



LifeScape

# WHOLE KITCHEN COOKBOOK

2024



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Food brings us together for social occasions, time to relax and reconnect with each other, and offers a legitimate pause in the day to recharge our bodies and brains!

Each meal we prepare is an opportunity to explore nature's bounty and step out of our standard fare to experiment with new ingredients and combinations of foods.

With that being said, we are thrilled to share with you LifeScape's 'family' favorite recipes in celebration of the privilege of offering 20 years of guiding our patients to optimal health using food as the foundation.

We hope you will enjoy making the recipes in this book as much as we did gathering them for you!

Enjoy every bite!

Warmly,



LifeScape Premier Functional Dietitian





# Zucchini-Lentil Fritters

Submitted by: Randy M.

**YIELD: 8-10 SERVINGS**



## INGREDIENTS

3/4 cup whole-milk yogurt 2 Tbsp. fresh lemon juice 1/2 tsp. sugar

Kosher salt

1 cup red lentils (masoor dal)

1 medium zucchini (about 5 oz.)

1/2 medium onion, thinly sliced

13/4 tsp. kosher salt, divided, plus more

1/2 tsp. Kashmiri chile powder or 1/4 tsp. cayenne pepper 1/4 tsp. ground turmeric

1 cup parsley leaves with tender stems

1 Tbsp. finely grated lemon zest

1 cup ghee or neutral vegetable oil

“This has become a go-to recipe when I want a people-pleasing appetizer that is pretty guilt-free. These also freeze wonderfully and then reheat in the oven and are almost as good as right out of the pan. This recipe is available at [Epicurious.com](http://Epicurious.com).”

## DIRECTIONS

1. Whisk yogurt, lemon juice, and sugar in a small bowl to combine. Season with salt.
2. Do Ahead: Yogurt can be made 1 day ahead. Cover and chill.
3. Rinse lentils, then soak in 2 cups water at room temperature at least 1 hour and up to 12 hours. (Soaking the lentils makes them tender and a lot easier to blend.)
4. Meanwhile, trim ends of zucchini and cut crosswise into 3 pieces about 2" long. Cut each piece lengthwise into 1/4"-thick planks. Stack a few planks and slice lengthwise into 1/4"-thick matchsticks (about the size of a skinny french fry). Transfer zucchini to a colander set in a medium bowl. Add onion and 1 tsp. salt and toss to combine. Let sit until vegetables look wilted and softened and about 1 Tbsp. liquid has released into bowl, 30 minutes to 2 hours. Gently pat dry with paper towels to remove any excess moisture.
5. Drain lentils and transfer to a food processor. Add chile powder, turmeric, and 3/4 tsp. salt. Pulse, scraping down sides, until a purée forms. Transfer to a medium bowl and add zucchini and onion, parsley, and lemon zest. Toss with a rubber spatula to combine.
6. Line a rimmed baking sheet with paper towels set a wire rack inside. Heat ghee in a medium cast-iron skillet over medium-high until a pinch of batter added to the pan sizzles and sputters. Using a large spoon, scoop out about 1/4 cup batter, then use a second large spoon dipped in the hot ghee to carefully scrape into pan flatten with ghee-coated spoon. Repeat to make 3 more fritters. Fry until deep golden brown underneath, about 3 minutes. Turn over with a wide slotted spatula and fry until deep golden brown on the second side, about 3 minutes. Transfer fritters to prepared rack to drain season immediately with salt. Repeat with the remaining batter.
7. Transfer fritters to a platter. Serve with lemony yogurt alongside.



# Chicken Salad

Submitted by: Carol K.

YIELD: 20-ISH SERVINGS



## INGREDIENTS

4 lbs. diced chicken  
2 cups diced celery  
4 cups pineapple (drained) crushed or tidbits  
1/2 box golden raisins  
  
4 cups miracle whip  
1 tsp. white pepper  
4 tsp. sugar  
1 tsp. onion powder  
4 Tbl. lemon juice

## DIRECTIONS

1. Combine first four ingredients.
2. Mix next five ingredients.
3. Mix ALL ingredients and refrigerate for a while or overnight.
4. Serve with a salad or on croissant.
5. Enjoy!



