

Zucchini Turkey Burgers with Sumac Yogurt Sauce

We always infuse veggies into whatever burgers we make, whether they're vegetarian burgers or not. I remember going to the butcher near my house years ago and he was so intrigued/confused that we put sweet potato, zucchini and spinach in our burgers! These ones only use zucchini and the liquid **MUST** be squeezed out before mixing with the other ingredients, otherwise you'll end up with a loose crumbly burger (so sad). Use heaping dollops of the sumac yogurt sauce because it's that good. If you want to eat these burgers with a really quick cabbage slaw you can use the yogurt sauce as the dressing.

Prep Time	Cook Time	Total Time
30 mins	14 mins	44 mins

Course: Main Course Cuisine: Mediterranean, Middle Eastern Servings: 4 burgers

Ingredients

- 1 lb ground turkey
- 1/2 cup grated zucchini liquid squeezed out
- 2 Tbsp grated red onion or finely minced, liquid squeezed out
- 2 Tbsp parsley
- 2 Tbsp mint
- 1/2 tsp cumin (optional)
- 1/2 tsp granulated garlic powder
- 1/2 tsp sea salt and pinch pepper
- 1 egg

Sumac Yogurt Sauce

- 1/2 cup plain unsweetened dairy or dairy-free yogurt
- 1 small garlic clove minced
- 2 Tbsp lemon juice
- 2 tsp sumac
- 1/4 tsp honey
- 1/2 tsp sea salt and pinch pepper
- 1 Tbsp fresh mint finely chopped

Toppings

- sliced tomato
- shaved cucumbers
- torn up mint leaves
- sliced avocado

Instructions

Burgers

1. Before you place all ingredients in a bowl. Ensure you've squeezed out excess liquid from the grated zucchini and onion, otherwise the burgers will be very loose.
2. Combine all burger ingredients in a bowl and mix well.

3. Measure out 1/2 cup of the burger "batter" and shape into a patty. You'll get 4 or 4 1/2 burgers. Place them on a plate, cover and place in the freezer for 15 minutes or fridge for up to 24 hours. They need to go in the freezer/fridge to help solidify.
4. Heat a grill to medium. Place burgers on an oiled grill, cooking 5-7 minutes per side, until the internal temperature is 165 F (74 C). Remove from the heat.

Sumac Yogurt Sauce

1. Mix all ingredients together in a bowl.

Assembly

1. If you're using a bun, we recommend toasting it. You can also eat these bun-free or use roasted sweet potato discs as buns.
2. Smear the bun or burger with the yogurt sauce. Load up on other toppings you love and enjoy.

Notes

Substitution Guide:

- ground turkey: ground chicken, ground lamb or ground beef
- red onion: yellow onion or green onion
- zucchini: sweet potato
- parsley & mint: replace with cilantro or a combo of any herbs you love
- sumac: this ingredient makes the sauce but if you don't have it, just leave it out

Prep Guide:

- you can make the burgers ahead of time and leave them uncooked in the fridge for 1-2 days
- the yogurt sauce can also be made 1-2 days in advance

Creamy Beans and Herbs

I have a penchant for all things beans. White beans, black beans, chickpeas, kidney beans, adzuki, pinto -- I love the texture, taste and find them incredibly hearty and satisfying. They make for an awesome vegetarian main, as they're rich in fiber and offer some good protein. This is a really simple main that uses fresh herbs as the main accent. In the summer, I like to use basil, cilantro and parsley but in the winter you can swap out the basil for sage.

Prep Time 10 mins	Cook Time 15 mins	Total Time 25 mins
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Course: Main Course Cuisine: American, Healthy, Italian, Mediterranean Servings: 4

Ingredients

- 2 Tbsp extra virgin olive oil
- 5 garlic cloves sliced
- 1 15 oz cans cannellini or white kidney beans drained and rinsed (it's ok if you only have 19 oz)
- 1 15 oz can chickpeas drained and rinsed (it's ok if you only have 19 oz)
- 1/2 tsp sea salt and pinch of pepper
- 3/4 cup veggie broth

Herbs

- 1/4 cup loosely packed fresh parsley
- 1/2 cup loosely packed fresh cilantro
- 1/2 cup loosely packed fresh basil
- 1/2 cup extra virgin olive oil
- 1 1/2 Tbsp lemon juice
- 1/2 tsp honey
- 1/2 tsp sea salt and pinch of pepper

Serve With (choose 1 or none)

- 1 1/2 cup cooked quinoa
- 1/2 package cooked soba noodles
- 1 1/2 cup cauliflower rice

Instructions

1. Drain and rinse the beans.
2. Heat a large, wide skillet or pot over medium heat, add the oil and garlic and cook until golden and fragrant, about 1-2 minute, watch so it doesn't burn.
3. Add in the drained beans, toss to coat in oil and season with salt and pepper
4. After 3 minutes, add in the stock. Bring to a simmer, until it becomes creamy, the liquid should reduce.
5. While the beans are cooking, toss all herb ingredients in a food processor and blitz until creamy. The beans should simmer for 10-15 minutes, until the liquid is absorbed.
6. Then pour the beans in a wide bowl or dish and pour the herb mixture over, toss around, re-season with salt and pepper if needed.

