



Roasted Potatoes

Ingredients

- 2 cloves of garlic
- Paprika
- Cumin
- Chili powder
- Olive oil
- 1/2 lime for zest and juice
- A small bunch of parsley
- Small potatoes (such as baby potatoes)
- Fresh herbs, such as cilantro

Directions

First, preheat your oven to 375 degrees Fahrenheit.

Then mince or crush 2 cloves of garlic. Place in large mixing bowl.

To the mixing bowl, add about 1/2 tsp paprika, about 1/2 tsp cumin, about 1/2 tsp chili powder, about 1/2 tsp sea salt, and ground pepper to taste.

Add the zest of 1/2 lime to the spices. Then, use the juice of 1/2 lime and mix with the spices.

Add about 2 tbsp olive oil to the spices and lime mixture.

Chop a small bunch of parsley until it is finely minced. Add to the wet mixture in the mixing bowl.

Next, cut your potatoes into quarters. No need to peel the potatoes.

Add potato quarters to the wet spice mixture. Mix potatoes well so the spices evenly coat the potatoes.

Line a baking tray with foil. Then spread the potato quarters onto the baking tray. Potatoes should be spread out enough to be only one layer thick.

Bake potato quarters for 20 min or until tender.

Once baked, garnish your potatoes with cilantro other fresh herbs.



Fresh Quinoa Salad

Ingredients for the Quinoa Salad

- Quinoa
- Cucumber
- Tomato
- Red bell pepper
- Carrot
- Salt and pepper
- Dressing (see dressing recipe)

Dressing Ingredients

- 1/2 shallot, finely chopped
- 1-2 tbsp balsamic or wine vinegar (more if you like it extra tangy)
- 1 tbsp water
- 1/2 tsp salt
- 1 tsp honey

1 heaped tsp grainy or Dijon mustard

Ground pepper

1/2 cup olive oil

Directions

First, cook the quinoa according to the package instructions. While the quinoa is cooking, make the dressing.

For the dressing, mix all ingredients together and shake or blend well.

For the salad, mix the cooked quinoa with the chopped vegetables (chopped cucumber, chopped tomato, diced red pepper, diced carrot) in a large mixing bowl. Add chopped green onion and mint leaves. Add a couple pinches of salt and pepper, and 2-3 teaspoons of dressing.

Mix the salad.

Add 1-2 teaspoons of sesame seeds, and mix again. Taste and adjust by adding the final pinches of salt and pepper. (Add more dressing if desired.)

Plate and enjoy!



Black Bean Soup With Feta Cheese

Ingredients

- Black beans
- Bay leaves
- Garlic
- Olive oil
- Onion
- Celery
- Carrot
- Red bell pepper
- Tomato
- Spicy peppers – either Serrano or jalapeño
- Lime

Directions

Bring a large pot of water to the boil. Once the water is boiling, add the dry black beans to the pot. (You can soak them overnight if you want the cook time to be shorter) Add 2 bay leaves and 2 whole cloves of garlic to the pot of boiling water.

Add about a teaspoon of salt and a tablespoon of olive oil to the pot. Turn heat down to low and cover the pot. Let beans cook for 1.5 hours or until cooked through. Make sure to add more water to your pot as needed! You can also use drained, canned black beans for this recipe if you want to shorten your cooking time. While the beans are cooking, dice vegetables - onion, carrots and celery. These vegetables will be added to the beans later.

While the beans are still cooking, make the pico de gallo. Dice tomatoes. Rinse and chop the cilantro leaves. Cut Serrano or jalapeño peppers in half lengthwise and remove seeds. Then dice the Serrano or jalapeño peppers. Be careful not to touch your face after touching the peppers. In a mixing bowl, combine the tomatoes, onions, and cilantro and mix well. Add diced Serrano or jalapeño pepper to the bowl. Add the juice of half one lime. Add a generous pinch of salt and pepper and mix. Set aside.

Once the beans are cooked, take off heat and set aside.

In another pot, heat up a tablespoon of olive oil. Add 1-2 cloves of minced garlic. Sauté the garlic briefly until you can smell it cooking but don't let it burn. (burned garlic tastes bad!) Add diced onion, carrots, and celery to sautéed garlic. Stir this mixture. Cook on medium heat for a few minutes, until the carrots are just slightly cooked but still a little crunchy.

Remove bay leaves from black beans. Add black beans to the sautéed vegetables, continue cooking for a few more minutes to let the flavors mingle. Add cumin, salt, black pepper and chili powder to the black beans and vegetables. (If you prefer, you can also add these spices when you're cooking the onions and garlic. Some people say this helps release the flavors of dry spices.) Finally add the diced red bell pepper. Mix a couple of times, and take the pot off the stove.

Serve black bean soup in a shallow bowl and add the pico de gallo on top for color.

Sprinkle with a small amount of feta, some cilantro and enjoy!



Easy Creamy Corn Chowder Soup

Ingredients

Butter

Garlic

Onion

Carrot

Celery

Potatoes

Red bell pepper

2 bay leaves

Cream (can use almond milk if vegan alternative is preferred.)

