

Recipes

SMOOTHIES AND SHAKES

Green Avocado Smoothie

MAKES 1 SERVING

2 cups chopped kale or mixed greens (romaine, Swiss chard, spinach)	½ medium avocado, chopped
1 cup water	1 scoop clean protein powder (see Resources)
½ green apple, cored and chopped	1 cup ice cubes

Place the kale and water in a high-powered blender and blend on low speed. As the kale begins to break down, increase to medium speed until completely broken down and smooth. Add the remaining ingredients, and blend on medium to high speed until you achieve your desired consistency, normally about 1 minute. Serve immediately.

Berry Green Smoothie

MAKES 1 SERVING

2 cups chopped spinach or mixed greens (kale, romaine, Swiss chard)	1 scoop clean protein powder (see Resources)
1–2 cups filtered water	1 tablespoon unsweetened almond butter
½ cup frozen raspberries	
½ cup frozen blueberries	
½ small avocado, chopped	

Place the spinach and water in a high-powered blender and blend on low until the spinach begins to break down. Increase to medium speed until completely broken down and smooth. Add the berries, avocado, protein powder, and almond butter, and blend on medium to high speed until you reach your desired consistency, usually about 1 minute. Serve immediately.

Dr. Mariza's Green Energy Smoothie

MAKES 1 SERVING

2 cups filtered water	1 scoop clean protein powder (see Resources)
2 cups chopped organic kale or mixed greens (romaine, Swiss chard, spinach)	1½ teaspoons organic matcha green tea powder
½ medium avocado	2 tablespoons collagen powder (see Resources)
½ cup frozen pineapple cubes	½ cup ice cubes
Juice of 1 lemon	

Combine 1 cup of the water and the greens in a high-powered blender and blend on high speed until smooth. Add the remaining water and other ingredients. Blend until smooth, about 1 minute. (This can be stored in the refrigerator for up to 24 hours.)

Blueberry Shake

MAKES 2 SERVINGS

2 cups chopped mixed greens (kale, romaine, Swiss chard, spinach)	½ tablespoon coconut oil
1 to 1½ cups water	½ cup unsweetened almond milk
⅓ cup chopped carrot	1 scoop vanilla clean protein powder (see Resources)
½ cup frozen blueberries	1–2 ice cubes
1 cup cucumbers	

Add the greens and water to a high-powdered blender. Start blending on low and as greens start to break down, increase to medium speed until greens are completely broken down and smooth. Add the carrot, blueberries, cucumbers, coconut oil, almond milk, protein powder, and ice cubes, and blend well on medium to high speed until desired consistency is achieved, about 1 minute. Serve immediately.

Chocolate Mint Chip Shake

MAKES 1 SERVING

2 cups chopped spinach or mixed greens (kale, romaine, Swiss chard)	½ tablespoon maca powder (optional)
1 to 1½ cups water	1 tablespoon cacao nibs
1½ cups unsweetened almond milk or coconut milk	½ medium avocado, chopped
½ cup fresh mint leaves, or 1 drop mint extract	1 scoop chocolate protein (see Resources)
	½ cup ice cubes

Add the greens and water to a high-powered blender. Start blending on low and as greens start to break down, increase to medium speed until greens are completely broken down and smooth. Add the almond milk, mint, maca, cacao nibs, avocado, protein powder, and ice cubes, and blend well on medium to high speed until desired consistency is achieved, about 1 minute. Serve immediately.

Matcha Latte with Almond Milk

MAKES 2 SERVINGS

½ cup filtered water
1 teaspoon matcha green
tea powder

½ cups unsweetened
almond milk, heated

Heat the water in a small pot over medium heat to just before boiling. Place ½ teaspoon matcha into each of two mugs. Add half the hot water to each cup and whisk until frothy. Then pour half the almond milk into each mug. If you're using a milk frother, place on the latte and turn on, allowing to froth and foam until desired texture. (Or, reserve some of the hot almond milk and separately froth in a cup, then gently pour into each mug.) Enjoy immediately.

Tip: Add 2–3 drops pure liquid stevia to sweeten, if desired.

Refreshing Tulsi Iced Tea

Tulsi, or holy basil tea, helps you relax and reduces stress. It's perfect for an afternoon or evening beverage. The Tulsi and green tea combination promotes longevity, owing to its high antioxidant content.

