

Firecracker Kale Lentil Salad

This is a good "back pocket" dish to make when you desperately need more fiber and veggies in your life. What makes it better than a boring lentil salad is sauteeing the almonds in spices and garlic and reserving that leftover oil to season the salad.

Prep Time 15 mins	Cook Time 30 mins	Total Time 45 mins
----------------------	----------------------	-----------------------

Course: Main Course, Side Dish Servings: 4

Ingredients

- 1 cup french or black lentil
- 4 cups water
- 4 garlic cloves sliced
- 3 Tbsp extra virgin olive oil
- 1/4 tsp turmeric
- 1/4 tsp cinnamon
- 1/2 tsp cumin
- 1/8-1/4 tsp red chili flakes or cayenne (optional)
- 3/4 cup almonds roughly chopped
- 4 cups shredded dinosaur kale
- 1/3 - 1/2 cup pitted kalamata olives

Dressing

- Reserved oil (from the nuts)
- extra virgin olive oil (enough to top up to 1/4 cup)
- 1/2 cup orange juice squeezed from oranges
- 1/2 lemon juiced
- 3 Tbsp apple cider vinegar
- 1/4 tsp sea salt and pinch pepper

Instructions

1. Place lentils in a sieve and rinse. Then put lentils in a pot with water, a pinch of a salt, bring to a boil and simmer for 30 minutes. Drain and rinse.
2. Meanwhile place a pan on medium heat, add the oil and wait 30 seconds.
3. Drop in the sliced garlic, turmeric, cinnamon, cumin, red chili flakes. Stir around to coat the pan and garlic, then add in the almonds.
4. Toss, then let them sit, undisturbed for 2 minutes, mix around, let them sit again for another 2-5 minutes. Until almonds and garlic have started to brown. Keep shaking the pan and watching so they don't burn!
5. Once browned, place them on a plate or tray (you can line it with paper towel) to stop them from cooking in the pan. Sprinkle with salt and pepper.
6. Reserve the cooking oil and place in a measuring cup. Add in extra virgin olive oil so the total oil comes to 1/4 cup. Then add in the rest of the dressing ingredients.

7. Cut the kale and place it in a large bowl. Pour in the lentils. Pour in the dressing and toss around. Then toss in the nuts and olives.

Notes

Substitution Guide:

- french or black lentils: green/brown lentils, chickpeas
- kale: cabbage or another variety of kale
- almonds: pecans, pumpkin seeds, any nut or seed of choice
- orange juice: more lemon juice
- kalamata olives: raisins, pomegranate seeds, craisins or omit

Prep Guide:

- cook the lentils the day before
- chop the kale a day before

Blackened Salmon

This is a favourite recipe of mine because this seems like a fancy dish, but it's easy and tastes so good. The point is that the spices sear and toast, not the fish, so the flavour is intense and subtle at the same time.

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

Course: Main Course Servings: 4

Ingredients

- 4 4-5 oz pieces of salmon
- 1 Tbsp paprika
- 1 tsp cayenne pepper (optional)
- 1 Tbsp Italian seasoning
- 1/2 tsp sea salt
- 1 Tbsp extra virgin olive oil
- 2 oranges (between 1/3 - 1/2 cup)

Instructions

1. Mix the spices together in a wide dish.
2. Place the salmon flesh side down in the spices to ensure one side of them is coated.
3. Place a wide dish over the stove, heat to medium-high and add oil.
4. Place the salmon spice side down.
5. Once the spices look like they're browning. Add in the orange juice. Once the orange has mostly evaporated, flip the fish over and cook for another few minutes until the fish is perfectly cooked.
6. If your pieces are thick and aren't cooking on the inside, place them a 350 F oven for a few minutes.

Notes

Substitution Guide:

- salmon: any fish you like
- orange juice: broth

Creamy Miso Mushroom Soup

This vegan mushroom soup is perfectly creamy without the addition of any actual cream! It's was inspired by a Bon Appetit recipe. Walnuts, thyme and mushrooms are the perfect trifecta, so it only made sense to incorporate all three in the soup. Then we added in a bit of miso for a hit of saltiness, interest and umami flavour.