Parsley

Corn – ok to use fresh, frozen or canned

Maple syrup

Directions

First, dice your vegetables including 1/2 medium onion, carrots, celery, and red bell pepper. Peel your potatoes and also dice them. Mince 1-2 cloves of garlic.

Place a soup pot on the stove and heat to medium. Add the butter and let it melt. Then add garlic and the diced onion and allow to sauté for a couple minutes. Then add carrots, potatoes, and bell peppers to the pot. Stir and allow to cook for a couple minutes.

(Pro tip: potatoes take longer to cook than other veggies, so cut them into smaller pieces or add them earlier if you want to allow them to cook while avoiding overcooking the other veggies like peppers.)

Next, add the celery to the pot. Mix, and continue cooking on low-medium heat. Add 2 bay leaves to the pot. Then add about 2 cups of cream (or unsweetened almond milk if you're vegan) and stir. Add a couple leaves of roughly torn parsley leaves. Add a pinch of pepper and salt to taste.)

Finally, add the corn to the pot.

Turn the heat down to simmer. Allow to cook for about 5 more minutes, then turn off the heat. Add a tablespoon of maple syrup and a pinch of salt. Add 2-3 pinches of pepper. Mix well. Taste, add more salt and pepper as needed.

Plate in a small bowl. Garnish with a small amount of cheddar cheese and croutons.



Classic Chimichurri

Ingredients

Large bunch of parsley
Small bunch of cilantro
Scallions
Shallots
Lime
Garlic
Cumin
Paprika
Olive oil
Red wine vinegar
Black pepper
Sea Salt

Directions

Clean and chop scallions, cilantro, parsley leaves, shallots and garlic *as finely as you can*. Add them all to the mixing bowl.

Add about 1 tbsp of red wine vinegar to the herbs. Add a pinch of paprika and cumin (if you like the taste and smell of these spices). Add salt and pepper to taste. Add the juice of a 1/2 lime. Add about 3 tbsp olive oil and mix well. The mixture should have a thick consistency

Plate in a small bowl and enjoy on meat, fish, beans, salads, even with a slice of fresh bread.



Dal Salad With Spring Mix

Ingredients for the Spring Salad Mix

Cooked and strained lentils (of different types/colors if you have them) – You can use black lentils, green lentils or even split peas. The more colors the better.

Cherry tomatoes

Cucumber

Carrots

Red bell pepper

Shredded carrot

Scallions

Currants

Coriander

Ingredients for Soy-Ginger Vinaigrette

Rice vinegar (about 2 tbsp)

Soy sauce (1 tbsp)

Maple Syrup (1 tsp)
Fresh ginger (minced, finely, about 1 tsp)
Sesame seeds (about 1 tbsp)
Jalapeño or serrano peppers (to taste)
Scallions (to taste, about 1 tbsp)
Cilantro (to taste, about 1 tbsp)
Lime juice (to taste, about 1 tsp)
Olive oil (about 1/3 cup)

Directions

Cook the lentils according to the package directions. (Don't overcook.)

While the lentils are cooking, chop the vegetables (cherry tomatoes, cucumbers and bell peppers). Shred the carrots. Cut the bell pepper into thin slices. Finely chop scallions.

To make the dressing: Whisk together ingredients in a small bowl and set aside. (Pro tip: add the olive oil last and drizzle in slowly as you whisk.)

Once the lentils are cooked and cooled, you are ready to assemble your salad.

Put spring mix salad into a bowl. Add lentils on top. Then add tomatoes and cucumbers, carrots and bell peppers. Then add scallions and currants. Finally add dressing to taste (a couple of tablespoons is usually enough) and mix the salad well.

Sprinkle with turmeric, coriander or extra pepper to taste.



Chickpeas With Coconut Milk

Ingredients

Chickpeas
Coconut milk
Butter
Onion (and garlic if you like)
Jalapeno peppers
Potatoes
Sweet potatoes (optional)
Red bell pepper
Zucchini
Crushed tomatoes – ok to use canned
Turmeric
Curry powder
Sea salt

Directions

The night prior to making this dish, soak your chickpeas. Then boil the chickpeas until they are tender but not mushy. (It's okay to use canned and drained chickpeas if you're short on time.)

First, prepare your vegetables. Dice the onion and garlic. Chop the jalapeños – you can remove seeds to reduce the spiciness. Be careful not to touch your face after doing this. Then peel the potatoes and dice. Peel and chop carrots and red bell peppers. No need to peel the zucchini, just dice into cubes.

Place a pot on medium-high heat. Add a pat of butter, allow to melt. Next add the diced onions (and garlic, optional) and Jalapeño peppers, and sauté for a minute or two. Next add potatoes and sweet potatoes. Mix and allow to cook for a couple minutes.

Add about 1/2 tsp turmeric and about 1 tsp curry powder. Add the other the diced carrots. Allow to cook until vegetables are starting to soften. Then add one can of coconut milk.