MAKES 4 SERVINGS

5 cups filtered water	4 cups cold water
6 tablespoons organic Tulsi tea	2 cups ice cubes
3 tablespoons organic decaffeinated green tea	

Bring the filtered water to a boil and steep the Tulsi and green tea for 6 to 10 minutes. Strain the tea and add the cold water. Once the tea cools down, add the ice cubes, and serve.

Tip: Enjoy this tea warm by leaving out the ice. Tulsi tea is traditionally served warm, or at room temperature. Add 2–3 drops pure liquid stevia to sweeten the iced tea.

Golden Milk (Turmeric Tea)

For a change, use bone broth (see page 335) with these ingredients for a savory tea.

MAKES 2 SERVINGS

2 cups nondairy milk (unsweetened almond or coconut milk)	1 teaspoon ground turmeric or minced fresh turmeric
1 cup filtered water	¼ teaspoon ground ginger or minced fresh ginger

½ teaspoon ground
cinnamon
½ teaspoon coconut oil
⅛ teaspoon black
peppercorns

⅛ teaspoon ground
cardamom (optional)
3–5 drops pure liquid
stevia (optional)

Place the milk, water, turmeric, ginger, cinnamon, coconut oil, peppercorns, and cardamom in a small saucepan and whisk to combine. Bring to a low boil over medium heat. Reduce the heat and simmer for 10 minutes, or until flavors have combined. Strain through a fine-mesh strainer, and pour into mugs.

Tip: Golden milk can be made up to 5 days ahead. Store in an airtight glass jar in the refrigerator, then warm to desired temperature and serve.

LUNCH AND DINNER ENTREES

Veggie Frittata

MAKES 4 SERVINGS

2 tablespoons extra-
virgin olive oil
½ cup chopped onion
1½ cups cubed zucchini
1 garlic clove, minced
½ cup broccoli florets
½ teaspoon dried
oregano

1 tablespoon chopped
fresh parsley, or
1 teaspoon dried
¼ teaspoon salt and
pepper, plus more as
needed
2 cups baby spinach
8 large eggs
½ cup unsweetened
almond milk

Preheat the oven to 350°F. Coat a 9-inch baking dish with nonstick spray.

Heat a skillet over medium heat and add the olive oil. Add the onion and zucchini and cook for about 1 minute. Add the garlic and sauté a few more minutes, then add the broccoli, oregano, and parsley. After another minute, add the salt and pepper. Mix well, then turn off the heat and add the spinach.

In a large bowl, whisk together the eggs, almond milk, and additional salt and pepper.

Spread the the sautéed ingredients in the baking dish and then pour in the egg mixture. Place dish in the oven and bake for 20 to 25 minutes, or until a knife inserted in the middle comes out clean.

Arugula and Fennel Salad with Lemon Vinaigrette

This salad is lovely with the lemon vinaigrette, but an alternative is the basic vinaigrette that follows.

SERVES 4

5 cups arugula	1 cup cherry tomatoes, cut into halves
1 large avocado, chopped	
½ cup thinly sliced fennel bulb	¼ cup pine nuts (optional)
	Lemon Vinaigrette (recipe follows)

In a large salad bowl, combine all the ingredients except the vinaigrette. Toss well, then pour half the vinaigrette over the salad and toss again gently to combine.

Lemon Vinaigrette

MAKES 1 CUP; SERVING SIZE IS 1/2 TABLESPOON

1/4 cup fresh lemon juice	1/8 teaspoon sea salt
1/2 cup red wine vinegar	1/8 teaspoon freshly ground black pepper
1 tablespoon Dijon mustard	1/2 cup extra-virgin olive oil

Whisk together the lemon juice, vinegar, mustard, salt, and pepper in a small bowl. Slowly drizzle in the olive oil and continue whisking until the mixture is smooth. (Store remainder in an airtight container for future use.)

Basic Vinaigrette

MAKES 3/4 CUP; SERVING SIZE IS 1/2 TABLESPOON

1/4 cup red wine vinegar or apple cider vinegar	1/8 teaspoon sea salt
1/2 cup extra-virgin olive oil	Freshly ground black pepper

Combine all the ingredients in a glass bowl or jar and whisk together until smooth. (Store remainder in an airtight container for future use.)