Prep Time 5 mins	Cook Time 35 mins	Total Time 40 mins
---------------------	----------------------	-----------------------

Course: Appetizer, Soup Servings: 6

Ingredients

- 12 oz mushrooms (cremini and shiitake) don't wash, just wipe and slice
- 2 Tbsp extra virgin olive oil
- 1 yellow onion
- 4 garlic cloves
- 1/2 tsp sea salt and pinch of pepper
- 1/2 bundle fresh thyme
- 4 cups veggie broth
- 1/2 cup walnuts
- 1 Tbsp white miso

Instructions

1. Place a large, wide pot over medium heat.
2. Add the mushrooms, toss to coat in the oil, then leave them undisturbed for 5 minutes.
3. After 5 minutes, toss around and saute for an additional 5-8 minutes, continue to toss as needed. Then transfer the mushrooms to a plate.
4. Add the onion to the pot, and a splash of oil, if needed. Saute for 2 minutes, then toss in the garlic and cook for 60 seconds. Season with salt and pepper.
5. Pour in broth, the bundle of thyme and mushrooms. Bring to a boil and simmer for 15 minutes.
6. Take out 2 cups of the whole soup (with everything in it) and blitz with walnuts and miso, until creamy. Return to pot. Remove the thyme. Reason with salt and pepper. Simmer for an additional 10 minutes.
7. Pour into bowls, drizzle with olive oil and springs of fresh thyme.

Notes

Substitution Guide:

- Mushrooms: any variety you like!
- Onion: shallots, leeks, more garlic
- Fresh thyme: 1 tsp dried thyme -- just saute it with the onion and garlic
- Walnuts: cashews
- Miso: omit if you don't have, add a splash of tamari

Crispy Onion and Spaghetti Squash Jewelled Salad

This is a far-fetched play on a Moroccan-style Jewelled rice. At the moment, both spaghetti squash and pomegranates are in season so we really wanted to make use of the two in a simple recipe. What really makes it, is topping it with crispy onions. Isn't everything better with crispy onions?

Prep Time 15 mins	Cook Time 45 mins	Total Time 1 hr
----------------------	----------------------	--------------------

Course: Side Dish Servings: 4

Ingredients

- 1 spaghetti squash
- drizzle of extra virgin olive oil
- 1/4 tsp cinnamon
- 1/4 tsp turmeric
- 1/4 tsp sea salt and pinch of pepper

Rest of the Salad

- 2 carrots halved and sliced
- 2 radishes halved and sliced
- 1/2 cup pomegranate seeds

Dressing

- 2 Tbsp extra virgin olive oil
- 1 lemon juiced
- 1 tsp honey
- 1/2 tsp sea salt and pinch of pepper

Crispy Onion Topping

- 1 small yellow onion sliced into thick 1/4 inch circles
- 2 tbsp extra virgin olive oil

Instructions

1. Preheat oven to 375 F (190 C).
2. Halve the spaghetti squash, scoop out the seeds with a spoon, place on baking sheet lined with parchment paper. Drizzle the open side with olive oil and spices, place on baking sheet and bake for 45 minutes.
3. While the squash is cooking, prep the other veggies and whisk the dressing together.
4. Also place a wide pan on medium heat. Add oil and after a few seconds toss in the onion. Leave for a minute, undisturbed, then shimmy the pan and leave again. Watch carefully so they don't burn. As soon as they're crisped and brown, remove from pan and place on a plate lined with paper towel.
5. Once the squash is slightly cooled, take a fork and start scooping out the "innards" to create "spaghetti"
6. Mix the squash with the veggies and dressings. Top with crispy onions.

Notes

Substitution Guide:

- spaghetti squash: any squash or sweet potato
- carrots or radishes: any veg you like and have in the fridge that can be eaten raw
- pomegranate: craisins

Prep Guide:

- Roast the spaghetti squash a day or two ahead of time

Sticky Sweet Cauliflower and Brussel Sprouts

We always love when dishes have complex flavours like they're sweet, spicy, salty and hit on every taste bud! We wanted to do a play on "cauliflower wings" we often see, but keep the recipe super, super, super simple. So after the veggies are "battered" and roasted, a big splash of sweet Thai chili sauce does the trick. Also, the veggies are SO GOOD once battered and roasted you could skip the sauce part, if your heart desired.