Add the cooked chickpeas and the diced red bell peppers. Add a couple pinches of sea salt and the diced zucchini. Continue to cook on medium heat to allow the flavors to permeate. Taste, and add more salt and spices as needed. Finally add a tablespoon of crushed tomatoes. Mix and turn off the heat.

Plate in a bowl, and enjoy!



Egg and Avocado Toast

Ingredients

- Fresh basil
- Garlic
- Fresh cilantro
- Olive oil
- Honey
- Lime juice
- Eggs
- Avocado
- Bread, toast or crackers for the base
- Salt
- Pepper
- Fresh chopped herbs for garnish

Directions

Boil eggs in the shell for about (10-12 minutes) – 1 egg per person. Set them aside to cool.

To make the cilantro pesto: Add to a blender or food processor: fresh basil, cilantro, 1 peeled clove of garlic, a few tablespoons of olive oil, a drizzle of honey for balance, about $\frac{1}{4}$ tsp salt, pepper and lime juice. Blend together, then taste and fix the sour-sweet-salt balance using more lime juice, honey or salt as needed until there's a party in your mouth.

Peel the eggs and then smash, chop or crumble into small pieces. Set aside.

Next, cut the avocados in half and remove the pit. Scoop out the meat from the rind and place in a shallow bowl. Mash the avocado with a fork. Add the boiled egg crumble to the mashed avocados. Add salt and pepper. Mix well.

Next toast the bread. Spoon the mashed avocado and egg mixture onto the toasted bread and spread. Top your avocado and egg mixture with the cilantro pesto and garnish with fresh herbs. Enjoy!



Watermelon Salad With Pumpkin Seeds

Ingredients for the Salad

- Watermelon
- Large bunch of mint leaves
- Cherry Tomatoes
- Feta cheese
- Scallions
- Cilantro
- Honey
- Pumpkin seeds
- Sesame seeds
- Salt
- Tajin (or mild red chile pepper)
- Black pepper

Ingredients for the Lime Vinaigrette

Chopped shallots (about 1 tbsp)

Chopped scallions

Chopped cilantro

Lime juice

Dried shallots

Pepper

Cayenne Pepper (if you like it a little spicy)

Maple syrup (1 tsp)

Salt (about 1/4 tsp or to taste)

Honey (about 1 tsp)

1/4 cup olive oil (drizzled in) add more if you like a milder dressing

Directions

First, cut the watermelon into half width-wise. Remove the rind of half of the watermelon. Then, cut the watermelon into large cubes. Place into a large salad bowl.

Finely chop scallions and cilantro leaves finely. Add these to the watermelon salad. Cut cherry tomatoes in halves or quarters and add to the salad. Roughly tear mint leaves and add to the salad. Add pumpkin seeds and sesame seeds. Add 2-3 pinches of salt, mild red chile pepper (like Tajin), and black pepper.

Cut the feta block into small squares and crumble on top.

Make the lime vinaigrette by whisking together all dressing ingredients, drizzling in olive oil as the last ingredient.

Add about 3 tablespoons of the lime vinaigrette. Drizzle with a bit more honey to taste. Toss the salad gently and serve.



Spaghetti Pasta With Cauliflower and Mushroom Bolognese and Parmesan Cheese

Ingredients

Cloves of garlic

Onion

Carrot

Celery

Button mushrooms and oyster mushrooms (or any mushrooms you can find locally)

Tomatoes

Red bell pepper

Cauliflower

Bay leaves

Parsley

Crushed tomatoes

Whole wheat spaghetti

Olive oil
Cayenne pepper
Dried basil
Thyme
Minced parsley
Parmesan
Salt and pepper

Directions

First, place a pot of water on high heat. Bring to a boil, then reduce to medium-high heat. Add a dash of olive oil to the boiling water. Add 2 full cloves of garlic, several bay leaves, and the whole wheat spaghetti. Allow the spaghetti to cook until al dente. Drain the spaghetti and set aside.

Next, prepare the ingredients for the sauce. Mince garlic cloves. Dice 1/2 medium-sized onion. Clean and chop the celery. Peel and dice the carrots. De-stem the button mushrooms and cut into large slices. Then, cut the cauliflower into medium size florets.

Next, place a large pan on the stove at medium heat. Add a couple of tablespoons of olive oil. Add the garlic and onion and allow to sauté. Next, add the carrots and celery. Mix, and allow to cook for a couple of minutes.

Then, add the sliced button mushrooms and cauliflower. Add the crushed or chopped tomatoes and a pinch of cayenne pepper (if you like a little spice). Mix well. Add a pinch of basil and thyme.

Finally, add a tablespoon of tomato paste. Mix well and allow to simmer for a several minutes. Add in the oyster mushrooms and allow to cook for a couple minutes. Add more basil and thyme, and cook until the cauliflower is tender, but still has a bite. Then turn off the heat.

Add the pasta into the sauce, and mix. Add grated parmesan cheese and oyster mushrooms. Mix gently. Plate the pasta and sauce. Add minced parsley and a small amount of grated parmesan cheese for garnish.