Creamy Butternut Squash Soup

MAKES 4 SERVINGS

1 large butternut squash (2½–3 pounds)	¼ teaspoon ground nutmeg
2 tablespoons coconut oil	3 quarts vegetable broth
1 Granny Smith apple, peeled, cored, and chopped	1 teaspoon sea salt, plus more as needed
1 medium yellow onion, chopped (about ¾ cup)	½ teaspoon freshly ground black pepper, plus more as needed
2 large garlic cloves	1 (12-ounce) can coconut milk
½ teaspoon ground cinnamon	¼ teaspoon red pepper flakes (optional)
½ teaspoon ground ginger	

Preheat the oven to 400°F. Line a baking sheet with parchment.

Halve the squash and use a spoon to remove the seeds and strings. Place face down on the baking sheet and roast about 1 hour, or until the skin leaves an imprint when you push down on it.

Add the coconut oil to a large pot over medium heat. Add the apple and onion, and sauté for 4 to 5 minutes, or until the apple softens and the onion is slightly browned. Add the garlic and spices and sauté for an additional minute, or until fragrant.

Using a large spoon, scoop the squash pulp out of its skin and add to the pot. Add the vegetable broth and salt and pepper, and cover. Simmer over low heat for 4 to 5 minutes, until squash is warmed through. Pour in the coconut milk and then use an immersion/stick blender to puree until smooth. (Alternatively, transfer to a high-powered blender and puree, working in batches if necessary.) Season with additional salt and pepper, and pour back into pot, heat until warm, and add the red pepper flakes, if using.

Broccoli and Greens Soup

MAKES 4 SERVINGS

2 large broccoli crowns (about 2 pounds)	1 bunch dandelion greens, trimmed and cut into 1-inch lengths
3 tablespoons extra- virgin olive oil	1 tablespoon fresh lemon juice
½ large yellow onion, chopped (about ½ cup)	1 teaspoon sea salt
2 large garlic cloves	½ teaspoon freshly ground black pepper, plus more as needed
3 quarts vegetable broth	1 cup pumpkin seeds

Cut the broccoli crowns into small florets, and thinly slice the stalks into rounds. Place a large pot over medium heat. Add the olive oil, then the broccoli stalks and the onion. Sauté for 4 to 5 minutes, or until the onion is browned and the broccoli is tender. Add the garlic and sauté an additional minute, or until garlic is fragrant. Add the broccoli florets and the broth. Cover and lower the heat, and simmer for about 15 minutes or until the florets are tender.

Add the dandelion greens to the pot along with the lemon juice. Simmer an additional 3 to 4 minutes, then turn the heat off. Use an immersion/stick blender to puree the soup. (Alternatively, transfer the soup to a high-powered blender and puree, working in batches if necessary.) Season the soup with salt and pepper and transfer back to the pot to keep warm.

Heat a small sauté pan over medium heat. Rough chop the pumpkin seeds and add to the pan, shaking often until the seeds are fragrant, 2 to 3 minutes.

Ladle the soup into bowls and top with some toasted pumpkin seeds, as well as additional black pepper, if desired.

Tomato and Cucumber Salad with Tahini Dressing

The salad is meant to be chunky and light on the arugula. You are welcome to add more arugula if you like. This salad can also be enjoyed the next day, so save those leftovers!

MAKES 4 SERVINGS

½ medium red onion	½ bunch fresh basil, leaves torn into small pieces
1½ pounds yellow heirloom tomatoes	½ bunch fresh mint, leaves roughly chopped
1½ pounds red heirloom tomatoes	¼ bunch fresh parsley, roughly chopped
1½ pounds green heirloom tomatoes	Tahini Dressing (recipe follows)
1½ pounds purple heirloom tomatoes	Toasted pumpkin seeds, chopped
1 English cucumber	
1 large avocado	
1 bunch arugula	

Use a small mandoline or chef's knife to very thinly slice the onion half into half circles. Place in a small bowl and cover with water.

Cut the heirloom tomatoes into ¼-inch-thick slices and then into quarters. Place in a large salad bowl. Cut the cucumber in half and cut the halves in half again to create quarters. Cut into ¼-inch-thick pieces and toss into the bowl with the tomatoes. Cut the avocado in half, twist to open, and remove the pit. Cut into the flesh with the tip of your knife to create squares and use a large spoon to scoop out the meat. Mix into the tomato and cucumber mixture. Toss in the arugula and herbs, and mix well. Drizzle with the tahini dressing and sprinkle with the pumpkin seeds.

