



20 Hearty & Warming Winter Recipes

Sunshine Nutrition & Wellness

Kendra Whitmire

<http://www.sunshinenutritionwellness.com>



Curried Coconut Soup

8 servings

30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Ginger (chopped)
- 2 Garlic (clove, minced)
- 1 Yellow Onion (chopped)
- 2 tbsps Curry Powder
- 2 cups Mushrooms (sliced)
- 1 oz Lemongrass (chopped)
- 1 cup Broccoli (chopped into small florets)
- 1 tbsp Lime Juice
- 3 cups Canned Coconut Milk
- 4 cups Vegetable Broth
- 1 Zucchini (spiralized into noodles)
- 1/4 cup Cilantro
- 1 tsp Chili Flakes (optional)

Directions

- 1 In a pot over medium-low heat, add the olive oil, ginger, garlic and onion. Sauté for 3 to 5 minutes. Add in the curry powder, mushrooms and lemongrass.
- 2 Once the mushrooms are cooked through, add in the broccoli, lime juice, coconut milk and broth. Bring to a boil, reduce heat and let it simmer for 10 minutes.
- 3 During the last minute, add the zucchini noodles and remove from heat.
- 4 Divide between bowls and top with cilantro and red chilli flakes, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size: One serving is equal to approximately one cup of soup.

More Flavor: Add salt and pepper.

Make it a Meal: Add in leftover cooked chicken breast or cooked lentils.



Mushroom Miso Soup

2 servings

25 minutes

Ingredients

- 3 cups Water
- 1 cup Vegetable Broth
- 1 1/2 cups Shiitake Mushrooms (sliced)
- 6 ozs Tofu (drained, rinsed and cut into cubes)
- 1 tsp Ginger
- 1 tbsp Tamari
- 3 tbsps Miso Paste
- 2 cups Kale Leaves (roughly chopped)
- 2 stalks Green Onion (optional, sliced)

Directions

- 1 Add the water and broth to a medium sized pot and bring to a boil. Reduce to a simmer, and add the mushrooms. Cook for 4 to 5 minutes.
- 2 Add the tofu, ginger and tamari and ensure the broth is lightly simmering. Continue cooking for 2 to 3 minutes more.
- 3 In a small bowl, add the miso paste, and ladle in some of the hot broth and whisk. Add the miso mixture to the pot and stir to combine. Add the kale leaves and simmer for 1 minute more.
- 4 Divide the miso soup into bowls and top with green onion, if using. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 2 cups.

More Flavor: Add sesame oil once finished cooking.

Additional Toppings: Add noodles, or some nori to the soup when finished cooking.

No Vegetable Broth: Use water instead and increase the amount of miso slightly for more flavor.

Miso Paste: This recipe was developed and tested using white miso.



Chicken Soba Noodle Soup

8 servings

1 hour

Ingredients

- 1 lb Chicken Leg, Bone-in (skin on)
- 12 cups Water
- 1/4 cup Ginger (sliced)
- 2/3 tsp Fish Sauce
- 2 tsps Sea Salt
- 14 1/8 ozs Buckwheat Soba Noodles
- 4 cups Bok Choy (quartered)
- 2 Lime (quartered)

Directions

- 1 In a large pot, combine the chicken legs, water, ginger, fish sauce and sea salt. Bring to a boil and lower to a simmer. Cook for 40 minutes, or until the chicken reaches an internal temperature of 165°F (74°C). Skim the top of the water as needed.
- 2 Meanwhile, cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Set aside.
- 3 Carefully remove the chicken legs from the broth and transfer to a large bowl. Using two forks, shred the chicken and remove the bones.
- 4 Divide the soba noodles, bok choy and shredded chicken into bowls. Pour the chicken broth overtop and serve with lime wedges. Enjoy!

Notes

Leftovers: Refrigerate the chicken and broth in separate airtight containers for up to three days. Refrigerate the veggies and soba noodles for up to five days.

Serving Size: Each serving equals approximately 2 cups of noodles and broth, 1/2 cup of chicken and 1/2 cup of bok choy.