# Grilled Pesto Chicken Caprese Salad

Submitted by: Steven J.



## INGREDIENTS

### Marinade

- 2 TBS Balsamic Vinegar
- 1 TBS Pesto (Bottled or Homemade)
- 1 Tsp Olive Oil
- 1 Tsp Honey

### Chicken

- 1 1/4 Lbs boneless skinless chicken breasts
- Kosher Salt and black pepper

### Salad

- 5 oz baby spinach
- 1 cup heirloom cherry tomatoes
- 1 cup mini mozzarella balls
- Kosher Salt and Black Pepper to taste
- Fresh Basil

### Pesto Dressing

- 1/3 cup plain non fat Greek Yogurt
- 1/4 cup non fat milk
- 1 1/2 TBS Pesto
- 2 TBS shredded parmesan cheese
- 1 TBS Apple cider vinegar
- 1/4 tsp granulated garlic
- Salt and Pepper to taste

## DIRECTIONS

1. Whisk together all marinade ingredients.
2. Sprinkle chickens with salt and pepper and put in a gallon storage bag with the marinade.
3. Refrigerate overnight or at least one hour.
4. Grill chicken until done.
5. Place spinach on a serving platter. Arrange sliced chicken, mozzarella, and tomatoes on top.
6. Sprinkle with salt and pepper and the fresh chopped basil.
7. Whisk dressing ingredients and sprinkle on top of salad (or serve on the side).

“Came across this in a lifestyle magazine a few years ago and made a few tweaks. Every ingredient was something I loved.”



# 5 5 5 Sea Bass

Submitted by: Carol K.



## INGREDIENTS

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Olive oil

Kosher salt

Pepper

Sea bass

Lemon

## DIRECTIONS

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1. Preheat oven to 425 degrees.
2. Rub all sides of sea bass with olive oil, then sprinkle with salt and pepper.
3. Heat cast iron skillet on medium high flame on stove. Add a little olive oil.
4. Cook sea bass flesh side down for FIVE minutes.
5. Turn sea bass and cook skin side down for FIVE minutes.
6. Put skillet with sea bass in oven and bake for FIVE minutes.
7. Remove skillet from oven. Squeeze juice from 1/2 of a lemon onto sea bass.



# Creamy Garlic Parmesan Brussels Sprouts and Bacon

Submitted by: Nile L.



## INGREDIENTS

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10 ounces (300 g) bacon, cut into strips

2 tablespoons butter

2 pounds (1 kg) Brussel sprouts, washed, (trim bottoms and cut sprouts in half)

Salt and pepper to season

5 cloves garlic finely chopped

1 1/2 cups (400 ml) light or heavy cream, (thickened cream)

1 1/2 teaspoons cornstarch mixed with 1 tablespoon water (OPTIONAL: cornstarch slurry)

1/3 cup fresh shredded or grated mozzarella

1/4 cup fresh shredded or grated parmesan

## DIRECTIONS

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1. Preheat oven to 375°F | 190°C.
2. Fry the bacon in a large oven-safe skillet over medium heat until crispy. Use a slotted spoon to transfer to a paper towel lined plate to soak up some of the oil. Set aside. Drain most of the bacon fat from the pan, leaving about 1-2 tablespoons for added Flavor (adjust this amount to your liking). In the same pan, melt the butter, then add the Brussels sprouts and season with salt and pepper. Scrape up any browned bits from the bottom of the pan, and cook while stirring occasionally, for about 6 minutes. The edges should start crisping and slightly charring. Add in the garlic and stir it through the sprouts for a minute, until fragrant. Pour in the cream, reduce heat down to low and allow them to simmer until tender (another 3-4 minutes). If the cream is too thin for your liking, add in the cornstarch slurry, stirring it through immediately, until combined.
3. Add the bacon in and give everything a good mix to combine all of the flavours together. Top the sprouts with the mozzarella and parmesan cheeses. Bake until cheese is bubbly and sprouts are done to your liking (about 15 minutes). If you like your cheese browned, change oven settings to broil for 2-3 minutes, until golden.
4. Season with a little extra pepper, if desired, before serving. You can also sprinkle with fresh chopped parsley, thyme or rosemary.



