



Recipes

Greek Lemon Soup

You'll Need

- 8 cups chicken broth
- ¼ cup to ½ cup rice
- 3 eggs
- Juice from one lemon

Directions

- Bring broth to a boil and then add ¼ to ½ cup rice to boiling broth. Cook on simmer for 25 minutes.
- In a separate bowl beat 3 eggs and mix in the lemon juice.
- When broth is done simmering, slowly add 1 cup of the broth to the beaten eggs and lemon juice mixture and mix. Next add it all back into the pot cook for 4 minutes and then it's ready.

Play with Your Food

- Add more lemon or cut back on it a bit.
- Add some freshly ground pepper at the end.
- Try it with a vegetable broth



Turkey Noodle

You'll Need

- Bones from a roasted turkey
- 7 cups water
- 1 bay leaf
- 2 stalks celery, chopped (separated)
- 1 onion, quartered
- ¼ cup broken noodles, 1/2 inch pieces
- 1 carrot, chopped
- 3 green onions, chopped
- 1/3 cup grated zucchini
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 dash hot sauce
- Salt to taste
- Pepper to taste

Directions

- **Stock**
 - In stockpot or large saucepan, combine bones, water, bay leaf, one of the chopped celery stalks, and onion.
 - Skin and drippings may be included, if desired.
 - Simmer, covered about 4 hours.
 - Strain, reserving stock.
 - Let bones cool, pick out any meat and add to the stock.
- **Soup**
 - In stockpot or saucepan, bring stock to boil; add noodles and simmer for 5 minutes.
 - Add celery, carrot, green onions, zucchini, basil and thyme.
 - Simmer for 10 minutes.
 - Stir in hot pepper sauce, season with salt and pepper to taste.

Play with Your Food

- Use chicken instead of turkey
- Switch up the vegetables



Butternut Squash

You'll Need

- 3 tablespoons olive oil
- 2 onions, chopped
- ½ teaspoon cinnamon
- ½ teaspoon coriander
- 2 ½ pounds butternut squash-seeds and outer skin removed, cubed
- 3-4 cups chicken broth
- 1 cup half-n-half
- 4 pats butter
- Salt and pepper

Directions

- Heat olive oil in a pot and sauté onion.
- Add the spices and squash sauté a bit longer and then add stock.
- Boil then reduce heat to simmer. Simmer covered for 20 minutes or until squash is done.
- Take out the squash pieces and blend in food processor until smooth. Add them back to the pot. Then add half n half, butter, salt and pepper. Adjust spices if needed.

Play with Your Food

- Use whole milk instead of the half-n-half.
- To make this a vegan dish use coconut milk instead of half-n-half, veggie broth instead of chicken broth and olive or coconut oil instead of butter.
- Add a pinch of cinnamon to each bowl is a nice touch for health and food presentation.



Quinoa Corn Chowder

You'll Need

- 1 tablespoon olive oil
- 4 cups vegetable broth
- 1 large yellow onion, chopped
- 14 ounces coconut milk
- 3 garlic cloves, chopped
- 2 bay leaves
- 1 large potato with skin, cubed
- 1/8 to 1/4 teaspoon cayenne
- 3 cups corn kernels (fresh or canned)
- 1/2 teaspoon salt
- 1/2 cup uncooked quinoa
- 1/2 cup red bell pepper, diced
- Pepper to taste

Directions

- In a large pot on low medium, heat the oil. Sauté onion, garlic, red bell pepper, quinoa, potato and corn for approximately 7 minutes.
- Next add stock and the bay leaves and simmer for 30 minutes. Add milk and seasonings and increase heat for a few minutes.
- Remove from heat, adjust seasonings as needed and serve.

Play with Your Food

- Add one chopped chili pepper
- Use 6 shallots chopped, instead of 1 large onion
- Use chicken broth instead of vegetable broth
- Use regular milk instead of coconut milk



Black Bean Soup

You'll Need

- 1 tablespoon olive oil
- 3 cups chopped onions
- 2 teaspoons cumin
- 1 teaspoon of salt
- 1 medium carrot, finely chopped
- 10 cloves garlic, crushed
- 1 medium zucchini, diced
- 5 cups cooked black beans
- 1 ½ cups orange juice
- Black pepper
- Cayenne Pepper
- 8 ounces of Salsa

Directions

- Place oil in large pot. Heat the oil and sauté the onion, cumin, salt, zucchini, carrot, and the garlic over medium heat.
- Sauté until carrot is tender. Add cooked beans. Mix in orange juice, cayenne, black pepper, and salsa. Simmer over low heat for 20 to 25 minutes.

Play with Your Food

- Substitute the zucchini for bell pepper or do a mixture of half and half.
- Try adding a splash of chipotle hot sauce.
- Serve topped with sour cream or grated cheese of choice.
- Add some chopped fresh cilantro.

African Peanut Stew

You'll Need

- 1 onion, chopped
- 1 jalapeno, seeded and finely chopped (optional)
- 3 teaspoons minced fresh ginger
- 1 teaspoon minced fresh garlic
- 2 teaspoons ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon crushed red pepper
- 4 medium size sweet potatoes cut into 1 1/2-inch chunks
- 2, 14.5 ounce cans chopped tomatoes
- 1 bunch kale, chopped
- 4 cups vegetable broth
- 1/4 cup natural peanut butter

Directions

- Place 1/3 cup water, onion, jalapenos, ginger and garlic in a large pot. Cook, stirring occasionally for 5 minutes.
- Add cumin, cinnamon, salt, and red pepper. Cook and stir for 1 minute.
- Add sweet potatoes, tomatoes, kale, vegetable broth, and peanut butter.
- Bring to a boil, reduce heat and simmer for approximately 30 minutes, or until potatoes are tender.

Play with Your Food

Top this dish with some spiced, toasted pecans.

You'll Need

- 1/2 cup halved pecans
- 1/4 teaspoon cayenne
- 1/2 Tablespoon butter

Spiced, Toasted Pecans

- To spice up pecans melt 1/2 Tablespoon butter in pan place 1/4 teaspoon of cayenne pepper and pecans in pan. Stir to coat pecans. After coated place on baking sheet and bake for 10 to 15 minutes or just until toasted.
- Top each bowl of soup with some pecans and enjoy.



Crackers

You'll Need

- 2 ½ cups flour
- 3 teaspoons dried herbs/seasonings (ex. dill, coarse cracked pepper, oregano, parmesan, basil, rosemary, sage, cumin, cayenne, garlic salt, and onion powder)
- 1 teaspoon salt
- 4 tablespoons olive oil
- ¾ cup cold water
- Coarse salt for sprinkling on top

Directions

- Preheat oven to 400 F. Mix dry ingredients together in a medium bowl being sure to get everything well blended. Add the oil and half of the water and begin mixing. Add more water as necessary to form a rough dry dough. Turn dough out onto a lightly floured surface and knead just until it comes together into a cohesive ball.
- Divide dough into even quarters. On piece of parchment paper, roll dough as thin as possible until it's nearly the size of a baking sheet.
- Cut the dough into squares (a pizza cutter works nice for this step) or other desired shape and use a fork to prick each square two or three times. Sprinkle with coarse sea salt.
- Bake for 15 minutes, or until golden brown, turning the sheet once half way through.
- While the first batch is baking, roll out another quarter of dough.
- Let baked crackers cool before breaking apart. Store in a airtight container.

Play with Your Food

- Substitute 1 cup all-purpose flour with 1 cup of whole wheat pastry flour. If you choose to make this substitution, make sure to add one additional Tablespoon of water.