More Flavor: Add cinnamon sticks, star anise or cloves to the broth.

Additional Toppings: Top with roasted peanuts, dried shallots, bean sprouts and/or fresh herbs.

Make it Vegan: Use shiitake mushrooms and tofu instead of chicken.



Sauerkraut & Vegetable Soup

6 servings

1 hour

Ingredients

- 3 cups Sauerkraut
- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 3 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 2 Carrot (peeled, chopped)
- 2 cups Celery Root (peeled, cubed)
- 3/4 cup Parsley (roughly chopped)
- 6 cups Vegetable Broth
- 1 Bay Leaf

Directions

- 1 Rinse the sauerkraut well and wring out the excess liquid using a kitchen towel or paper towel. Set aside.
- 2 Heat the oil in a large pot over medium heat. Add the onion and cook until it begins to soften, about 5 minutes. Add the garlic and salt and cook for another minute. Add the carrots, celery root, parsley and sauerkraut. Stir to combine then add the vegetable broth to the pot along with the bay leaf.
- 3 Bring the soup to a gentle boil then reduce the heat to simmer for 40 to 45 minutes or until the vegetables are tender. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1 1/2 cups of soup.

Additional Toppings: Serve with additional parsley on top.



Beef & Bean Minestrone

6 servings

1 hour 15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Beef
- 1 Yellow Onion (medium, finely chopped)
- 2 Carrot (medium, chopped)
- 2 stalks Celery (finely chopped)
- 4 Garlic (cloves, minced)
- 1 1/3 tbsps Italian Seasoning
- 1 tsp Sea Salt
- 1/4 cup Tomato Paste
- 4 cups Beef Broth
- 3 1/2 cups Diced Tomatoes (from the can)
- 2 cups Mixed Beans (cooked)
- 1 Bay Leaf
- 1 Zucchini (medium, chopped)
- 2 cups Baby Spinach

Directions

- 1 In a large pot, heat the oil over medium-high heat. Add ground beef to the pot. With a wooden spoon or spatula, break the beef into small pieces as it cooks. Stir until it is cooked through and no longer pink.
- 2 Add the onions, carrots, celery, garlic, Italian seasoning and salt. Cook until onions are just translucent, about 7 minutes. Add tomato paste and stir to incorporate.
- 3 Add the beef broth, diced tomatoes, mixed beans and bay leaf. Stir to incorporate then bring soup to a gentle boil.
- 4 Stir in the zucchini and the spinach. Reduce heat to a simmer and cook uncovered for about 40 minutes until vegetables are very tender and soup has reduced slightly.
- 5 Remove the bay leaf. Divide into bowls and enjoy!

Notes

Leftovers: Keeps well in the fridge up to 3 days. Store in the freezer for longer.

Serving Size: One serving is roughly 1 1/2 cups.

No Ground Beef: Use ground turkey or ground chicken instead.

More Carbs: Stir in cooked pasta or noodles before serving.

Likes it Cheesy: Sprinkle with parmesan or nutritional yeast.



Spicy Coconut Lentil Soup

4 servings

40 minutes

Ingredients

1/2 cup Brown Basmati Rice (uncooked)
1/2 cup Dry Lentils (uncooked)
1/4 cup Unsweetened Shredded Coconut
2 tsps Smoked Paprika
1 tsp Chili Powder
1/4 tsp Turmeric (ground)
1 tsp Cumin (ground)
1/2 tsp Sea Salt
7 cups Water
1/4 cup Cilantro (optional, chopped)

Directions

- 1 Rinse the dry rice and lentils in a fine mesh sieve and add to a large pot along with the shredded coconut, smoked paprika, chili powder, turmeric, cumin, and sea salt. Add the water to the pot and bring to a boil. Once boiling, reduce the heat to a simmer.
- 2 Cook for about 25 to 30 minutes, or until the lentils and rice are cooked through. Divide into bowls and garnish with cilantro (optional). Enjoy!