# Apple, Brussel Sprouts, Sweet Potato, Ginger and Turkey Hash

Submitted by: Dana B., MA, RDN, IFNCP



## INGREDIENTS

Avocado oil, as needed

1 small to medium yellow onion, diced

½ inch of fresh ginger root, diced or grated

2 cups Brussel sprouts, stem removed and quartered

1 lb organic ground turkey

1-3 tablespoons coconut aminos, to taste

½ teaspoon ground cinnamon

1 to 3 tablespoons reduced apple balsamic vinegar (Olives the Best brand)

1 medium red organic apple, diced

1 medium sweet potato, baked and cut into bite sized pieces

¼ cup fresh parsley, chopped

Sea salt to taste

Fermented cabbage, optional

## DIRECTIONS

1. In a large skillet once warmed add the avocado oil to coat the bottom of the pan.
2. Add the diced onion and cook until translucent.
3. Add the fresh ginger root, Brussel sprouts and cover until the Brussel sprouts turn a bright green, stir occasionally.
4. Once the Brussels are a bright green, add the ground turkey. Cook until browned.
5. Add the coconut aminos, cinnamon, and reduced apple balsamic vinegar and stir to coat the vegetable mixture.
6. Add the apple, sweet potato and parsley.
7. Taste and adjust seasonings to taste – more coconut aminos, reduced balsamic and/or cinnamon or salt.
8. Serve with a few tablespoons of fermented plain cabbage on top (optional).



# Dr. Wilder's Veggie-full Pad Thai

Submitted by: Dr. Wilder



## INGREDIENTS

8 ounces Veggie noodles (zucchini, butternut squash, sweet potato glass, palmini, etc)

3T avocado or peanut oil

3 cloves garlic, minced

8 ounces protein (uncooked shrimp, chicken, or extra-firm tofu) cut into small pieces

2 eggs, beaten

Variety of veggies cut into similar size strips (I try to use up whatever's in the fridge)

1 cup fresh bean sprouts

1 red bell pepper, thinly sliced

3 green onions, sliced (reserve a couple Tbls for topping)

2-3 carrots cut into thin sticks

2-3 Shiitake mushrooms sliced thin

small daikon radish cut into thin sticks (optional)

1/2 cup unsalted or cashews or roasted peanuts chopped (sunflower or pumpkin seeds also work)

1-2 limes

1/2 cup Fresh cilantro, chopped (optional for those who genetically like it...I am not one of them)

Mix Pad Thai Sauce in a blender or shake in covered container:

2-3 Tablespoons fish sauce

2 Tablespoons low-sodium soy sauce

2 Tablespoons Monk fruit or Swerve (erythritol) brown sugar

2 Tablespoons rice vinegar or Tamarind Paste

1+ Tablespoon Sriracha hot sauce to taste

2 Tablespoons organic creamy peanut butter

## DIRECTIONS

1. Prep veggies (can be done a few days in advance).
2. Mix sauce and set aside.
3. Prep noodles according to package, rinse under cold water and set aside.
4. Heat ~2T oil in wok or large saucepan on med-high heat.
5. Stir Fry the protein until cooked through + garlic & add veggies just in time to cook tender crisp (add softest veggies like bean sprouts at the end).
6. Push everything to periphery of the pan, add a little more oil & beaten eggs to scramble.
7. Add sauce, noodles, bean sprouts, nuts (reserving some for topping).
8. Garnish with chopped nuts, green onions, lime wedges, & cilantro.

"Growing up in Hawaii among mostly Asian friends fueled my love for Asian foods of all types - Chinese, Japanese, Korean, Thai, & Filipino foods were staples. My wok is my most valuable kitchen tool. I learned Thai cuisine working as a nanny for a Thai princess."



# Frank's Best BBQ

Submitted by: Frank E.



## INGREDIENTS

### Beef

8oz grass feed beef skirt steaks (you can do less or more-have at it!!)

