

Kale Pomegranate Apple Squash Fall Salad

This has been our go-to Fall salad for the last few years. Combining cooked and fresh veggies adds texture, crunch and gives it a more warming feel. All of the fruit and veggies are in season now that it's Fall and the colours will make it even more appetizing. Scroll down to the notes section to see a few different dressing variations.

Prep Time 20 mins	Cook Time 25 mins	Total Time 45 mins
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Course: Side Dish Cuisine: Healthy Servings: 4

Ingredients

- 1 acorn squash de-seeded and cubed
- 1 1/2 Tbsp extra virgin olive oil
- 1/2 tsp sea salt and pinch of pepper
- 4 cups sliced kale
- 1 apple or pear sliced
- 1/2 cup pomegranate seeds
- 1/2 cup toasted pecans
- a few torn mint and basil leaves

Dressing

- 1/4 cup extra virgin olive oil
- 1/4 cup apple cider vinegar
- 1/2 tsp ground turmeric
- 1/4 tsp sea salt and pinch of pepper
- 2 tsp honey (optional)

Instructions

1. Preheat the oven to 375 F (190 C).
2. Slice the acorn squash in half, scoop out the seeds and slice into cubes. No need to peel.
3. Place on a baking sheet, drizzle with oil, salt and pepper and roast for 20-25 minutes until crisp and soft. Flip halfway, if you like.
4. Meanwhile, slice the kale and place in a bowl. Give it a 2 minute massage (which really just means squeezing it in your hands) to make it more digestible.
5. Top the kale with the cooked acorn squash and sliced apple.
6. Mix the dressing ingredients together (we'll give a few more variations in the notes below) and pour over the salad. Then top with the pomegranate seeds, pecans and fresh herbs.

Notes

Substitution Guide:

- Acorn Squash: any kind of squash, sweet potato or beets

Dressing Variations:

- olive oil, apple cider vinegar, grainy mustard, honey, salt and pepper
- tahini, lemon, garlic, cold water
- olive oil, balsamic vinegar, maple syrup, salt and pepper
- olive oil, apple cider vinegar, honey, poppy seeds, salt and pepper

Prep Guide:

- Roast the squash a day or two ahead of time

Hearty Black Bean Soup

This is the season for soup and while we're used to making more squash or pumpkin-style soups, we wanted to switch it up with hearty, creamy black beans. This is a really, really simple one and becomes even more incredible when your bowl is topped with diced avocado.

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

Ingredients

- 1-2 Tbsp extra virgin olive oil
- 1 yellow onion diced
- 1 red pepper diced
- 2 carrots diced
- 2 garlic cloves minced
- 1 tsp cumin
- 1 tsp oregano
- 1/2 tsp chili flakes (optional)
- 1/2 tsp chili powder
- 1/2 tsp sea salt and pinch of pepper
- 2 cans black beans drained and rinsed
- 4 cups veggie stock

Toppings

- squeeze of lime
- sliced avocado
- a few cherry tomatoes halved
- green onion sliced

Instructions

1. Place a large pot over medium heat. Add in the oil.
2. Toss in the onions and allow them to cook for 4 minutes. Then toss in the peppers, carrots, garlic. Saute them for 3 minutes, then add in the spices.
3. Pour in the beans and broth. Bring to a boil and simmer for 20 minutes.
4. Then puree, if you're using a blender be so careful!
5. Once blended, re-season with salt and pepper, if needed.
6. Top with lime, avocado, cherry tomatoes and green onion.

Notes

Substitution Guide:

- Pepper and Carrots: celery, diced cherry tomatoes
- Chili pepper: omit it

Chicken Gyros with Rainbow Salad

This is a fairly quick-ish dinner to make on busy days (especially if you marinate the chicken beforehand). The chicken bathes in a yogurt (can be dairy-free), lemon and oregano mixture and cooks to have punchy, Greek-style flavours. To complete the meal it's paired with a combo of roasted balsamic veggies over a big bed of greens.