Notes

Serving Size: One serving is equal to approximately 1.5 to 2 cups of soup.

Meal Prep: This soup can be made ahead and stored in the fridge. Reheat on the stove or in the microwave before serving.

Leftovers: Store in the fridge for up to 5 days. Freeze for up to 3 months.

Likes it Creamy: Swap out some of the water for coconut milk.

Likes it Really Spicy: Add cayenne pepper.

No Smoked Paprika: Use regular paprika.

More Veggies: Add chopped kale, spinach, mushrooms, bell peppers, carrots, celery or any other favorite vegetables.



Turmeric Beef Stew

4 servings

55 minutes

Ingredients

- 1 lb Top Sirloin Steak
- 1 tbsp Tapioca Flour
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 Carrot (medium, chopped)
- 1 Yellow Potato (large, chopped)
- 1 tsp Turmeric (ground)
- 1 tsp Coriander (ground)
- 1 tsp Cumin (ground)
- 1 tsp Ground Ginger
- 2 cups Beef Broth
- 4 stalks Green Onion (green parts only, chopped)
- 1/2 cup Cilantro (chopped)

Directions

- 1 Cut steak into 1-inch cubes. Transfer to a mixing bowl with tapioca flour, salt and pepper. Toss until the steak is well coated.
- 2 Heat oil in a dutch oven or large pot over medium-high heat. Add the beef and brown it on all sides. Remove the beef from the pot and set aside. (Adjust the heat as necessary when browning the steak to prevent the bottom of the pot from burning. You may need to do the browning in batches.)
- 3 Add the carrots and potatoes to the pot along with the turmeric, coriander, cumin and ginger. Stir frequently for 2 to 3 minutes. If the spices start sticking to the bottom of the pot add two tablespoons of water to help them along. Add the browned beef back to the pan.
- 4 Add the broth to the pot, being sure to scrape the browned bits off the bottom. Cover with a tight-fitting lid, reduce heat to medium-low and let simmer for 20 minutes.
- 5 Remove the lid and stir in the green onions and cilantro. Continue to simmer uncovered for 10 minutes. Taste and season with additional salt and pepper, if needed.
- 6 Divide into bowls and enjoy!

Notes

Too Thick: If the stew thickens too much or if it's looking a little bit dry, add extra broth or water one tablespoon at a time until desired consistency is reached.

Leftovers: Store in an airtight container in the fridge up to 3 days. Freeze for longer.

No Beef Broth: Use vegetable or chicken broth instead.



Moroccan Chicken Stew

4 servings

30 minutes

Ingredients

1/4 cup Coconut Oil
10 ozs Chicken Breast (skinless, boneless, diced into chunks)
2 Yellow Onion (medium, diced)
1 tsp Turmeric
1/2 tsp Cinnamon
1/2 tsp Cardamom
1/4 tsp Cayenne Pepper
1 1/2 tsps Sea Salt
3 Tomato (large, diced)
1/2 cup Parsley (finely chopped and divided)
2 tbsps Raw Honey
1/3 cup Raisins

Directions

- 1 Heat coconut oil over medium heat in a large pot or saucepan. Add chicken, onion, turmeric, cinnamon, cardamom, cayenne and salt. Cook for 15 minutes, stirring occasionally.
- 2 Stir in tomatoes, half the parsley, honey and raisins. Cover and cook for another 15 minutes, until chicken is cooked through and sauce is thick.
- 3 Uncover and serve immediately. Garnish with remaining parsley. Enjoy!

Notes

Serve it With: Crusty bread, brown or white rice, quinoa, brown rice tortillas, roasted squash, sweet potato, or our Paleo Tabbouleh recipe.

Storage: Refrigerate in an airtight container up to 3 days, or freeze if longer.

Make it Vegan or Vegetarian: Use chickpeas instead of chicken and maple syrup instead of honey.