### Steak Marinade

1 cup olive oil (more or less, depending on quantity of steaks)

¼ cup red wine vinegar

A pinch or two of Kosher Salt and Black Pepper

### Chimichurri Sauce

(makes about 4-5 servings)

½ cup flat leaf parsley

3 cloves of garlic minced (more if you love garlic)

2 tablespoons of oregano (fresh if available)

1/3 cup extra-virgin olive oil

¼ cup red wine vinegar

1-2 teaspoons of lemon zest (depends on weak vs strong zest taste)

Pinch of red pepper flakes

Kosher salt to taste

## DIRECTIONS

1. Mix steak marinade ingredients in a Ziploc® bag and then place steaks into the marinade. Close the bag; make sure steaks are well coated and refrigerate for 30 min. and up to 8 hrs.; refrigeration time depends on tenderness (longer = more tender and flavorful).
2. Mix Chimichurri ingredients (except olive oil, vinegar, and lemon zest) in a food processor and pulse until ingredients are finely chopped and garlic is minced. Empty food processor ingredients into a proper size bowl and stir the rest of the ingredients (olive oil, vinegar, and lemon zest). Season to taste with kosher salt and red pepper flakes. Refrigerate to be served with cooked steaks.
3. When ready to cook steaks; pre-heat grill to 375°-400°, place steaks on grill and cook on both sides; about 3-5 min/per side or longer for a medium-well. When ready to serve, cut steaks against the grain and enjoy!
4. Serve on its own or with your favorite BBQ side dish.

"There was a restaurant that I frequented with the best carne asada and green sauce. The green sauce I found out it was chimichurri. This recipe is one of may ways to make it. Enjoy!"



# Marinated Chicken

Submitted by: Jessi M.



## INGREDIENTS

4 to 6 Boneless skinless chicken breasts

1/2 c. Oil

1 tsp Garlic powder

1/2 tsp Ground ginger

1 tbsp Salt

1 tbsp Pepper (you may use more pepper up to 2 tbsp per your personal taste)

7 oz 7-up

Flour

Oil for browning

"This recipe was passed down from my mother-in-law and I have not found one person who does not enjoy it. It's almost as big of a deal in my house as a holiday meal is."

## DIRECTIONS

1. Mix oil, spices and 7-up in large pan, bowl or large gallon baggies.
2. Add chicken breasts to 'marinate'.
3. Marinate overnight or for at least a couple of hours in the Refrigerator. (The longer the better!)
4. Reserve marinate 'juice', in sperate container. You will use this later.
5. Remove chicken from marinate and roll in flour.
6. Brown chicken in hot oil till browned.
7. Lay browned chicken into 9x13 inch pan and pour reserved marinade over the top.
8. Cover tightly with foil.
9. Bake at 350° for 60 minutes.
10. Eat & Enjoy!!



# Monties

Submitted by: Jessi M.

YIELD: 10 SANDWICHES



## INGREDIENTS

### Dipping Sauce

- 1 lb. fresh sliced strawberries
- Sugar to taste.
- 1 small container of sour cream

### Sandwiches

- 1 loaf of bread of your choice
- 1 pkg of Swiss cheese (16 slices)
- 1 pkg of sliced smoked or cooked ham
- 1 dozen eggs
- 1/4 c. milk

"This recipe is a great twist on a traditional grilled cheese meets French toast. My kids love it but especially when we can get fresh juicy strawberries!"

## DIRECTIONS

### Dipping Sauce

1. Dice strawberries and add sugar to taste, place in a refrigerator till chilled.
2. Once chilled, add two Tbs. sour cream in a large bowl.

### Sandwiches

1. Combine eggs and milk in medium size bowl and mix well.
2. Grease a large frying pan with butter or margarine. Turn on stove to medium.
3. Dip bread in egg mixture and lay into pan. After 1 side is golden, flip and add 1 piece of cheese and 2-4 slices of ham, while completing the other piece of bread.
4. When the second piece of bread is completed, put the sandwich together.
5. Repeat for the rest of the loaf of bread.
6. When complete, dip sandwiches into strawberry mixture.
7. Eat and Enjoy!!



# Pork Chops with Mushroom Truffle Sauce and Roasted Carrots

Submitted by: Kirsten R.