Tahini Dressing

MAKES $\frac{3}{4}$ CUP; SERVING SIZE IS $\frac{1}{2}$ TABLESPOON

2 tablespoons tahini	$\frac{1}{2}$ teaspoon sea salt
1 garlic clove	$\frac{1}{2}$ cup water

In a small food processor, combine all the ingredients except the water, and blend until smooth. Slowly drizzle in the water until a smooth consistency is achieved. If the consistency is too thick for your liking, feel free to whisk or blend in more water.

Warm Kale and Delicata Squash Salad

MAKES 4 SERVINGS

2 pounds delicata squash (about 3 medium)	Freshly ground black pepper
$\frac{1}{4}$ cup extra-virgin olive oil	2 pounds dinosaur/ lacinato kale
$\frac{1}{2}$ teaspoon ground turmeric	$\frac{1}{4}$ cup chopped shallots
$\frac{1}{4}$ teaspoon ground cinnamon	2 tablespoons red wine vinegar
$\frac{1}{2}$ teaspoon sea salt	$\frac{1}{2}$ cup pomegranate seeds

Preheat the oven to 400°F. Line a baking sheet with parchment.

Cut the ends off the squash, then cut in half lengthwise. Use a small spoon to scoop out the seeds and stringy flesh. Use a sharp chef knife to cut each half into $\frac{1}{4}$ -inch-thick half-moons. Add to a large mixing bowl, then drizzle half of the olive oil, turmeric, cinnamon, salt, and pepper and spread in a thin layer on the baking sheet. Place in the oven and roast for 12 to 15 minutes, or until browned.

Meanwhile, remove the kale stems and cut the leaves into 1/4-inch-thick strips. Place in a large bowl. In a small bowl, whisk together the shallot, vinegar, and the rest of the olive oil and then drizzle over the kale. Use your hands to massage the dressing into the kale and break down the toughness of the greens.

Toss the squash into the kale, then top the salad with the pomegranate seeds and additional peppercorns. Serve warm.

Zesty Walnut Pesto Zoodles

Missing the protein? Any type of protein would pair well with this dish. The nutritional yeast is also a great-tasting vegan substitute for protein that is packed with B vitamins and minerals.

MAKES 4 SERVINGS

4 large zucchini (about
2½ pounds), ends
cut off
2 tablespoons olive oil

Walnut Pesto (recipe
follows)
2 tablespoons nutritional
yeast

Use a spiralizer to create zucchini noodles, also known as “zoodles.”

Heat a large sauté pan over medium heat. Add the oil and then the zoodles. Cook, stirring often for about 2 to 3 minutes, then add at least 1 cup of the pesto, more or less to your liking, and toss well to heat through, 2 to 3 additional minutes. Sprinkle each portion with nutritional yeast right before serving.

Walnut Pesto

MAKES ABOUT 2 CUPS

1½ cups chopped walnuts	1 teaspoon lemon zest
2 tablespoons nutritional yeast	½ cup extra-virgin olive oil
½ bunch fresh parsley (about ½ cup packed)	½ teaspoon sea salt
1 bunch fresh Italian basil, stemmed	¼ teaspoon freshly ground black pepper
Juice of 1 lemon	¼–½ cup filtered water

In a small sauté pan over medium heat, toast the walnuts, shaking the pan often until fragrant, 2 to 3 minutes. Combine the toasted nuts, nutritional yeast, herbs, lemon juice, lemon zest, olive oil, and salt and pepper in a food processor. Slowly drizzle in the water while processing until you get a slightly runny consistency.

Detoxifying Bone Broth

MAKES 6 QUARTS; SERVING SIZE IS 1 CUP

1 carcass from 4–6-pound chicken	4 garlic cloves, unpeeled
½ pound carrots (4–5 large), roughly chopped	2-inch piece fresh ginger, roughly chopped
½ bunch celery (4–5 stalks), roughly chopped	2 tablespoons apple cider vinegar
1 large yellow onion, quartered	1 tablespoon Himalayan pink salt or color-rich salt (optional)
3 bay leaves	About 2 gallons filtered water
½ bunch fresh thyme	2 teaspoons ground turmeric
½ bunch fresh parsley	

Heat a large stockpot over high heat. Add a little oil and add the carcass, breast side up, and cook for 2 to 3 minutes, until lightly browned, then add the remaining ingredients except the turmeric and pour in enough water to cover the ingredients. Bring to a rolling boil, cover, and lower the heat to a simmer. Cook for 24 hours, adding the turmeric in the last hour of cooking. Strain out and discard the bones and vegetables, then pour the broth into several glass jars for storage. Sip on the broth in between meals or use in place of water for cooking quinoa.

