

# Warming Coconut Curry

It's been so gloomy here in Toronto, Canada, safe to say soup and stew season is here! This stew also support immunity with ingredients like onion, ginger, garlic and turmeric. It's golden, creamy, warming, sweet with hints of savoury flavours. This can also be made in a slow cooker or instant pot (we'll put the directions for all methods below)

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Main Course    Servings: 6

## Ingredients

- 3 tsp coconut oil or avocado oil
- 1 yellow onion diced
- 2 lbs boneless skinless chicken thighs sliced into cubes OR 1 brick tofu, sliced into cubes
- 4 garlic cloves minced
- 1 inch ginger minced (I keep the peel on!)
- 15 oz can diced tomatoes
- 1 cup coconut milk
- 2 Tbsp curry powder
- 1 tsp ground turmeric
- 1/2 tsp sea salt
- 1 heaping cup baby spinach or kale

## Serve With

- cooked quinoa, rice or cauliflower rice
- fresh cilantro roughly chopped

## Instructions

### In a Pot

1. Heat a pot on medium, add the oil, then add in the onions.
2. Once onions are slightly browned, toss in the chicken and sear the pieces for a few minutes.
3. Now, stir in the garlic and ginger. After 1 minute, add in the spices.
4. Pour in the tomatoes and coconut milk. Bring to a boil and then simmer for 15 minutes.
5. Right before you're about to serve, add in the spinach or kale so they get slightly wilted.

### Slow Cooker

1. Place all ingredients, except the spinach in a slow cooker, set on high for 4 hours or low for 8 hours.

### Instant Pot

1. Turn on saute mode, pour in the oil, add in the onions, let them cook for 3 minutes then add in the chicken to sear. Add in all of the ingredients, except the spinach.
2. Pressure cook on high for 5 minutes, then 10 minutes natural release

## Notes

**Substitution Guide:**

- Curry powder: this spice makes the dish, it doesn't have to be hot - if you don't have it, replace with 1 tsp cumin and 1 tsp cinnamon
- Chicken or Tofu: chickpeas

**Prep Guide:**

- This comes together quickly, but can be stored in the fridge for 4-5 days and in the freezer for months!

# Zucchini Vegan Lasagna

So this is one of our more "involved" recipes that has a few steps - BUT - it's so perfect for this time of year and the cooling weather. It also freezes well, so if you make extras you can save squares of lasagna and eat it for future dinners and lunches. You get a lot of lasagna here so excellent for eating as lunch the next day. If you want to add animal protein, saute some ground chicken, turkey or beef and layer it in.

Prep Time 45 mins	Cook Time 40 mins	Total Time 1 hr 25 mins
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Course: Main Course    Cuisine: American, Healthy, Italian    Servings: 6

## Ingredients

### Noodles

- 1 large zucchini or 2 small thinly sliced length-wise

### Sauce

- 1/2 cup your favourite jarred tomato sauce divided amongst the layers

### Filling

- large handful baby spinach or chopped kale

### Roasted Garlic Vegan Bechamel Sauce

- 1 bulb garlic
- 19 oz can butter beans or navy beans drained and rinsed
- 2 Tbsp extra virgin olive oil
- 2 tsp lemon juice
- 1/2 tsp sea salt and pinch of pepper
- 3-4 Tbsp water to thin to desired consistency

## Instructions

1. Preheat oven to 375 F (190 C)
2. Get your lasagna pan out, it doesn't really matter the size, use any sort of rectangle or square dish you have.
3. Slice off the top part of the garlic bulb (not a lot, but enough so that when it's roasted, you can squeeze out the garlic). Place it either in a dish or in tinfoil and drizzle with a bit of oil, pinch of salt and pepper. Close up the tinfoil or cover the dish and place in the oven for 15-20 minutes until roasted and so fragrant.
4. While the garlic is roasting, thinly slice the zucchini. You can absolutely make your own tomato sauce, I personally prefer to use a jar.
5. When the garlic is done, carefully squeeze it out into a blender or food processor. It will be HOT so use an oven mitt.
6. Add in the rest of the bechamel ingredients and blitz until creamy. Add in a few Tbsp of water at a time to thin out.
7. Place a few Tbsp of tomato sauce on the bottom of the lasagna pan and spread around with the back of a spoon.

8. Place the zucchini "noodles" on top of the sauce. Add a few more Tbsp of tomato sauce and spread out. Then, pour some bechamel sauce on top and spread around. Toss some spinach on top. Then layer with the zucchini "noodles" and do it all over it again.
9. Make sure you finish the lasagna (i.e. the top layer) with bechamel sauce. If you like, sprinkle a bit of almond flour (to resemble parmesan) or real parmesan on top.
10. Cover the pan with a lid or tinfoil, then place in the oven and cook for 35 minutes, uncover and bake for another 15 minutes. If you want the top to be a bit crisp, broil for 3-ish minutes but watch it so it doesn't burn
11. When slightly cooled, slice into pieces and enjoy.