YIELD: 2 SERVINGS



## INGREDIENTS

2 Boneless Pork Chops (Can substitute with Chicken Breast)

Cremini Mushrooms (or your choice of mushrooms)

Chives

3-4 Whole Carrots (orange or rainbow)

2 ounces of Cream Cheese

1/2-1 tsp Truffle Zest Seasoning (or to taste)

"This dish just has SO much flavor to it and is still on the healthy side! I hope you enjoy it as much as we do!"

## DIRECTIONS

1. Preheat oven to 425 degrees.
2. Wipe down and slice mushrooms if not pre-sliced.
3. Peel carrots and slice at an angle into pieces about 1/2 inch thick.
4. Mince Chives.
5. Mix carrots in a bowl with about 1 tbsp of Olive Oil and salt and pepper to taste and stir to coat.
6. Line a baking sheet with foil and lightly oil. Spread carrots evenly in a single layer on the baking sheet.
7. Roast until fork-tender for about 18-20 minutes. Flip halfway through for best results.
8. Season your pork chops (or chicken breasts) with salt and pepper.
9. Heat cooking oil in a large saute pan over medium-high heat.
10. Add pork or chicken to hot pan. Cook about 3-4 minutes per side or until fully cooked through.
11. Transfer to cutting board and let rest while you make the sauce.
12. Heat about 1-2 tbsp of cooking oil in the pan used for the pork chops (or Chicken) over medium-high heat.
13. Add mushrooms and cook until tender and starting to brown. Stirring occasionally.
14. Add your cream cheese to pan with mushrooms and 1/4 cup of water and your truffle zest to taste.
15. Stir to combine and melt. Remove from heat.
16. (If you like it extra saucy feel free to double this portion)
17. Slice up your Pork chops (or chicken) and top with your Mushroom Truffle Sauce and minced chives and serve the roasted carrots on the side.
18. Bon Appétit!



# Stouffer's Spinach Soufflé

Submitted by: Carol K.

YIELD: 8 SERVINGS



## INGREDIENTS

- 1 cup heavy cream
- 3 large eggs
- 20 ounces frozen chopped spinach, thawed and squeeze out water
- 1/2 cup Parmesan cheese, grated
- 2 tablespoons flour
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon cayenne pepper
- 1/2 teaspoon kosher salt
- 1/4 teaspoon coarse ground black pepper

## DIRECTIONS

1. Preheat oven to 350 degrees and spray an 8x8 baking dish with vegetable oil spray.
2. With a whisk or a hand mixer in a large bowl, beat the heavy cream and eggs 2 to 3 minutes until foamy.
3. Add in the spinach, parmesan cheese, flour, nutmeg, cayenne pepper, salt and pepper.
4. Whisk until well combined.
5. Add the mixture to your baking dish and bake for 30 to 35 minutes, until it is set in the center and a toothpick would come out clean.



# Wild salmon over black bean pasta with asparagus

Submitted by: Dana B.



## INGREDIENTS

Explore Cuisine Organic Black Bean Spaghetti

1 bunch asparagus, washed and snap off tough bottoms

1/2 ripe avocado, cut into bite sized pieces

1/2 cup Heirloom rainbow cherry tomatoes, sliced in half

1 TBSP Sesame seeds

1-2 TBSP. Coconut Aminos

1 TBSP Red Boat Fish Sauce

1-2 TBSP toasted sesame seed oil

Extra Virgin Olive Oil, as needed

1 small lime, cut in half

1 6 oz. fillet wild caught salmon

Pinch of sea salt or kelp flakes

1/4 tsp ground ginger or 1/2 tsp finely minced fresh ginger

## DIRECTIONS

1. Warm a medium skillet stove top, dry - no oil. Add a splash of water and asparagus, cover and steam 5 minutes or until emerald green. Remove from heat, drain water and set aside to cool.
2. Prepare Black Bean Spaghetti according to package instructions. Do not overcook. Drain and return to cooking pot once done. Toss with toasted sesame seed oil, fish oil, coconut aminos and lime juice from 1/2 the lime. Set aside.
3. Warm sauté pan to medium heat. Add 1-2 TBSP. olive oil. Add sea salt or kelp flakes and ginger. Place salmon skin side down in pan. Cook for 5 minutes at medium heat. Turn the heat down to medium low and flip the fish. Squeeze the other half of the lime over the fish. Cook until white throughout and a thermometer in the thickest part of the fish reads 122 degrees. Remove from the heat.
4. Assemble your dish!
5. Toss the asparagus pieces and cherry tomato halves into the black bean spaghetti. Place in a single serving bowl. Top with salmon, avocado bites and sesame seeds.
6. Enjoy!

