



### Week Three Recipes

#### **Coconut Yogurt & Berry Parfait**

*serves 1-2*

- 1 cup coconut yogurt, any flavor
- 1 cup fresh berries, blueberry, blackberry, strawberry
- $\frac{3}{4}$  cup granola
- 1 wine glass, or tall glass

In a glass, add  $\frac{1}{4}$  cup coconut yogurt to the bottom. Place  $\frac{1}{4}$  cup of the granola on top, followed by the berries. Repeat until all of the ingredients are stacked.

#### **Chai Spiced Chia Seed Pudding**

(plan to make this recipe about 5 hours before you want to eat it, or the night before)

*serves 1-2*

- 1 cup light coconut milk, canned
- 1 banana
- dash of cinnamon
- dash of ground cardamom
- 1 tbsp maple syrup
- 3 tbsp chia seeds

Blend coconut milk, banana, cinnamon, cardamom and maple syrup in a blender. Pour into a large jar, add the chia seeds and stir well. Cover and place the pudding in the refrigerator to allow the chia seeds to thicken, at least 5 hours.

#### **Blueberry Corn Muffin**

*makes 12 muffins*

- 1 cup cornmeal
- 1 cup whole-wheat pastry flour
- 1 teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt
- $\frac{3}{4}$  cup applesauce
- 1 cup soy milk
- $\frac{1}{2}$  cup agave nectar or local honey
- 4 tablespoons canola oil
- $\frac{1}{2}$  cup blueberries (fresh or frozen)



Preheat oven to 350° and lightly grease & flour a muffin pan. Combine the cornmeal, flour, baking soda, and salt in a large bowl; stir in the applesauce, soy milk, sweetener and oil. Gently fold the blueberries into the batter. Scoop the mixture into the muffin cups or baking pan. Bake in the preheated oven until a toothpick inserted in the crown of a muffin comes out clean, about 20 minutes.

### **Green Split Pea Soup**

*serves 4*

2 cups dry split peas, rinsed

1 onion, diced

2 cloves of garlic, minced

1/2 vegetable bouillon cube

3 carrots, peeled and diced

1 small delicata squash, sliced or cubed (any winter squash or sweet potatoes will work)

3 sunchokes, peeled and quartered

3 sprigs fresh thyme

1/2 tsp cayenne pepper

1/2 tsp black pepper

1 tbsp coconut oil or olive oil

In a large pot heat 1 tablespoon of olive oil. When warm add onions and garlic and cook until onions are translucent. Add split peas and stir to toast for about one minute. Add vegetable bouillon or Spike seasoning with salt; stir to coat, then add 6 cups of water. Bring to a boil, then turn heat down to simmer for 30 minutes. Add carrots, squash, sunchokes and thyme leaves, also more water if necessary. Cook until the split peas and vegetables are tender, another 30 minutes. Add cayenne and black pepper, and more thyme and salt to taste.

### **Cilantro Coconut Rice**

*serves 2- 4*

1 cup medium grain brown rice

1 1/2 cups water

1 cup coconut milk

2 cups cilantro, packed tightly

1/8 tsp sea salt

1/4 tsp black pepper

1/4 tsp cayenne pepper (optional)

fresh lime juice



In a pot, bring water and coconut milk to a boil (careful that the coconut milk doesn't boil over the pot!). Add the rice, and reduce to a simmer. Cover the pot with a lid, keeping it slightly ajar. You'll want to keep your heat on medium-low, otherwise the liquid will boil over. Cook for 20 minutes, then stir and test to see if it is done. You may need to add more water. When the rice is cooked, transfer it to a large mixing bowl. Season the rice with salt, pepper and cayenne. Chop up your cilantro, and stir it into the rice, saving some for garnish when it is served. Season with a little lime juice to taste.

### **Rosemary and Thyme Roasted Vegetables with Wild Rice**

*serves 2*

$\frac{3}{4}$  cup wild rice

1 sweet potato, cubed

2 carrots, diced

4 fingerling potatoes, quartered

2 tbsp olive oil

1 tablespoon fresh rosemary, minced

1 tablespoon fresh thyme, minced

1 tablespoon fresh dill, minced

sea salt

black pepper

Preheat oven to 425°. Bring 1  $\frac{1}{2}$  cup of water to a boil. Once boiling, add the wild rice. Bring to a simmer, reduce heat to medium-low and cover, keeping the lid slightly ajar. Cook for about 40 minutes or until fluffy and tender. Remove from heat and stir in 1 tablespoon of dill, and the parsley. Season with salt and pepper to taste, about  $\frac{1}{2}$  tsp of each.

While the rice is cooking: In a large bowl toss the vegetables with olive oil. Add the herbs and stir well to coat the vegetables. Spread them out over a baking sheet, season with salt and pepper, and roast for 30 minutes.

Serve the roasted vegetables over the wild rice.

### **Smokey Sauteed Kale**

*serves 4*

2 bunches of kale, removed from the stem, cleaned & chopped

3 cloves of garlic

2 tbsp olive oil

1  $\frac{1}{2}$  tbsp soy sauce

1 tsp smoked paprika

$\frac{1}{2}$  tsp Hungarian hot paprika



Heat olive oil in a large skillet, and saute garlic until golden. Add kale, and stir. Cook until kale has turned bright green and wilted a bit, taste a piece to make sure it's tender enough. Reduce heat to very low, and stir in soy sauce, and paprikas. Season with more soy sauce to taste, then serve.

### **Sweet Potato Enchiladas**

*serves 4*

enchilada filling:

- 1 onion, diced
- 2 cloves of garlic, minced
- 1 jalapeño pepper, seeded and diced
- ¼ cup water
- 2 cups cubed sweet potato
- 1 can black beans
- 1 ½ tbsp cumin
- 1 ½ chili powder
- 1 cup cilantro leaves, chopped
- 1 tsp sea salt

For the sauce:

- 3 tbsp coconut or olive oil
- 1 onion diced
- 3 garlic cloves, minced
- 1 jalapeño pepper, seeded and diced
- 1 1/2 tablespoons ground cumin
- 1 1/2 tablespoons chili powder
- 3 tbsp garbanzo flour or all-purpose flour
- 15 oz. can of tomato sauce
- 1 tsp sea salt

8 small corn or flour tortillas

For the filling:

Add the sweet potato and water, stir well, and cover the pan with a lid. Cook on medium-low for 15 minutes, until tender. Add the beans, followed by the cumin and chili powder. Stir well. Add the cilantro, then season to taste with salt and spices.

For the sauce:



Heat oil in a large pan over medium heat. Add onions, garlic and jalepeños; cook until the onions are translucent. Add cumin, chili powder, and flour, whisking until browned and thickened. Stir in the tomato sauce, mixing well. Reduce heat to low, and simmer for 15 minutes. Remove sauce from heat, and pour into a large food processor or blender. Puree until smooth. Season with salt to taste.

To assemble:

Preheat oven to 350°. When warm, fold the tortillas in some aluminum foil, and set in the oven to soften for 5 minutes. While tortillas are softening, Pour  $\frac{1}{2}$ -1 cup of enchilada sauce onto the bottom of a baking dish. Carefully remove the tortillas from the oven, and foil. Fill a tortilla with the butternut squash filling, then roll tightly, careful not to break the tortilla. Place fold side down into the baking dish. Repeat with the remaining tortillas and filling, placing each tortilla close to the other. Once they're all rolled, pour the remaining enchilada sauce onto the tortillas. They should be completely smothered in sauce. Bake for 20 minutes.