Slow Cooker Lentil Chili

6 servings

5 hours

Ingredients

- 1 cup Dry Red Lentils (rinsed, uncooked)
- 1 Yellow Onion (medium, diced)
- 1 Red Bell Pepper (chopped)
- 1 Carrot (chopped)
- 3 Garlic (cloves, minced)
- 1 tbsp Chili Powder
- 1 tsp Cumin
- 1 tsp Smoked Paprika
- 3 1/2 cups Diced Tomatoes (from the can with juices)
- 2 tbsps Tomato Paste
- 2 cups Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1 3/4 cups Red Kidney Beans (from the can, drained and rinsed)
- 1 Avocado (optional, sliced)
- 1/4 cup Cilantro (optional, chopped)

Directions

- 1 Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.
- 2 Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
- 3 Ladle into bowls and top with avocado and cilantro (optional). Enjoy!

Notes

Serving Size: One serving is equal to approximately 1.5 to 2 cups of chili.

Likes it Spicy: Add one chopped jalapeno pepper.

More Flavor: Add the juice of one lime to the slow cooker just before serving.

No Beans: Use lentils only.

Leftovers: Store leftovers in the fridge for up to five days, or freeze for longer.



Peanut Butter Curry Chickpea Stew

4 servings

45 minutes

Ingredients

1 tbsp Coconut Oil
 1 Yellow Onion (medium, diced)
 2 Garlic (cloves, minced)
 1 tbsp Ginger (grated)
 1 tsp Cumin
 1 tsp Coriander
 1 tsp Cinnamon
 1 tbsp Turmeric
 1/4 cup Water
 1/4 cup All Natural Peanut Butter
 2 cups Vegetable Broth
 1 cup Unsweetened Almond Milk
 1 tsp Sea Salt
 1 Red Bell Pepper (sliced)
 1 Zucchini (sliced)
 2 Carrot (medium, peeled and sliced)
 4 cups Chickpeas (cooked)
 1 Lime (juiced)
 1/4 cup Cilantro (chopped)

Directions

- 1 Heat a large saucepan over medium-low heat and melt the coconut oil. Add the onion, garlic and ginger. Cook for 2-3 minutes, stirring frequently.
- 2 Add the spices and cook for 1 minute, until fragrant. Add the water to deglaze the pan, then stir in the peanut butter.
- 3 Add the vegetable broth and almond milk. Stir until all is smoothly combined. Add the salt.
- 4 Add the pepper, zucchini, carrots and chickpeas and stir well to mix. Simmer uncovered for 20 minutes, stirring occasionally.
- 5 Stir in the lime juice and cilantro. Divide into bowls, and top with more cilantro if desired. Enjoy!

Notes

Leftovers: Store in the fridge up to 4 days or freeze.

Serving Size: One serving is approximately 2 cups.



Warm Farro & Sweet Potato Salad

4 servings

40 minutes

Ingredients

- 1 cup Farro (rinsed)
- 3 cups Water
- 1/2 tsp Sea Salt (divided)
- 4 cups Baby Spinach
- 1 Sweet Potato (large, cubed)
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1/2 cup Walnuts (chopped)
- 1/3 cup Parsley (roughly chopped)

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Add the farro to a medium sized pot with water and half the sea salt. Bring to a boil. Once water has boiled, reduce heat to low and simmer for 30 minutes. When the farro is done cooking, add the spinach to the pot. Stir and cover until the spinach is wilted.
- 3 While the farro cooks, line a baking sheet with parchment paper and add the sweet potato. Cook in the oven for 20 to 25 minutes or until cooked through. Remove and set aside.
- 4 In a small bowl, mix the extra virgin olive oil, lemon juice and remaining sea salt.
- 5 Divide the farro and spinach mixture between plates. Top with sweet potato, walnuts and parsley. Drizzle the lemon dressing on top. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Gluten-Free: Instead of farro, use brown rice cooked according to package directions.

Nut-Free: Use pumpkin seeds instead of walnuts.