"I like taking time in the kitchen to pause from the day and flex my creative food muscles! This dish came to me out of inspiration to make as well balanced meal full of super foods that boost brain power and are deeply satisfying to the soul with slow burning carbohydrates (black bean pasta), prebiotics (asparagus) and creamy/non-dairy based fats (avocado).

I hope you feel as great after eating this as I did!"



# Fish with Mango Salsa and Veggie Quinoa Salad

Submitted by: Zoë M.



## INGREDIENTS

### Fish en Papillote (Fish in Pouch)

4 cod fillets or other fish

2 garlic cloves minced

Sliced red onion

Pinch of kosher salt

Black pepper

¼ cup of Avocado oil

Lemon or lime (optional)

### Mango Salsa

Dice fruit of 2 fresh mangoes

Chop a bunch of cilantro

Chop ½ a red onion

Add as much chopped jalapeno as desired

Add juice of 2 squeezed limes

Combine and chill until ready to serve.

## DIRECTIONS

1. Mix the garlic, salt, pepper and avocado oil. Cover fish in mixture.
2. Assemble the Packets: Tear off 4 squares of parchment that are at least 12 inches on each side. Lay the sheet flat on a work surface. Place red onion slices on the bottom, then a piece of fish. (Can add slices of lemon or lime if desired).
3. Fold the Parchment Packets: Lift the right and left sides of the paper up and towards the center, directly above the fish. Touch the two sides together and tightly roll them, folding as you go, until you reach the fish. Roll and crimp the top and bottom ends, rolling them towards the counter, away from the center of the fish. When you reach the end, tuck the end underneath the fish. Place the packet on a rimmed baking sheet, using the weight of the fish to hold the ends in place (you don't want the packet to come unsealed as it bakes).
4. Bake for 12 to 15 minutes at 425 degrees F, until cooked through.
5. Serve in pouch if desired, or place fish on plate. Top with mango salsa (next recipe)

Note: \*\*In a rush? Place pouches on a microwave tray and cook on high for +-2 ½ minutes....this is what I usually end up doing.



# *Fish with Mango Salsa and Veggie Quinoa Salad*

Submitted by: Zoë M.



## INGREDIENTS

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### **Veggie Quinoa Salad**

- 2 1/2 cups leftover cooked quinoa (chilled)
- 1 bell pepper diced
- 2 cups diced English cucumber
- 1 cup grape tomatoes, halved
- 1/2 cup chopped red onion, rinsed under cold water in a sieve and drain

### **Dressing**

- 1/3 cup olive oil
- 3 Tbsp fresh lemon juice
- 2 Tbsp red wine vinegar
- 1/3 cup chopped fresh parsley (chop finely)
- 1/4 cup chopped fresh cilantro (chop finely)
- 2 garlic cloves, minced (2 tsp)
- Salt, to taste

## DIRECTIONS

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1. Combine, chill until ready to serve.

**Note:** It's simple, elegant and refreshing for the hot summer.



# 8 Can Taco Soup

Submitted by: Judith R.



## INGREDIENTS

- 1 (15 oz.) can black beans, drained and rinsed
- 1 (15 oz.) can pinto beans, drained and rinsed
- 1 (14.5 oz.) can petite diced tomatoes, drained
- 1 (15.25 oz.) can sweet corn, drained
- 1 (12.5 oz.) can white chicken breast, drained
- 1 (10.75 oz.) can cream of chicken soup
- 1 (10 oz.) can green enchilada sauce
- 1 (14 oz.) can chicken broth
- 1 packet taco seasoning

## DIRECTIONS

1. Mix all ingredients together in a large pot.
2. Heat until warm, stirring occasionally.
3. Serve with tortilla chips.

“Been an easy family favorite for many many years.”



# Grandpa Jack's Famous Chili

Submitted by: Susan W.