Roasted Italian-Style Vegetables on Sweet Potato Mash

MAKES 4 SERVINGS

ROASTED VEGGIES

¼ teaspoon dried oregano
¼ teaspoon dried rosemary
½ teaspoon dried parsley
1 large (1 pound) Italian eggplant
Salt
2 large fennel bulbs
6 tablespoons extra-virgin olive oil
¼ teaspoon red pepper flakes

Freshly ground black pepper

1½ pounds zucchini (4–5 medium)

MASHED POTATOES

2 pounds sweet potatoes, peeled (2–3 medium)
1 tablespoon extra-virgin olive oil
¼ cup chopped shallots
2 garlic cloves, minced
½ teaspoon sea salt, plus more as needed
Freshly ground black pepper

Mix the dried herbs in a small bowl.

Cut the eggplant into 1-inch-thick slices, then into batons, then into squares so you have 1-by-1-inch cubes. Line a large mixing bowl

with paper towels, add the eggplant to the bowl, and sprinkle with salt. Toss well and let sit for about 10 minutes. This will pull water out of the eggplant so when you roast it, it will get nice color.

Preheat the oven to 400°F. Line 2 baking sheets with parchment.

Cut the green tops off the fennel, then cut the bulbs in half. Cut out the root end and core of each by cutting into the shape of a triangle. Use your fingers to pop out the core and discard. Use a mandoline or chef knife to slice the fennel into ¼-inch-thick slices. Toss the shaved fennel with 1 tablespoon of the olive oil, the red pepper flakes, salt, and pepper, and spread in a thin layer on the baking sheet. Place in the oven and roast for 10 to 12 minutes, or until slightly browned. Remove from oven and transfer to a bowl.

Cut the ends off the zucchini, cut in half, then cut into ½-inch-thick half-moons. Place the zucchini in a bowl and season with half the dried herb mixture. Drizzle in 2 tablespoons of oil, some salt and pepper, and then spread in a thin layer on the baking sheet.

Use a clean kitchen towel to wipe the salt off the eggplant and discard the paper towels from the bowl. Drizzle the remaining 3 tablespoons olive oil over the eggplant and the remaining dried herb mixture, then toss well. Spread in a thin layer on the other baking sheet.

Place the zucchini and eggplant in the oven and roast until each is lightly browned; the eggplant will take 15 to 18 minutes and the zucchini will take 12 to 14 minutes.

While the veggies are roasting, bring a large pot of water to a boil. Cut the sweet potatoes into 1-inch cubes and boil until you can easily insert a knife into the potatoes, about 20 minutes. Drain the potatoes. Return the pot to the heat and add the olive oil, shallots, and

garlic. Sauté until tender, 2 to 3 minutes, then add the sweet potatoes, salt, and pepper. Using a potato masher, mash the potatoes to the consistency you like.

Serve the roasted vegetables on a bed of the mashed sweet potatoes.

Ground Chicken Thai Lettuce Wraps

If there's leftover chicken mixture, serve it atop a salad or quinoa for a quick meal on the go. And you can make this dish vegan by substituting crimini mushrooms for the ground chicken.

MAKES 4 SERVINGS

2 tablespoons cold-pressed organic coconut oil	1 large zucchini, diced (1/4-inch cubes)
1 medium carrot, diced (1/4-inch cubes)	3 tablespoons coconut aminos
1 lemongrass stalk, peeled and minced	2 tablespoons lime juice
1 (1-inch) piece fresh ginger, minced	1/2 cup chopped fresh cilantro
1 large shallot, minced	1/2 cup julienned Thai basil
2 large garlic cloves, minced	1 large head butter lettuce
1 1/2 pounds ground chicken	1 jalapeño, 1/2 seeded and chopped, 1/2 sliced
	2 limes, cut into wedges

Preheat a large sauté pan over medium to high heat. Add the coconut oil and then the carrot, and sauté for 3 to 4 minutes, until translucent. Add the lemongrass, ginger, and shallot, and sauté for 3 to 4 minutes, or until the shallot is browned and the lemongrass is fragrant. Add the garlic and sauté an additional minute, or until fragrant. Add the chicken and sauté for 6 to 7 minutes, or until browned. Add the zucchini and sauté until browned, 2 to 3 minutes

more. Stir in the coconut aminos, lime juice, half the chopped cilantro, and half the basil.

