooked to your taste, remove from the heat and set them aside in the pot.
2. In a medium saucepan, heat 2 teaspoons of the oil. Add the spinach and a pinch each of red pepper flakes, sea salt, and pepper and sauté for 2 to 3 minutes, until the spinach is slightly wilted. Place the oats in a bowl and top with the spinach.

3. In the same saucepan, heat the remaining 1 teaspoon oil and add the egg. Cook for 2 to 3 minutes over medium-high heat, until the egg is golden around the edges and cooked to your liking. Place the egg in the bowl with the oats and spinach. Sprinkle with salt and pepper to taste.
4. Add the kimchi to the bowl and top the bowl with a few slices of avocado and the hemp seeds. Season with sea salt and pepper to taste and add a hot sauce drizzle if you like.

Lunch

Grilled Lemon-Oregano Chicken Drumsticks

INGREDIENTS

- 1 lemon, thinly sliced, seeds removed
- 1/2 cup extra-virgin olive oil, plus more for drizzling
- 1 (1 1/2-lb.) salmon fillet, preferably skin-on
- 1/2 tsp. kosher salt, plus more
- Freshly ground black pepper
- 1 (15-oz.) can chickpeas, rinsed, patted dry
- 1 garlic clove, finely chopped
- 2 tsp. za'atar
- 1 tsp. fresh lemon juice
- 4 cups baby arugula or baby spinach
- 4 radishes, trimmed, thinly sliced
- Flaky sea salt

PREPARATION

1. Place a rack in lower third of oven; preheat to 300°F. Toss lemon slices in a large bowl with a drizzle of oil. Arrange slices in an even layer on a rimmed baking sheet. Set salmon on lemons. Season salmon all over with kosher salt and pepper, then drizzle and rub with some oil. Roast until salmon is just barely opaque in the middle, 12–17 minutes, depending on thickness. If you like your salmon well-done, cook it a few minutes longer, but keep in mind that you risk the chance it will dry out. Let salmon cool, then flake into medium-size pieces with a fork.
2. Meanwhile, bring chickpeas, garlic, za'atar, and remaining 1/2 cup oil to a bare simmer in a small skillet over medium-low heat. Cook, stirring occasionally and reducing heat if needed, 10 minutes. Stir in 1/2 tsp. kosher salt (less if your za'atar is salty) and remove skillet from heat.
3. Using a slotted spoon, transfer chickpeas to a medium bowl, leaving oil behind. Whisk lemon juice into oil; taste dressing and season with more kosher salt and a few grinds of pepper if needed.

Bacon-Wrapped Trout



INGREDIENTS

1.
 - 2 tsp. kosher salt, plus more
 - 2 cups black beluga lentils, rinsed
 - 1/2 tsp. ground coriander
 - 7 Tbsp. extra-virgin olive oil, divided
 - 2 Tbsp. harissa paste, divided
 - 1/2 tsp. freshly ground black pepper, plus more
 - 2 large sweet potatoes (about 1 1/2 lb.), scrubbed, cut into 1/2" pieces
 - 2 pint cherry tomatoes, halved
 - 3 Tbsp. red wine vinegar
 - 1 Tbsp. honey
 - 1/2 cup chopped cilantro

PREPARATION

1. Preheat oven to 425°F. Bring a medium saucepan of salted water to a boil; add lentils. Adjust heat and simmer until just cooked through, 25–30 minutes. Drain lentils and transfer to a large bowl; let cool slightly.
2. Meanwhile, whisk coriander, 3 Tbsp. oil, 1 Tbsp. harissa paste, 2 tsp. salt, and 1/2 tsp. pepper in a small bowl. Arrange sweet potatoes and tomatoes on a rimmed baking sheet and drizzle with harissa oil (reserve bowl for dressing). Roast, tossing once, until sweet potatoes are tender and browned on some sides and tomatoes burst, 25–30 minutes.
3. Whisk vinegar, honey, and remaining 1 Tbsp. harissa in reserved bowl. Stream in remaining 4 Tbsp. oil, whisking constantly until emulsified; season vinaigrette with salt.
4. Add half of vinaigrette to lentils and toss to combine. Taste and season with salt and pepper. Divide among bowls. Top with roasted vegetables and cilantro. Drizzle with remaining vinaigrette.