Chicken Curry Noodle Soup

2 servings

25 minutes

Ingredients

3 1/4 ozs Pho Noodles
1 tbsp Coconut Oil
1 tbsp Ginger (peeled and grated)
4 Garlic (cloves, minced)
1 Red Bell Pepper (sliced)
4 ozs Chicken Thighs (skinless, boneless)
1/4 cup Yellow Curry Paste
1 cup Canned Coconut Milk (full fat)
3 cups Chicken Broth
Sea Salt & Black Pepper (to taste)
1/2 Lime (juiced)

Directions

- 1 Bring a pot of water to a boil and cook noodles according to instructions on package. Drain, rinse under cold water and set aside.
- 2 Heat coconut oil in a saucepan over medium-high heat. Cook ginger and garlic until fragrant, about 1-2 minutes. Add bell pepper slices and chicken, and cook for about 3-5 minutes each side.
- 3 Add curry paste, coconut milk and broth. Scrape any bits at the bottom of the pan. Bring to a simmer and cook for an additional 10 to 15 minutes, or until chicken is cooked through.
- 4 Season with salt and pepper to taste. Divide noodles and curry soup into bowls. Squeeze lime juice overtop and enjoy!

Notes

No Curry Paste: Use your desired amount of curry powder instead.

Leftovers: Refrigerate in an airtight container up to 3 days or freeze.

No Chicken Broth: Use vegetable or beef broth instead.

Vegan & Vegetarian: Use vegetable broth instead of chicken broth. Use cooked chickpeas instead of chicken thighs.



Thai Chicken & Mushroom Soup

2 servings

40 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 1 Garlic (clove, minced)
- 1 tsp Ginger (minced)
- 3 cups Chicken Broth
- 1 tbsp Coconut Aminos
- 1/4 oz Lemongrass (peeled, chopped into large pieces)
- 8 ozs Chicken Breast (skinless, boneless, chopped into cubes)
- 1 1/2 cups Shiitake Mushrooms (sliced)
- 1 cup Canned Coconut Milk
- 1 tbsp Lime Juice
- 1/4 cup Thai Basil (chopped)

Directions

- 1 In a pot over medium heat, add the coconut oil, garlic and ginger. Sauté for 1 minute. Then add the broth, coconut aminos and lemongrass. Bring to a simmer, reduce heat to medium-low and cook for 15 to 20 minutes.
- 2 Add the chicken and mushrooms and cook for 10 minutes or until the chicken is cooked through. Remove from heat. Remove the lemongrass stalks and discard. Add the coconut milk and lime juice. Stir to combine.
- 3 Divide into bowls and garnish with basil. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Add leafy greens such as spinach or kale.

No Lemongrass: Use extra lime juice instead.

No Coconut Aminos : Use tamari or soy sauce instead.

No Thai Basil: Use regular basil, cilantro or mint instead.



Mac n' 'Cheese'

8 servings

1 hour

Ingredients

4 cups Butternut Squash (peeled, seeded and sliced into 1 inch cubes)
1/2 Sweet Onion (diced)
2 Garlic (cloves, whole)
2 tbsps Extra Virgin Olive Oil
1 cup Almonds
1 tsp Garlic Powder
1 tsp Onion Powder
1 cup Cashews
2 tbsps Nutritional Yeast
2 tbsps Sea Salt
1 cup Water
4 cups Brown Rice Macaroni (uncooked)

Directions

- 1 Preheat oven to 420°F (216°C).
- 2 Place butternut squash, sweet onion and garlic cloves in a large mixing bowl. Add olive oil, season with a bit of sea salt and pepper and mix well. Transfer onto a large foil-lined baking sheet. Roast in the oven for 30 minutes.
- 3 Now let's make the "breadcrumbs". In a food processor, combine the almonds, garlic powder and onion powder. Pulse until almonds are coarsely chopped. Set aside.
- 4 In a blender, add cashews, nutritional yeast, sea salt and water. Blend until a creamy consistency forms. Now add in the roasted butternut squash and onion mix and blend until smooth.
- 5 Reduce oven to 350°F (177°C).
- 6 Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 7 In a large bowl, mix together cooked macaroni and "cheese" sauce. Toss until well coated then transfer into a casserole dish. Top with almond breadcrumbs and bake for 20 minutes.
- 8 Remove from oven. Let cool for 10 minutes. Spoon into bowls. Devour.