## Notes

### Substitution Guide:

- Zucchini: thinly sliced eggplant, celeriac root, or actual gluten or gluten-free lasagna noodles
- Spinach or kale: mushrooms, peppers, olives, whatever veggies you want to put in
- Garlic bulb: roast an onion instead

### Prep Guide:

- Make the bechamel sauce a day in advance
  - this sauce is so good, you may want to eat it as a dip!
- roast the garlic 1-2 days in advance
- Or, prepare the entire lasagna a day in advance and bake when you're ready

# Stone Fruit Salsa over Sumac Trout

As summer is basically ending, it's time to eat up all the stone fruit you can before it's gone! I am definitely a savoury over sweet person. So, I love taking these sweet, tart fruits and mixing them with herbs and lime to add a savoury flair. If you're not a fish eater, place this on top of baked tofu, tempeh, chickpeas, chicken or beef kebabs.

Prep Time	Cook Time	Total Time
10 mins	12 mins	22 mins

Course: Main Course    Cuisine: Healthy    Servings: 4

## Ingredients

- 4 - 5 oz pieces trout (or fish of choice)
- 2 Tbsp sumac
- 1 tsp ground turmeric
- 1/4 tsp sea salt and pinch of pepper
- drizzle of extra virgin olive oil

## Stone Fruit Salsa

- 2 peaches diced
- 1 nectarine diced
- 1 yellow plumb diced
- 1 purple plumb diced
- 1 red plumb diced
- 1 green onion thinly sliced
- 1/2 lime juiced
- 1/2 tsp sea salt and pinch of pepper
- small handful cilantro or mint roughly chopped

## Instructions

1. Preheat oven to 400 F (204 C)
2. Mix the sumac, turmeric, salt and pepper together and pat it on the fish so it's fully season. Drizzle a bit of extra virgin olive oil on top and bake in the oven between 7-15 minutes, depending on the trout's thickness. You know it's perfectly cooked when you flake it with a fork and it gently pulls away. Alternatively, you can also grill or pan-fry the fish.
3. While the fish is cooking, put all the salsa ingredients together and mix in a bowl.
4. As soon as the fish comes out, break it into larger hunks so it looks rustic (you can skip this and leave it as fillets) and top with loads of stone fruit salsa.

## Notes

### Substitution Guide:

- Stone Fruit: use whatever you can find, if you only have peaches, use peaches. Try to find other stone fruit to make it more flavourful and dynamic. You can always add in mango or pineapple too, if you like
- Trout: salmon, halibut, cod, tofu, tempeh, chickpeas, chicken, beef kebabs

# Gado Gado

When I first tasted this dish my mouth exploded. Literally. This dish was so flavourful, I loved the crunch of the veggies, the softness of the potatoes, the nuttiness of the sauce. It's a traditional Indonesian dish that literally translates to "mix-mix". It's a combination of raw veggies, steamed veggies and eggs in a perfect peanut sauce. The veggies can definitely be improvised based on what you have in your fridge, but our recommendations are below in the recipe. If you're making this just for 1 or 2 people, scale down the recipe. There's definitely a lot of moving parts here: cooking eggs, tofu, green beans, chopping cabbage but it is all well worth it!

Prep Time 20 mins	Cook Time 35 mins	Total Time 55 mins
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Course: Main Course    Cuisine: Healthy, Indonesian    Servings: 4

## Ingredients

### Protein

- 1 brick tofu, sliced into cubes or 12 shrimp, peeled
- 1-3 eggs

### Veggies

- 2 cups shredded cabbage (purple, green or combo of both)
- 1/2 cucumber sliced into 1/2 inch semi-circles
- 5 mini potatoes halved
- 1 small bunch green beans ends trimmed off
- 3 radishes thinly sliced
- 1 carrot ribboned

### Sauce

- 3/4 cup peanut butter or almond butter
- 1/2 cup coconut milk
- 1 red chili (optional) finely chopped
- 2 Tbsp tamari
- 2 garlic cloves minced
- 1 Tbsp coconut sugar
- 1 - 1 1/2 Tbsp lime juice
- water to thin out, if needed

## Instructions

### Eggs

1. Fill a pot with water and bring to a boil, then gently lower the eggs in with a slotted spoon. Lower heat for a rolling boil and cook eggs for 6-7 minutes for a "jammy" (runnier) egg or cook 10 minutes for a hardboil. Immediately run under cold water, peel and slice in half.

### Tofu or Shrimp

1. You don't have to add these in, but if you want more protein, place a saute pan over medium heat, add a splash of coconut oil or avocado oil and saute the tofu or shrimp. Season lightly with salt and pepper.

There's no need to overly season these because the sauce will do that job.

### **Potatoes & Green Beans**

1. Place the potatoes in a pot of water and boil them until you can stick a fork in and lift it up, this will be between 7-10 minutes depending on the size. You can cut them into cubes if you want it to go faster. You can throw the beans in there too, they only need 1-2 minutes, pick them up with tongs and immediately run them under cold water. Alternatively, if you have a steamer basket, place it on top of the pot and steam the green beans that way.

