

Cauliflower Chickpea Saute over Lemony Yogurt

This is my go-to dish when I don't have time to cook up an elaborate meal. A quick sautee of the chickpeas and cauliflower with a splash of balsamic gives a subtly sweet, yet acidic flavour. I love piling this on top of a spread of yogurt that's been seasoned with garlic and lemon juice. Use an unsweetened dairy-free or dairy-filled yogurt. You can also make the labneh from a few months ago and use that too!

Prep Time	Cook Time	Total Time
5 mins	15 mins	20 mins

Course: Main Course

Ingredients

- 2 Tbsp extra virgin olive oil
- 1/2 tsp granulated garlic powder
- 1 can chickpeas drained and rinsed
- 1 small or 1/2 large cauliflower (about 4 cups) chopped into florets
- 2 tsp balsamic vinegar
- 1/2 tsp sea salt and pinch of pepper
- 1 1/2 tsp lemon zest

Lemony Yogurt

- 1/2 cup yogurt (dairy or non)
- 1 small garlic clove
- 3 tsp lemon juice

Topping

- 1 few mint leaves
- squeeze of lemon

Instructions

1. Place a large, wide skillet over medium-high heat.
2. Add in the oil and granulated garlic.
3. Then toss in the chickpeas, shake the pan so they're coated in the oil and then add in the cauliflower. Add in another tablespoon of oil, balsamic vinegar, sea salt and pepper, mix around.
4. Now, turn the the heat to medium, don't touch and let everything saute for 5 minutes. Then toss and saute for another 3 minutes.
5. Add about 1/3-1/2 cup water and cover to soften the cauliflower. This will take about 5-ish minutes. Re-season with salt, pepper and lemon zest
6. While the chickpeas and cauliflower are cooking, combine the yogurt, lemon and garlic then spread it on the bottom of a platter.
7. Top it with the chickpeas and cauliflower, squeeze a bit of lemon on top and finish with mint leaves.

Notes

Substitution Guide:

Fall Fattoush Salad

Fattoush is a Middle Eastern salad that's typically raw with crispy seasoned pita chips. We were inspired by this salad and wanted to make it Fall-friendly, so we roasted a bunch of seasonal veggies, combined them with some fresh veggies and toasty pita chips. The key to this salad is sumac, so make sure you can get your hands on this spice.

Prep Time 15 mins	Cook Time 30 mins	Total Time 45 mins
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Course: Side Dish Servings: 4

Ingredients

- 2 Tbsp extra virgin olive oil
- 3-4 beets sliced into 1/4 inch wedges
- 4 carrots sliced in half lengthwise and widthwise
- 4 radishes sliced into wedges
- 1/2 tsp sea salt and pepper
- 2 radishes (a different variety, if possible) thinly sliced, left raw not cooked
- 4 kale leaves chopped

Pita

- 2 pitas or tortillas (GF or non)
- 1 Tbsp extra virgin olive oil
- 1/4 tsp sumac
- 1/4 tsp sea salt

Dressing

- 1/4 cup extra virgin olive oil
- 2 Tbsp lemon juice
- 1 garlic clove minced
- 2 tsp sumac
- 1/4 tsp sea salt and pinch of pepper

Instructions

1. Preheat the oven to 375 F (190 C).
2. Prep the veggies, place on a baking sheet lined with parchment paper. Drizzle with oil, salt and pepper. Roast in the oven for 25-35 minutes, until cooked through.
3. While the veggies are in the oven. Take 2 pitas or tortillas, brush lightly with oil and sprinkle with sumac and salt on both sides. Place in the oven for about 4-7 minutes until the pita is crisp.
4. Rip up the kale and slice the radishes. Toss them with cooked veggies when they're ready.
5. Whisk the dressing ingredients together.
6. Toss the veggies with broken up pitas and pour dressing on top.

Notes

Substitution Guide:

Autumn Slaw with Sesame Seared Salmon

What makes this slaw so special is the tahini citrus dressing and the seared sesame salad. The combo of tahini and orange is so good, we also use it to glaze the carrot muffins from this week too!

Salmon is something we cook often, but it can be easy to fall in a rut with. This is possibly one of the easiest ways to cook it, while also creating a delicious crispy crust of seeds. When salmon is seared on the stovetop it tends to cook to perfection because the outside is crisped and browned, while the inside is still tender.

Prep Time 20 mins	Cook Time 10 mins	Total Time 30 mins
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Course: Main Course Servings: 4

Ingredients

- 1 1/2 cups shredded purple cabbage
- 1 cup shredded green cabbage
- 1 small blood orange thinly sliced
- 4 radishes thinly sliced

Salmon

- 4 4-5 oz salmon fillets
- sea salt and pepper
- 1/3 cup black and white sesame seeds

Orange Tahini Dressing

- 1/3 cup creamy tahini
- 1 orange squeezed
- 1 Tbsp apple cider vinegar
- 1-2 Tbsp colder water
- 1/4 tsp sea salt and pepper

Instructions

1. Prep all the veggies and place them in a bowl.
2. Season the salmon with salt, pepper and press the sesame seeds onto the flesh of the salmon.
3. Place a wide skillet over medium-high. Add about 2 Tbsp of extra virgin olive oil, enough to coat the bottom of the pan.
4. After a few seconds, put the salmon in the pan flesh side down. Cook for 3 minutes, flip and cook for another 3-5 minutes. If the inside is not cooked enough to your liking, place it in a 350 F (177 C) oven and cook for another 5-7 minutes.
5. Mix the dressing ingredients together.
6. Break a part the salmon and place over the slaw. Then pour the dressing on top.