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups. For 8 servings an 11 x 17-inch casserole dish was used.

More Protein: Add diced chicken.

Make it Spicy: Add some clean hot sauce, chili flakes or cayenne pepper.

Extra Vegetables: Add sautéed spinach and mushrooms.

Appetizer Size: Line a muffin tray with liners and fill each with a few spoonfuls of Mac n' 'Cheese' for a bite-sized snack.



Pumpkin Mac n' Cheese

4 servings

20 minutes

Ingredients

2 cups Brown Rice Macaroni (dry)
1 cup Unsweetened Almond Milk
1 tbsp Arrowroot Powder
1 tsp Garlic Powder
1/3 cup Nutritional Yeast
1 1/2 tsps Dijon Mustard
1 cup Pureed Pumpkin
1 tbsp Maple Syrup
Sea Salt & Black Pepper (to taste)

Directions

- 1 Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 2 Meanwhile, heat milk in a saucepan over medium heat. Once the milk is steaming, whisk in the arrowroot until all clumps are gone.
- 3 Add the remaining ingredients and whisk until thoroughly combined. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.
- 4 Pour the pumpkin sauce over the macaroni and mix well. Divide into bowls and enjoy!

Notes

Leftovers: Store in an air-tight container in the fridge for up to 5 days.

Spice Lover: Add chili flakes, hot sauce, paprika, cayenne, oregano and/or rosemary.

More Protein: Add cooked diced chicken, chickpeas or lentils.

More Vegetables: Add wilted spinach, kale and/or sauteed mushrooms.



Mashed Rutabaga

6 servings

40 minutes

Ingredients

4 cups Rutabaga (peeled and cubed)
2 tbsps Extra Virgin Olive Oil
1/4 tsp Sea Salt

Directions

- 1 Add rutabaga to a large saucepan and cover with water. Place over high heat and bring to a boil. Lower the heat and let simmer for about 30 minutes or until tender.
- 2 Drain the water from the saucepan and return to the heat until the cubes are dry, about 2 to 3 minutes. Once dry, turn the heat off.
- 3 Use a potato masher or the back of a fork to mash the chunks. Combine with olive oil and salt to taste. Enjoy!

Notes

No Olive Oil: Use ghee, butter, coconut oil or avocado oil instead.

Leftovers: Keeps well in the fridge up to 4 days.



Spicy Chicken Collard Wraps

4 servings

30 minutes

Ingredients

4 cups Collard Greens (washed)
 8 ozs Chicken Breast, Cooked (diced)
 1 tbsp Tamari
 2 tbsps Apple Cider Vinegar (divided)
 2 Garlic (cloves, minced and divided)
 1 Lime (juiced and divided)
 1 tbsp Red Pepper Flakes (divided)
 1 tbsp Ginger (peeled, grated and divided)
 1/2 cup Mushrooms (diced)
 1/2 Yellow Onion (finely diced)
 1 cup Baby Spinach (chopped)
 1 Carrot (grated)
 1/4 cup Basil Leaves (chopped)
 2 tbsps Extra Virgin Olive Oil (divided)
 1 tbsp Sesame Seeds
 Sea Salt & Black Pepper (to taste)
 1/4 cup All Natural Peanut Butter