7. Enjoy over quinoa, noodles, cauliflower rice or on its own.

Notes

Substitution Guide:

- garlic: yellow or red onion
- white beans and/or chickpeas: you can just use white beans or just use chickpeas
- herbs: you can use the combination of herbs or just use one

Roasted Cauliflower with Vietnamese-Inspired Dressing

I have a particular love for South East Asian flavours. I also have a strong desire to eat more veggies. It's easy to get stuck in a veggie rut roasting, sautéing and steaming the same veg over and over. One way to make veggies more interesting and wake them up is to hit them with marinades, sauces and dressings. In this recipe, we take simple roasted cauliflower and make it special by smothering it in Vietnamese-inspired dressing and fresh herbs.

Prep Time	Cook Time	Total Time
10 mins	30 mins	40 mins

Course: Side Dish Cuisine: American, Asian, Healthy, Vietnamese Servings: 4

Ingredients

- 1 large head cauliflower or 2 small chopped into florets
- 1 small red onion sliced into thin strips
- 2 1/2 Tbsp extra virgin olive oil
- 1/2 tsp sea salt and pinch of pepper

Dressing

- 1 red thai chili or red chili (optional) de-seeded and finely chopped
- 1 garlic clove or 1 green onion finely chopped
- 1 tsp minced ginger
- 1 lime (about 2-3 Tbsp) juiced
- 1 1/2 Tbsp maple syrup
- 1 Tbsp tamari or soy sauce

Toppings

- small handful fresh mint torn

Instructions

1. Preheat oven to 375 F (190 C).
2. Place parchment paper on two baking sheets and add the cauliflower, onion, oil, salt and pepper. Use 2 sheets so the cauliflower can be spread out and crisp.
3. Roast in the oven for 25-30 minutes until golden and crispy.
4. While the cauliflower is cooking, mix the dressing together in a bowl (you can also blitz it up in a blender/food processor). If you're using the red chili, remember to wash your hands and don't touch your eyes!
5. When the cauliflower is ready, toss in the sauce and top with fresh mint.

Notes

Substitution Guide:

- Red onion: yellow onion
- Red chili: omit it if you don't want it, or replace with red chili flakes

Prep Guide:

- you can make the dressing 1-2 days in advance

Greens Pile On

It is my mission to try and eat 5-9 cups of veggies a day, I often fail, but it's something I strive to do daily. So when I know I am really behind I make this Greens Pile On. It doesn't always matter the greens, you can choose whatever is in season e.g. more Brussel sprouts in the winter vs. fresh snap peas and zucchini in the summer. Either way, here's how to eat more greens.

Prep Time	Cook Time	Total Time
10 mins	15 mins	25 mins

Course: Main Course, Side Dish Cuisine: Healthy Servings: 4

Ingredients

- 1 Tbsp extra virgin olive oil
- 1 zucchini cut in half or thirds and thinly sliced
- 1 broccoli bunch chopped into florets
- 2 cups kale roughly chopped
- 1/4 tsp sea salt
- 1/2 tsp honey
- 3 Tbsp water

Dressing

- 1 lime juiced
- 1 tsp honey
- 3 Tbsp extra virgin olive oil
- 2 Tbsp fresh cilantro roughly chopped
- 1/4 tsp dried oregano
- 1 garlic clove roughly chopped
- 1/4 tsp sea salt and pinch of pepper

Toppings

- 1 avocado diced
- small handful fresh mint and cilantro roughly chopped

Optional Accompaniment

- 1/2 package soba noodles

Instructions

1. Place a large wide skillet on medium heat and coat the bottom in extra virgin olive oil.
2. Once the oil is heated toss in the zucchini and broccoli and mix around so they're coated in the oil, saute for about 3 minutes. Then add in the kale, toss around and saute for another 5 minutes.
3. Add in the sea salt and honey, mix around so the greens get seasoned. Then add in 3 Tbsp water, continue to cook until the zucchini has softened and the other greens turn vibrant green.
4. While the greens are cooking, mix together all of the dressing ingredients.
5. Place the greens over a bowl or plate, pour a few spoonfuls of dressing over the greens, toss to mix and then top with avocado and fresh herbs.