Notes

Substitution Guide:

- blood orange: navel orange, clementine, tangerine

Carrot Muffins with Tahini Orange Glaze

These muffins make the perfect snack or dessert, they're not that sweet and hearty enough to make you feel satiated and not desperate for more sugar later. The tahini orange glaze is similar to the one from the slaw, but we replaced the apple cider vinegar with honey.

Prep Time 15 mins	Cook Time 20 mins	Total Time 35 mins
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Course: Breakfast, Snack Servings: 10 muffins

Ingredients

- 3 eggs
- 1/4 cup extra virgin olive oil
- 1 Tbsp honey (more if you like it sweeter)
- 2 cups almond flour
- 1/2 tsp baking powder
- 1/4 tsp sea salt
- 1/2 cup grated carrot

Tahini Orange Glaze

- 1/2 cup tahini
- 1 orange juiced
- 1-2 tsp honey depending on desired sweetness
- 1 tsp orange zest
- few tsp sesame seeds

Instructions

1. Preheat the oven to 350 F (176 C)
2. Mix the wet ingredients together in a big bowl.
3. Add the dry ingredients to the same bowl, then fold in the carrots.
4. Oil a muffin tin, or put liners in. Scoop 1/4 cup of batter into the muffin in.
5. Bake for 20-25 minutes.
6. While they're in the oven, mix the glaze ingredients together, except for the zest and sesame seeds.
7. Once the muffins are out of the oven and slightly cooled, dip each muffin top in the glaze, then sprinkle with orange zest and sesame seeds.

Notes

Substitution Guide:

- carrots: sweet potato, apple, pear
- tahini glaze: omit if you don't like, you may want to increase the honey in the muffin batter by a tablespoon if you want them to be sweeter.

Spiced & Warming Lentil Soup

Any kind of lentil soup is a favourite of mine. But, many of them tend to have a laundry list of ingredients and what I love about this spiced and warming lentil soup is that it's simple. Minus the oil, salt, pepper and squeeze of lemon for garnish, there are only 8 ingredients. The spices will warm you up and smell fantastic.

Prep Time 10 mins	Cook Time 25 mins	Total Time 35 mins
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Course: Main Course Servings: 6

Ingredients

- 2 Tbsp extra virgin olive oil
- 1 onion diced
- 2 parsnips diced
- 2 celery stalks diced
- 1 tsp cumin
- 1 tsp turmeric
- 1 tsp cinnamon
- 1 cup brown lentils
- 1/2 tsp sea salt and pinch of pepper
- 28 oz can diced or crushed tomatoes
- 4 cups veggie broth
- squeeze of lemon

Instructions

1. Place a large pot over medium heat.
2. Add the oil and toss in the onion. Once slightly browned, add in the parsnips, celery and spices.
3. Toss everything together, then pour in the lentils, tomatoes and broth.
4. Bring to a boil, then simmer for 25-30 minutes until parsnips are soft and lentils are cooked through.
5. Re-season with salt and pepper. Squeeze with a little lemon to bring out the flavours.

Notes

Substitution Guide:

- parsnips: carrots
- celery: celeriac, turnips, carrots, sweet potato
- lentils: chickpeas

Cold Weather Bolognese

Who doesn't love a big bowl of spaghetti with meat (or lentil) sauce?! This sauce is s-i-m-p-l-e and can be made on the stovetop, in the slow cooker or in the Instantpot. If you don't eat meat, we give tips on how to replace with lentils in the notes.

Prep Time 15 mins	Cook Time 1 hr	Total Time 1 hr 15 mins
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Course: Main Course Servings: 4

Ingredients

- 2 Tbsp extra virgin olive oil
- 1 onion diced
- 1 zucchini diced
- 1 pepper diced
- 1 lb ground chicken, turkey or beef
- 750 ml jar of tomato sauce
- 1/2 cup broth
- 1/2 tsp sea salt and pinch of pepper

Eat with-

- noodles of choice
- fresh parsley or basil
- quickie salad

Instructions

Stove Method

1. Heat a large pot over medium. Pour in the oil, then add the onion.
2. Sautee for 1 minute, then add in the zucchini and pepper. Cook for 3-5 minutes until they start to brown.
3. Add in the meat of choice and break it up with the back of spoon, get it to brown slightly (doesn't need to be fully cooked). This will be about 5-7 minutes.
4. Pour the tomato sauce and broth. Cover, bring to a boil and simmer for 1 hour.
5. Re-season with salt and pepper. Serve with your favourite pasta.

Slow Cooker

1. Heat a large pot over medium. Pour in the oil, then add the onion.
2. Sautee for 1 minute, then add in the zucchini and pepper. Cook for 3-5 minutes until they start to brown.
3. Add in the meat of choice and break it up with the back of spoon, get it to brown slightly (doesn't need to be fully cooked). This will be about 5-7 minutes.
4. Pour all ingredients into the slow cooker and cook on high for 2 hours or low for 6 hours. Once done, re-season with salt and pepper and serve with noodles.

InstantPot

1. Saute the onion, zucchini and pepper in the InstantPot on saute mode.

2. Add in the ground meat, break it up and get it browned.
3. Pour all other ingredients in, adjust pressure to high, set time for 15 minutes, then release the valve for 5 minutes.

Notes

Substitution Guide:

- onion, zucchini, pepper: celery, carrot, parsnip, garlic, sweet potato
- ground beef: brown lentils
 - saute veggies first, then add 1 cup brown lentils, add the jar of sauce, then pour in 2 cups of broth. Bring to a boil and simmer for 40 minutes.