Directions

- 1 Wash collard greens, pat dry with paper towel and set aside. Cook up your chicken breasts if you have not already.
- 2 In a medium-sized bowl, mix together tamari, half of the apple cider vinegar, half of the minced garlic clove, half of the lime juice, half of the red pepper flakes and half of the grated ginger. Combine ingredients until evenly distributed. Then add in cooked chicken breast. Mix well until chicken is coated and set aside.
- 3 Add half of the olive oil to large skillet and heat over medium heat. Add onion and saute until translucent. Then add in remaining minced garlic, carrots and mushroom. Season with salt and pepper plus remaining red pepper flakes. Let cook for 3 - 5 minutes, stirring occasionally.
- 4 Add the cooked diced chicken to the skillet and mix well until heated through. Remove from heat. Add spinach and basil and stir until wilted.
- 5 In a small mixing bowl, make peanut sauce by combining peanut butter and the remaining apple cider vinegar, olive oil, lime juice and minced garlic. Stir until creamy. You can add 1 tsp hot water at a time stirring well to thin sauce if desired.
- 6 Lay collard green on plate and top with chicken/veggie mixture. Sprinkle with sesame seeds and drizzle with peanut sauce. If you like some extra heat, sprinkle with a few more red pepper flakes. Wrap and enjoy!



Roasted Veggies with Cranberries & Orange

4 servings

35 minutes

Ingredients

- 1 Sweet Potato (peeled, cubed)
- 1 bulb Fennel (cored, sliced)
- 1 1/2 cups Brussels Sprouts (trimmed, halved)
- 1/2 cup Frozen Cranberries
- 2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1 tbsp Orange Juice (freshly squeezed)
- 1 1/2 tsps Thyme
- 1 tsp Maple Syrup

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Arrange the sweet potato, fennel, brussels sprouts and cranberries on the baking sheet. Drizzle with oil and season with the salt. Toss to evenly coat everything.
- 3 Bake in the oven for 30 to 35 minutes or until very tender, stirring once halfway through.
- 4 In a small mixing bowl combine the orange juice, thyme and maple syrup. Drizzle over top of the roasted veggies. Season with additional salt if needed. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 3/4 cup.

No Maple Syrup: Omit or use honey or agave instead.

No Fresh Thyme: Use another fresh herb like parsley instead.



Loaded Baked Potato

1 serving

1 hour

Ingredients

- 1 Russet Potato (large)
- Sea Salt & Black Pepper (to taste)
- 2 slices Bacon, Cooked (diced)
- 1/2 Tomato (medium, diced)
- 1/2 Avocado (diced)
- 2/3 oz Cheddar Cheese (shredded)
- 1/4 cup Microgreens (optional)

Directions

- 1 Preheat your oven to 400°F (204°C). Scrub your potato and pierce it all over with a fork. Place on a pan and bake for 45 to 50 minutes, or until it is cooked through.
- 2 Remove the potato from the oven. Once it is cool enough to handle, cut the potato down the middle and season with sea salt and black pepper to taste. Top with the diced bacon, tomato, avocado, cheese and microgreens. Enjoy!

Notes

Meal Prep: Bake the potatoes ahead of time to save time. Warm through before adding toppings.

No Tomato: Use salsa instead.

No Microgreens: Use chopped spinach, arugula or your favourite herbs instead.

No Russet Potato: Use a sweet potato instead.

Dairy-Free: Skip the cheddar cheese and use a dairy-free cheese (like cashew) instead.



Mushroom & Kale Stuffed Sweet Potato

2 servings

50 minutes

Ingredients

- 2 Sweet Potato (medium, pierced with a fork)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (chopped)
- 1 cup Mushrooms (sliced)
- 1 cup Kale Leaves (chopped)
- 1 tbsp Nutritional Yeast

Directions

- 1 Preheat the oven to 400°F (204°C) and place each sweet potato on a baking sheet. Bake for 40 to 45 minutes, or until cooked through.
- 2 About 10 minutes before the sweet potatoes are done cooking, heat the olive oil in a skillet over medium heat. Add in the onions and mushrooms and cook for 5 minutes or until soft. Add the kale and nutritional yeast and cook for another 3 minutes or until the kale is cooked down.
- 3 Once the potatoes are cooked through, slice them down the middle and top with the mushrooms, kale and onion mix. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals one stuffed sweet potato.

Meal Prep: Cook the sweet potatoes ahead of time for a quick weeknight meal.

No Kale: Use spinach or Swiss chard instead.

Additional Toppings: Top with pumpkin seeds or sunflower seeds.