Remove the core from the lettuce by using a knife to cut the bottom at the center to separate the leaves. Wash and pat the leaves dry, and place on a platter lined with paper towels. Place the chicken mixture in a serving bowl and set out smaller bowls of the garnishes: the remaining cilantro and basil, jalapeño slices, and lime wedges. Serve family style, with everyone scooping up the chicken and veggie mixture into a lettuce cup and adding their own individual garnishes as desired.

Asian-Style Veggie Bowl

MAKES 4 SERVINGS

1 pound crimini mushrooms, quartered	¼ teaspoon ground ginger
1 broccoli crown, cut into small florets	2 medium sweet potatoes, peeled and spiralized
1 large zucchini, cut into ¼-inch-thick half-moons	2 tablespoons dulse flakes
3 tablespoons coconut oil, melted	¼ cup chopped green onions
¼ teaspoon Chinese five-spice powder	Coconut aminos (optional)

Preheat the oven to 400°F. Line a baking sheet with parchment.

In a large bowl, combine the mushrooms, broccoli florets, and zucchini and then drizzle with 2 tablespoons of the coconut oil and sprinkle on the five-spice powder and ginger. Toss well using your hands. Spread the vegetables in a thin, even layer on the baking sheet and roast for 12 to 14 minutes, or until lightly browned.

Heat a large sauté pan over medium to high heat. Add the remaining tablespoon coconut oil and add the sweet potato “noodles.” Stir often and cook for about 7 minutes, or until desired consistency.

To assemble the dish, place the warm noodles in a bowl, then top with the roasted vegetables and sprinkle with the dulse flakes. Garnish with the green onions and add a dash of coconut aminos, if using. This dish can be enjoyed at room temperature or hot.

Southwest Chicken Bowl

You can make this dish vegetarian by substituting a hearty vegetable or starch such as sweet potato for the chicken.

MAKES 4 SERVINGS

2 tablespoons coconut oil	1 medium yellow onion, ½ cut into strips, ½ diced
1½ pounds boneless, skinless chicken thighs	1 (15-ounce) can black beans, rinsed and drained
1 teaspoon paprika	Cilantro-Lime Dressing (recipe follows)
½ teaspoon ground cumin	2 tablespoons minced fresh cilantro
1 teaspoon sea salt	
Freshly ground black pepper	
2 bell peppers, cored, seeded, and cut into strips	

Preheat a large grill pan over medium to high heat. Spread 1 tablespoon of the coconut oil on a paper towel and wipe the grill pan to grease.

Season the chicken in a large bowl with the paprika, cumin, ½ teaspoon salt, and some pepper. When the grill pan is hot, add

the chicken and cook up to 10 minutes, turning once. Transfer to a plate.

Add the bell pepper and onion strips to the grill pan and cook for 8 to 10 minutes, turning every 2 to 3 minutes until lightly charred.

Place the remaining tablespoon coconut oil in a large skillet over medium to high heat and add the chopped onion. Cook, stirring often, until browned, 3 to 4 minutes. Add the black beans, and remaining $\frac{1}{2}$ teaspoon salt. Stir until heated through, 4 to 5 minutes.

Slice the chicken into strips. Place the bean mixture in serving bowls, top with the grilled vegetables and chicken, then drizzle with the dressing. Garnish with the cilantro.

Cilantro-Lime Dressing

MAKES ABOUT 1 CUP;

SERVING SIZE IS $\frac{1}{2}$ TABLESPOON

$\frac{3}{4}$ cup coconut or nut
kefir

$\frac{1}{2}$ cup fresh cilantro

1 garlic clove

Zest and juice of $1\frac{1}{2}$ limes

$\frac{1}{4}$ teaspoon sea salt

Freshly ground black
pepper

2 to 4 tablespoons filtered
water (optional)

Place all the ingredients in a blender and blend until smooth, adding a little water to reach desired consistency.