## INGREDIENTS

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2lb ground beef/bison/or turkey + 2lb spicy sausage (plant-based OK)

2 large sweet onions diced finely

3-4 large bell peppers (red, yellow & green), diced finely

1-2 cans consommé (1 can if you like it thick, 2 if you like a thinner texture)

18oz tomato paste

3 cans stewed tomatoes, or 2 large cans diced tomatoes

1 can diced green chili peppers or jalapenos (optional)

1/2 tsp salt

1-2 tsp cayenne (spice to your taste level)

1/4 tsp ground pepper

1-2 T chili powder

1/2 tsp celery salt

1 tsp cumin seed

1/2 tsp Trader Joe's 21 Seasoning Salute or similar Lawrey's type product

1 tsp paprika

1/2 tsp Beaumont

Pinch of sugar

1/2 tsp Bouquet garni

4 cans of assorted beans (pinto, black, kidney, chili, etc)

## TOPPINGS

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Sharp cheddar or Monterey jack/colby cheese shreds

Sour cream or full fat Greek yogurt

Chopped cilantro or parsley

Crisp bacon bits

## DIRECTIONS

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1. In large stock pot, brown/drain the ground beef/bison/ or turkey and add 2lb spicy sausage (plant-based is okay)
2. Then, add your diced onions, bell peppers, and sauté until soft.
3. Add your cans of consommé (1 can if you like it thick, 2 if you like a thinner texture), tomato paste, stewed tomatoes (or canned diced tomatoes), and if you like an extra kick, a can of diced green chili peppers or jalapenos.
4. Season with salt, cayenne, ground pepper, chili powder, celery salt, cumin seed, Trader Joe's 21 Seasoning Salute or similar Lawrey's type product, Paprika, Beaumont, pinch of sugar, and Bouquet garni. Let simmer for two hours.
5. Add your cans of assorted beans (pinto, black, kidney, chili, etc), then serve with assorted toppings: sharp cheddar or monterey jack/colby cheese shreds, sour cream or full-fat greek yogurt, chopped cilantro or parsley, and/or crisp bacon bits.



# Moroccan Lentil and Chickpea Soup (Harira)

Submitted by: Karen S.

YIELD: 6-8 SERVINGS



## INGREDIENTS

1/3 cup extra-virgin olive oil  
1 large onion, chopped fine  
2 celery ribs, chopped fine  
5 garlic cloves, minced  
1 tablespoon grated fresh ginger  
2 teaspoons ground coriander  
2 teaspoons smoked paprika  
1 teaspoon ground cumin  
1/2 teaspoon ground cinnamon  
1/8 teaspoon red pepper flakes  
3/4 cup minced fresh cilantro  
1/2 cup minced fresh parsley  
4 cups chicken broth  
4 cups water  
1 (15 ounce) can chickpeas, rinsed  
1 cup brown lentils, picked over and rinsed  
1 (28-ounce) can crushed tomatoes  
1/2 cup orzo  
4 ounces Swiss chard, stemmed and cut into 1/2-inch pieces  
2 tablespoons lemon juice  
Salt and pepper  
Lemon wedges

## DIRECTIONS

1. Heat oil in large dutch oven over medium-high heat until shimmering. Add onion and celery and cook, stirring frequently, until translucent and starting to brown, 7 to 8 minutes. Reduce heat to medium, add garlic and ginger, and cook until fragrant, 1 minute. Stir in coriander, paprika, cumin, cinnamon, and pepper flakes and cook for 1 minute. Stir in 1/2 cup cilantro and 1/4 cup parsley and cook for 1 minute.
2. Stir in broth, water, chickpeas, and lentils.
3. Increase heat to high and bring to simmer. Reduce heat to medium-low, partially cover, and gently simmer until lentils are just tender, about 20 minutes.
4. Stir in tomatoes and pasta and simmer, partially covered, for 7 minutes, stirring occasionally. Stir in chard and continue to cook, partially covered, until pasta is tender, about 5 minutes longer. Off heat, stir in lemon juice, remaining 1/4 cup cilantro, and remaining 1/4 cup parsley. Season with salt and pepper to taste. Serve, passing lemon wedges separately.



# Mushroom Barley Soup

Submitted by: Carol K.