Brother David's Grilled Chicken & Ribs



ACTIVE TIME

40 minutes

TOTAL TIME 40

minutes

INGREDIENTS

- 1 1/2 pounds boneless, skinless chicken breasts (about 3 large)
- 1 head garlic, halved crosswise
- 2 bay leaves
- 4 whole allspice
- 1 1/2 teaspoon kosher salt, plus more
- 8 ounces maitake or shiitake mushrooms, torn into bite-size pieces
- 1 fresh red chile (such as Fresno), thinly sliced

- 1 (1-inch) piece ginger, peeled, finely chopped
- 1 tablespoon distilled white vinegar
- 1 tablespoon soy sauce
- Freshly ground black pepper
- Sliced scallions and cilantro sprigs (for serving)

PREPARATION

1. Place chicken, garlic, bay leaves, allspice, and 1 1/2 teaspoon salt in a medium pot. Cover with 6 cups water and bring to a bare simmer over high heat. Immediately reduce heat to medium-low, cover pot, and cook 8 minutes. Remove chicken from liquid and let cool slightly, then shred into bite-size pieces.
2. Strain stock through a fine-mesh sieve into a clean pot; discard solids. Add mushrooms, chile, ginger, vinegar, and soy sauce to stock. Bring to a boil; reduce heat and simmer, stirring occasionally, until broth tastes rich and flavorful, 8–10 minutes. Season with salt and pepper, then add shredded chicken and simmer just until meat is warmed through.
3. Divide soup among bowls and serve topped with scallions and cilantro.

Dinner

Beet and Endive Salad

INGREDIENTS

- 1 fennel bulb, sliced
- 1 large red onion, cut through root end into 8 wedges
- 1 lb. baby Yukon Gold potatoes, halved if large
- 3 Tbsp. extra-virgin olive oil
- Kosher salt
- 4 Tbsp. unsalted butter
- 2 garlic cloves, crushed
- 1 (1/2") piece ginger, peeled, finely chopped
- 1 tsp. curry powder
- 1 1/4 lb. piece cod, hake, haddock, or pollock
- Mint (for serving)

PREPARATION

1. Preheat oven to 425°F. Toss fennel, onion, potatoes, and oil in a 3-qt. baking dish to coat; season with salt. Roast, tossing once, until vegetables are browned and softened, 35–40 minutes.
2. Meanwhile, melt butter in a small saucepan over medium heat. Mix in garlic, ginger, curry powder, and a pinch of salt. Simmer until color intensifies, about 1 minute. Remove from heat.
3. Season fish with salt and lay on top of cooked vegetables. Drizzle fish with curry butter. Reduce oven temperature to 350°F and bake fish until flesh easily flakes apart with a fork, 12–15 minutes.
4. Serve vegetables and fish with mint scattered over.

Carrot Soup



INGREDIENTS

- 1 tablespoon finely grated peeled ginger
- 3 tablespoons miso paste
- 3 tablespoons mirin, plus more to taste
- 3 tablespoons unseasoned rice vinegar, plus more to taste
- 1 tablespoon soy sauce, plus more to taste
- 1/4 teaspoon kosher salt, plus more to taste
- 1 pound soba noodles
- 5 red radishes, thinly sliced
- 5 scallions, trimmed, thinly sliced
- 4 ounces smoked tofu, cubed

PREPARATION

1. Whisk ginger, miso paste, 3 Tbsp. mirin, 3 Tbsp. vinegar, 1 Tbsp. soy sauce, and 1/4 tsp. salt in a large bowl.
2. Cook soba noodles according to package directions. Drain noodles, rinse with cold water, then add to ginger mixture. Season with more mirin, vinegar, soy sauce, and salt, if needed.
3. Transfer noodles to a serving bowl or platter and top with radishes, scallions, and tofu. Serve immediately.

African Adobo-Rubbed Tuna Steaks



INGREDIENTS

- 1 lemon, thinly sliced, seeds removed
- 1/2 cup extra-virgin olive oil, plus more for drizzling
- 1 (1 1/2-lb.) salmon fillet, preferably skin-on
- 1/2 tsp. kosher salt, plus more
- Freshly ground black pepper
- 1 (15-oz.) can chickpeas, rinsed, patted dry
- 1 garlic clove, finely chopped
- 2 tsp. za'atar
- 1 tsp. fresh lemon juice
- 4 cups baby arugula or baby spinach
- 4 radishes, trimmed, thinly sliced
- Flaky sea salt

PREPARATION

1. Place a rack in lower third of oven; preheat to 300°F. Toss lemon slices in a large bowl with a drizzle of oil. Arrange slices in an even layer on a rimmed baking sheet. Set salmon on lemons. Season salmon all over with kosher salt and pepper, then drizzle and

rub with some oil. Roast until salmon is just barely opaque in the middle, 12–17 minutes, depending on thickness. If you like your salmon well-done, cook it a few minutes longer, but keep in mind that you risk the chance it will dry out. Let salmon cool, then flake into medium-size pieces with a fork.

2. Meanwhile, bring chickpeas, garlic, za'atar, and remaining 1/2 cup oil to a bare simmer in a small skillet over medium-low heat. Cook, stirring occasionally and reducing heat if needed, 10 minutes. Stir in 1/2 tsp. kosher salt (less if your za'atar is salty) and remove skillet from heat.
3. Using a slotted spoon, transfer chickpeas to a medium bowl, leaving oil behind. Whisk lemon juice into oil; taste dressing and season with more kosher salt and a few grinds of pepper if needed.
4. Toss arugula in a large bowl with 1 tsp. dressing. Divide among bowls along with radishes, chickpeas, and salmon (and lemons if desired); drizzle with more dressing. Sprinkle with sea salt and more pepper.