Prep Time	Cook Time	Total Time
45 mins	25 mins	1 hr 10 mins

Course: Main Course Cuisine: American, Greek, Healthy Servings: 4

Ingredients

- 1.5 lb chicken breasts or thighs boneless, skinless and cut into chunks

Marinade

- 3 Tbsp dairy-free or dairy yogurt plain, unsweetened
- 3 garlic cloves
- 2 1/2 Tbsp lemon squeezed
- 1 heaping tsp oregano
- 1/4 tsp sea salt and a few pinches of pepper

Veggies

- 2 zucchinis sliced into thin 2 inch rectangles
- 1 red onion sliced
- 1 bell pepper (any colour) sliced
- 1 Tbsp extra virgin olive oil
- 2 tsp balsamic vinegar
- 1/4 tsp sea salt and pinch of pepper
- 2 big handfuls greens of choice (mesclun greens, baby spinach, chopped kale)
- 6 cherry tomatoes halved
- 1/4 cup crumbled walnuts
- small drizzle extra virgin olive oil
- small drizzle balsamic vinegar

Instructions

Chicken

1. Slice the chicken into 2-inch pieces.
2. Whisk all marinade ingredients together in a bowl, then add in the chicken. Stir, so it's fully coated. Place in the fridge. Let it marinate anywhere from 30 min up to overnight.
3. When you're ready to cook the chicken, ideally grill it on the BBQ or stovetop grill, about 5 minutes per side, until the internal temperature reads 165 F. You can also roast it in the oven at 375 for 5-7 minutes per side. To get the "grilled" effect broil it for 2-3 minutes.

Veggies

1. Preheat oven to 375 F (190 C).

2. Prep all the veggies, place on a baking sheet lined with parchment. Season with oil, balsamic, salt and pepper. Roast in the oven for 20 minutes. You can flip halfway if you like, but unnecessary.

Assembly

1. Place a ton of greens on the bottom of the plate. Drizzle a tiny bit of oil and balsamic over the greens, then top with the roasted veggies and cherry tomatoes.
2. Place the chicken on the side and top with crumbled walnuts.

Notes

Substitution Guide:

- Yogurt: dairy or dairy-free
 - if you don't want to use dairy replace with extra virgin olive oil
- Chicken: Tofu, tempeh, chickpeas or white beans
 - tofu and tempeh cook similarly to chicken
 - chickpeas or white beans can be lightly sauteed or roasted in the oven
- Red pepper, zucchini, red onion: eggplant, green beans, radishes, beets, sweet potatoes -- whatever veggies you like

Prep Guide:

- Marinate the chicken the day before and keep in the fridge
- Cut and prep the veggies a day before or morning of

Lemongrass Coconut Chicken

This recipe was created when I needed to cook dinner in 30-ish minutes. So, if you're looking for a fast one - this is it. The ground chicken (or tofu) simmers in the coconut intensifying its flavour. I paired it with shirataki noodles, but it can certainly be eaten on its own or with regular noodles, rice, quinoa or cauliflower rice.

Prep Time 5 mins	Cook Time 20 mins	Total Time 25 mins
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Course: Main Course Servings: 4

Ingredients

- 2 tsp coconut oil
- 1 lb ground chicken or tofu cut into cubes
- 1 lemongrass stalk sliced thinly
- 1 small red onion diced
- 2 garlic cloves minced
- 1 red chili (optional)
- 1/4 tsp salt
- 1 cup coconut milk
- 2 tsp tamari
- 2 Tbsp lime juice
- 1 tsp maple syrup
- 1 cup shredded purple cabbage
- 1 package shirataki noodles

Toppings:

- sesame seeds
- cilantro

Instructions

1. Heat a wide skillet over medium. Add in the coconut oil, then toss in the lemongrass, onion, garlic and red chili. Saute for 4 minutes.
2. Add in the ground chicken, or tofu cubes, and break the chicken up with the back of a wooden spoon.
3. Once it begins to brown, add in the coconut milk, tamari, lime juice and maple syrup.
4. There should be excess liquid where it looks a bit soupy.
5. Add in the shredded cabbage, turn the heat down a bit, cover the pan for 3-5 minutes to allow the cabbage to soften but only slightly.
6. Cook the shirataki noodles according to package directions, then toss them in the chicken mixture and coat them in the sauce.
7. Re-season with tamari, if needed.
8. Top with garnishes of choice like sesame seeds, cilantro or green onion.

Notes

Substitution Guide:

- Chicken: ground turkey, ground beef, tofu or tempeh
- Lemongrass: 1 inch ginger, minced
- Cabbage: any veg - kale, radishes, spinach, carrots, celery

Golden Miso Mushrooms

A friend recently made me this recipe and it blew my mind. It was so crispy, rich and quick to make I asked her if I could share the recipe here and she emphatically said, "YES!" I hope you love it as much as I do.

Prep Time 3 mins	Cook Time 10 mins	Total Time 13 mins
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Course: Side Dish Cuisine: Healthy Servings: 2

Ingredients

- 3 Tbsp extra virgin olive oil
- 220 grams (2 packages) mixed mushrooms or cremini
- 1/4 tsp salt and pinch of pepper
- 1 tsp white miso
- 1 Tbsp extra virgin olive oil, ghee or butter
- 2 garlic cloves minced
- toasted sesame seeds

Instructions

1. Do not wash the mushrooms, they can't be wet in order for them to be crispy! If they're dirty, wipe them with a towel.
2. Place a wide skillet over medium heat and add 3 Tbsp of extra virgin olive oil.
3. Add in the mushrooms and toss with salt and pepper. Mix around so they're coated then leave them completely undisturbed for 3 minutes. Then stir.
4. Cook for an additional 5 minutes, then add in the miso, oil and garlic. Toss around, the miso may stick to your spatula so really work it into the mushrooms.
5. Take off the heat and sprinkle toasted sesame seeds on top.

Notes

Substitution Guide:

- Mixed mushrooms: cremini
 - I bought pre-sliced to save some time, but whole or sliced, doesn't matter, both work.
- Miso: if you don't have it, you can leave it out, will be just as delicious.

Raw Chocolate Walnut Bars

These are a delicious treat with a raw cookie bottom and a hard chocolate coating that's flaked with sea salt. When you're craving just that little bit of sweet, this is the perfect bite to eat. You don't need a lot because these are rich!

Prep Time	Total Time
45 mins	45 mins

Course: Dessert Cuisine: Healthy Servings: 8

Ingredients

- 1 1/2 cups walnuts
- 1 1/2 cups rolled oats
- 1 cup medjool dates (about 9) pitted
- 1/4 cup raw cacao or cocoa powder
- pinch salt
- 3 Tbsp water

Chocolate Coating

- 3/4 cup dark chocolate chips
- 2 tsp coconut oil, butter or ghee
- flakes sea salt

Instructions

1. Toast the walnuts in the oven or on a pan to bring out their flavour and fragrance.
2. Then, blitz them in the food processor with the oats until a crumbly mixture forms.
3. Add in the dates, cacao powder, salt, water and blitz until it's sticky.
4. Press it down into a rectangular loaf pan (or a square one, use what you got!)
5. Using the double boiler method, melt chocolate chips with coconut oil then pour over the cookie bottom in the loaf pan and smooth it out so it covers the whole surface.
6. Place it in the fridge for 20-30 minutes, then sprinkle with flaked sea salt.
7. Slice into thin bars and keep in the fridge.

Notes

Substitution Guide:

- Walnuts: hazelnuts, almonds, pecans, cashews
- Oats: quinoa flakes
- Medjool dates: cooking dates or honey dates