We personally like the brand "Naked" for the sweet Thai chili sauce. It's available in Canada and the ingredients are a bit better. But other varieties will work and we'll give some alternative suggestions in the substitution section below.

Prep Time	Cook Time	Total Time
25 mins	40 mins	1 hr 5 mins

Course: Side Dish Servings: 4

Ingredients

- 5 cups cauliflower florets (about 1/2 cauliflower head)
- 4 cups quartered brussel sprouts

Batter

- 1 1/2 cups almond flour
- 1 1/2 cups water
- 1 tsp granulated garlic powder
- 1/4 tsp turmeric
- 1/2 tsp sea salt + pinch of pepper

Sauce

- 1 cup sweet thai chili sauce (we like Naked label)

Instructions

1. Chop the cauliflower into florets and halve the brussel sprouts.
2. Preheat oven to 400 F (204 C)
3. Mix batter ingredients together in a big bowl.
4. Add all the veggies to the bowl and mix well (you may want to use your hands) so that every piece is coated.
5. Place parchment paper down on 2 baking sheets. Evenly divide the veggies between the two sheets, ensure each piece has a bit of space around it to properly cook. Bake for 35 minutes, flip halfway.
6. Take the veggies out of the oven and pour the sweet Thai chili sauce over both baking sheets. Then mix really, really, really well so that every piece is fully coated.
7. Place back in the oven and bake for an additional 10 minutes.
8. Top with sesame seeds.

Notes

Substitution Guide:

- Brussel sprouts or cauliflower: broccoli
- almond flour: any flour should work, we have not tried it ourselves
- Sweet thai chili sauce:
 - your favourite BBQ sauce - start with 1/2 cup and see if you need more
 - 1/2 cup Frank's hot (can mix with a few Tbsp honey)
 - Sriracha (again, can mix with a few Tbsp honey)

Prep Guide:

- Cut the cauliflower and brussel sprouts a day or two in advance (this will save so much time!)

Celebration Cake

We've been waiting to share this recipe. We recently use this recipe to make cupcakes and they were INCREDIBLE. Especially when you very slightly undercook them so the middle is just a tiny bit gooey (but still safe to eat!). The sweet potato icing is INSANELY delicious. Since this is the last week of cooking club we wanted to give a big, celebratory send-off!

Prep Time 15 mins	Cook Time 35 mins	Total Time 50 mins
----------------------	----------------------	-----------------------

Course: Dessert Servings: 6

Ingredients

Cake

Dry

- 1 1/2 cups almond flour
- 1/4 cup arrowroot flour
- 1/3 cup raw cacao powder or cocoa powder
- 1/2 cup coconut sugar
- 1/2 tsp baking soda
- 1/4 tsp sea salt

Wet

- 3 eggs
- 1/3 cup melted and cooled butter, coconut oil or EVOO
- 1 1/2 tsp pure vanilla extract

Icing

- 1 cup steamed sweet potato or squash
- 2 Tbsp melted coconut oil
- 1/3 cup raw cacao or cocoa powder
- 1/3 cup semi-sweet chocolate chips melted
- 1/2 tsp sea salt

Instructions

1. Preheat oven to 325 F (162 C)
2. Melt the butter or coconut oil and allow to cool.
3. Mix all dry ingredients together.
4. Combine all wet ingredients. Pour dry into wet and whisk until smooth.
5. Oil a cake pan or muffin tin. Bake the cake for 30-45 minutes (depending on the size of your pan), until an inserted toothpick comes out clean. If making muffins, scoop about 1/2 cup batter into each muffin hole for a big, puffy muffin and bake for 20 minutes.

Icing

1. if you're steaming the sweet potato yourself, do this first. You can "steam-roast" it by poking holes in it and placing it in a 400 F oven for 45-60 minutes. Or, you can steam it on the stovetop.

2. While the sweet potato is roasting, place the chocolate chips in in a double boiler over the stove and melt.
3. Place all ingredients in a food processor until smooth.

Assembly

1. Spoon the icing over the cake and using a spoon or off-set spatula, make "waves" and "scoops" to decorate.