Stuffed Portobello Mushroom Caps

MAKES 4 SERVINGS

4 large portobello mushroom caps (stems removed)	¼ teaspoon ground cumin
2 tablespoons coconut oil	½ teaspoon chili powder
½ cup chopped yellow onion	1 (15-ounce) can diced tomatoes
1 large zucchini, cut into ¼-inch cubes	1 (8-ounce) can tomato sauce
4 cups fresh spinach	1 teaspoon sea salt
2 garlic cloves, minced	1 cup cooked quinoa

Preheat the oven to 375°F.

Use a metal spoon to scoop out the gills of the mushrooms, taking care to not break the caps.

Preheat a large sauté pan over medium heat. Add the coconut oil, then the onion and zucchini. Sauté for 3 to 4 minutes, or until the onion is tender and the zucchini has taken on some color. Add the spinach, garlic, cumin, and chili powder, stirring often so the spices don't burn, about 1 minute. Add the tomatoes and tomato sauce, then season with salt. Stir in the quinoa. Cover the pan and simmer for 4 to 5 minutes, until quinoa has plumped.

Scoop about ½ cup of the vegetable mixture into each mushroom cap. Place the stuffed caps in a casserole dish, then add about ½ cup water to the bottom, around the caps, and cover with foil. Bake for 12 to 15 minutes, or until caps are tender. Enjoy with a side salad or on a bed of roasted vegetables.

Chicken Cobb Salad with Homemade Ranch Dressing

Do you have leftover roasted veggies from another meal? Throw them into this salad as an additional ingredient or to replace the chicken.

MAKES 4 SERVINGS

1 teaspoon coconut oil	1/2 cup thinly sliced cucumber
1 skinless chicken breast	1/2 cup thinly sliced zucchini
1 avocado, sliced	1/4 cup chopped walnuts
1 cup cherry tomatoes, cut into halves	5 cups mixed greens
2 hard-boiled eggs, peeled and sliced	Ranch Dressing (recipe follows)

Heat a medium sauté pan over medium-high heat, then add the coconut oil and then the chicken. Cook 5 to 7 minutes per side, or until the internal temperature reaches 165°F. Remove from the heat and let cool, then slice into strips.

Place the avocado, cherry tomatoes, eggs, cucumber, zucchini, and walnuts in a large salad bowl. Add the greens, toss well, and then drizzle on the dressing.

Ranch Dressing

MAKES 1 CUP; SERVING SIZE IS 1/2 TABLESPOON

1/2 cup raw cashews	1/8 teaspoon onion powder
1 tablespoon fresh lemon juice (from 1/2 lemon)	1 tablespoon roughly chopped fresh dill
1 large garlic clove	

1 tablespoon roughly
chopped fresh parsley
½ tablespoon chopped
fresh oregano

½ teaspoon sea salt
½ teaspoon freshly
ground black pepper,
or to taste

Soak the cashews in filtered water overnight. The next morning, drain the cashews, reserving the water, and add to a high-powered blender. Puree, slowly pouring in the soaking water until the cashews are a paste. Transfer to a glass container and stir in the lemon juice, garlic, onion powder, herbs, salt, and pepper. Cover and shake to combine. (This can be made in advance and lasts up to 2 weeks in the refrigerator.)

Salmon Fillets with Lemon Roasted Broccoli

MAKES 4 SERVINGS

2 broccoli crowns, cut
into florets
4 tablespoons extra-
virgin olive oil
Zest and juice of 2 large
lemons

1 teaspoon sea salt, plus
more as needed
Freshly ground black
pepper
12 ounces salmon fillet

Preheat the oven to 400°F. Line a baking sheet with parchment.

In a large bowl, toss the broccoli with the olive oil, lemon zest, lemon juice, ½ teaspoon salt, and the pepper. Spread in a thin layer on the baking sheet and roast for about 10 minutes, or until starting to soften.

Season the salmon with salt and pepper on both sides. Remove the baking sheet from the oven and open up a space in the middle to fit the salmon. Add the fish to the sheet, rearrange the broccoli florets around it, then place back in the oven to roast an additional 10 to 12 minutes, until the salmon is cooked through and the broccoli is lightly browned.