### **Sauce**

1. In a small pot over medium-low heat, add in all the ingredients and stir until creamy.

### **Veggies**

1. Prep all the raw veggies

### **Assembly**

1. Using a big platter or on a few different plates, place the cabbage down as a base then begin piling the other ingredients on top. Spoon a generous amount of the sauce over top Use the cabbage as a base on the plate and then load all of the ingredients on top.
2. If you like, garnish with cilantro, sliced green onion and peanuts or almonds.

### **Notes**

#### **Substitution Guide:**

- Everything is optional!
  - the great thing about this dish is you can personalize it as much as you want, don't like eggs, omit them, want to add chicken instead, go for it!
- Cabbage: kale
- Cucumber: peppers or tomatoes
- Mini potatoes: sweet potatoes, any kind of potato just cut smaller so it cooks faster
- Green beans, radishes, carrots: ANY veg you have in your fridge and want to use (e.g. broccoli, cauliflower, bok choy, bean sprouts, etc)

#### **Prep Guide:**

- Since this dish has a lot of moving parts there are several ways to prep in advance
  - chopping veggies and storing in an airtight container in the fridge
  - boiling potatoes ahead of time
  - cooking shrimp or tofu ahead of time
  - making sauce up to 3 days in advance (sauce lasts in the fridge for 4 days in a sealed container/jar)

# Miso Glazed Squash Slivers

Squash season is here. While people typically stick to butternut squash, there are so many other varieties that are "meatier", sweet, earthy and comforting. We recommend using either a kabocha squash, buttercup squash or acorn squash for this recipe. The squash takes on a sweet, salty and umami flavour from the miso glaze and a splash of lime right before serving wakes up the dish even more.

Prep Time 10 mins	Cook Time 30 mins	Total Time 40 mins
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Course: Side Dish    Cuisine: Healthy    Servings: 6

## Ingredients

- 1 kabocha or buttercup squash de-seeded and sliced
- 2 Tbsp white miso
- 1 tsp rice vinegar
- 1 Tbsp sesame oil
- 2 tsp maple syrup or honey
- 1 Tbsp water

## Garnishes

- small squeeze lime
- sesame seeds
- fresh cilantro roughly chopped

## Instructions

1. Preheat the oven to 400 F (204 C)
2. Carefully slice the squash in half and scoop out the seeds. Place the flat side down on the cutting board and slice into wedges. No need to peel, once cooked the skin can be edible.
3. Toss the miso, vinegar, sesame oil, maple syrup and water together in a bowl. Then pour over the squash and ensure each piece gets glaze on it.
4. Place the squash on one or two baking sheets lined with parchment paper (you don't want to overcrowd the sheet). Bake for 15 minutes, flip and bake for another 12 minutes. You can broil for the last minute if you want it slightly more crisped.
5. Before eating, squeeze a drizzle of lime juice, sesame seeds and cilantro on top.

## Notes

### Substitution Guide:

- Kabocha or Buttercup Squash: Acorn Squash or Delicata Squash

### Prep Guide:

- Squash: prep a day or two ahead of a time and store in an airtight container in the fridge



# Golden Waffles

If you've made any of our baked goods you know we love the combo of almond flour and arrowroot flour as a base. Almond flour is a great grain alternative that's rich in healthy fats and protein. Arrowroot flour creates a lighter, fluffier texture since almond flour is quite dense. I make these waffles OFTEN and store them in the freezer for quick breakfasts for my kids. I don't like to add too much sweetener in the recipe, since I know there will be a big drizzle of maple syrup on top.

Prep Time 10 mins	Cook Time 15 mins	Total Time 25 mins
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Course: Breakfast, Main Course, Snack    Cuisine: Healthy    Servings: 6

## Ingredients

- 1 cup almond flour
- 1 cup arrowroot flour
- 1 tsp baking powder
- pinch salt
- 3 tsp coconut sugar, maple syrup or monkfruit sweetener (optional)
- 4 eggs
- 1/3 cup avocado oil
- 1/2 tsp pure vanilla extract

## Instructions

1. Plug in your waffle maker. These can also be made into pancakes if you don't have a waffle maker.
2. Mix the dry ingredients together. If you're using a dried granulated sweetener add it in with the dry ingredients. If you're using a wet sweetener, add it in with the wet ingredients.
3. Whisk the wet ingredients in a bowl. Pour the dry into the wet, stir to remove any clumps. Pour about 1/2 cup into your waffle maker and continue making waffles until the batter is gone.

## Notes

### Substitution Guide:

- Arrowroot starch: tapioca starch
- Avocado oil: melted coconut oil, melted butter, extra virgin olive oil
  - EVOO didn't impart a strange flavour and actually worked well

### Prep Guide:

- These comes together very quickly, I recommend freezing them or storing them in the fridge for a few days for easy and delicious breakfasts/snacks