6. If you're choosing to eat noodles, you may want to make a bit of extra dressing.

Notes

Substitution Guide:

- Greens: use any greens your heart desires!
- Cilantro: parsley and/or mint
- Soba noodles: zucchini noodles, any kind of linguini you like

Sheet Pan Pancake Bake

I LOVE pancakes but find cooking them to be really annoying: needing to stand by the hot stove continuously waiting and flipping and waiting and flipping. So, a sheet pan pancake bake makes for a perfect alternative, that's an amazing cross between a cake and a pancake. This one is made with almond flour -- providing healthy fats, protein and fiber but if you are not into nut flours, we'll give another option in the notes section. If you've never baked with tapioca or arrowroot flour, fear not! Find them at almost any grocery store. Do not leave this important ingredient out -- it's a must for making them fluffy! Top with ingredients of choice like a peanut butter chocolate swirl or make it simple with bananas, chocolate chips or strawberries.

Prep Time	Cook Time	Total Time
7 mins	10 mins	17 mins

Course: Breakfast, Dessert, Snack Cuisine: American, Healthy Servings: 6 servings

Ingredients

- 1 1/2 cups almond flour
- 1/2 cup tapioca starch or arrowroot starch
- 1 Tbsp baking soda
- 1 tsp baking powder
- 1/2 tsp sea salt
- 3 eggs
- 3-4 Tbsp maple syrup depending on desired sweetness
- 1 cup dairy-free milk

Peanut Butter Chocolate Swirl

- 1/2 Tbsp peanut butter or almond butter
- 2 Tbsp dark or semi-sweet chocolate chips

Other Optional Toppings

- banana slices
- chocolate chips
- fresh berries

Instructions

1. Preheat oven to 350 F (180 C). Oil and then lay parchment in a 13 x 9 baking tray. If you don't have this, a normal baking tray will be fine, the pancakes will just be flatter.
2. Combine all dry ingredients in a bowl and whisk together.
3. Mix wet ingredients in a separate bowl. Pour the wet into the dry and mix well so a batter forms.
4. Pour the batter into the baking tray.
5. In a double boiler, heat chocolate chips and peanut butter until melted, where the chocolate is creamy but you can still see some of the peanut butter.
6. Place 6-8 dollops of the PB + chocolate mixture on the batter and then using a knife or toothpick, swirl it around. Alternatively, you can just cascade bananas, chocolate chips, strawberries or whatever toppings you like over the pan.

7. Bake for 20-25 minutes, until set.
8. Top with yogurt, fresh berries and maple syrup.

Notes

Substitution Guide:

- Almond flour: replace with all purpose gluten-free flour (like Bob's) and then just omit the tapioca or arrowroot starch
- Tapioca or arrowroot starch: these are a MUST if using almond flour, since almond flour is so dense, they help make the pancakes fluffy and light!

Prep Guide:

- you can make the batter in advance and leave it in the fridge for up to 24 hours or even freeze it until you're ready to bake
- I prefer cooking extras and then freezing the pieces for easy breakfasts/snacks

Chia Yogurt with Quicky Nut-Nola

For a long time "chia pudding" was all the rage, we even have a recipe for it in our cookbook *The Living Kitchen*. Usually it's made with dairy or dairy-free milk but we find it's much more filling and creamily delicious when combined with yogurt. It's best when paired with seasonal fruit, like berries and peaches and topped with granola. If you don't have any on hand, try making our quicky nut-nola as the topping. Keep this in a jar in the fridge and eat it for breakfast, snack or dessert.

Prep Time	Total Time
15 mins	15 mins

Course: Breakfast, Dessert, Snack Cuisine: American, Canadian, Healthy Servings: 2 servings

Ingredients

Fruit Layer

- small handful fresh berries and chopped peaches or whatever fruit you like

Chia Pudding

- 1 cup unsweetened plain dairy or dairy-free yogurt
- 1 Tbsp whole chia seeds
- 1/2 tsp honey or maple syrup (optional)

Quicky Nut-Nola

- 1/3 cup almonds roughly chopped
- 1/3 cup cashews roughly chopped
- 1/2 tsp maple syrup
- pinch salt

Instructions

1. Combine the yogurt, chia and honey in a bowl, set aside for 10 minutes.
2. Make the nut-nola by placing a skillet over low heat. Chop the nuts and place them on the pan, shake the pan so all the nuts get touched by the heat. Drizzle maple syrup and salt over and shimmy the pan again. Cook for another 1-2 minutes until nice and toasted.
3. Take two jars/glasses or 1 large one and add the fruit to the bottom of the jar. Layer in some chia yogurt. Then top with the nut-nola. Continue layering. Cover and leave it in the fridge for up to 4 days. Double the recipe if you want multiple jars.

Notes

Substitution Guide:

- fruit: use any fruit you love
- almonds and cashews: use any nuts or seeds you love