YIELD: 6-8 SERVINGS



## INGREDIENTS

1/2 cup uncooked pearl barley  
6-1/2 cups water  
1 to 2 Tbs. butter  
1 medium onions chopped (about 1-1/2 cups)  
2 medium cloves garlic, minced  
1 lb. mushrooms, sliced  
1/2 to 1 tsp. salt  
3 to 4 Tbs. soy sauce  
3 to 4 Tbs. dry sherry  
Freshly ground black pepper

## DIRECTIONS

1. Place barley and 1-1/2 cups of water in large saucepan or a Dutch oven. Bring to a boil, cover, and simmer until the barley is tender (20 to 30 minutes.)
2. Meanwhile, melt the butter in a skillet. Add onions and sauté for about 5 minutes over medium heat. Add garlic, mushrooms, and 1/2 tsp. salt. Cover and cook, stirring occasionally, until everything is very tender—about 10 to 12 minutes. Stir in soy sauce and sherry.
3. Add the sauce with all its liquid to the cooked barley, along with the remaining 5 cups of water. Grind in a generous amount of black pepper, and simmer, partially covered, another 20 minutes over a very low heat. Taste to correct seasonings, and serve.

“I usually double this recipe since it is delicious and also freezes well.”



# Bow Tie Pesto

Submitted by: Heather M.



## INGREDIENTS

2 cups fresh basil (can substitute with Spinach or a combo of the two)  
1/2 C fresh parmesan or romano cheese  
1/2 C Olive Oil  
1/3 C Pecans (Can substitute with pine nuts, walnuts, almonds or cashews)  
1 T of chopped garlic  
Salt and pepper to taste

### Optional add-ins for the sauce:

Sun dried tomatoes  
Roasted peppers

### Optional add-ins for the dish:

Chopped tomatoes  
Sun dried tomatoes

## DIRECTIONS

1. Blend it all in a food processor til desired consistency. Serve over hot Bow Tie (or any other) pasta.

Other uses: over chicken, as a dip for fresh veggies, as a pizza sauce with chicken and mozzarella, bruschetta, over a baked potato, or tossed over some roasted broccoli or cauliflower.

I love the versatility of this sauce. It can be used for so many things and you can use whatever you have in your fridge/pantry. I stumbled into the pecans and they are my favorite nut in this recipe. It is also a wonderful way of camouflaging leafy greens into your family's diet. They don't even know it! I have made it entirely with spinach and I think it needs at least a bit of basil.

I prefer mine to be chunky so I don't process it much. Others prefer a smoother sauce that takes just a bit longer in the food processor.



# Gazpacho

Submitted by: Carol K.

YIELD: 6 SERVINGS



## INGREDIENTS

4 cups tomato juice

1/2 cup finely minced onion

1 medium clove garlic, minced

1 medium bell pepper, minced

1 tsp honey (optional)

1 medium cucumber, peeled, seeded, and  
minced 1/4 to 1/2 tsp. cumin

2 scallions, minced 1/4 cup freshly minced  
parsley

juice of 1/2 lemon + 1 lime 2 to 3 Tbs. olive oil

2 TBS. wine vinegar salt, black pepper and  
cayenne —to taste

1 tsp. each tarragon and basil 2 cups freshly  
diced tomatoes

## DIRECTIONS

1. Combine all ingredients. (Optional: puree' all or some)
2. Chill until very cold



# Healthy Chipotle Stuffed Sweet Potato Skins

Submitted by: Susan W.



## INGREDIENTS

3 medium sweet potatoes

3/4lb leftover roasted chicken or 2 chicken breasts rubbed w/ olive oil/salt/pepper (Substitute tofu - crisped, marinated or baked for vegan option)

½c “Bitchin Sauce” \*

2 cups spinach

5oz sharp white cheddar cheese, grated (substitute: Vegan cheese like Miyoko’s if dairy intolerant)

Optional:

Chopped cilantro or chives for garnish

Plain organic Greek yogurt or Tzatziki for serving

\*Available in many grocery stores. Make your own Bitchin Sauce by blending:

1/4c olive oil

2T fresh lime juice

2 clove garlic minced or grated

3 whole chipotle pepper, minced

1t dried oregano

1t ground cumin

2t chili powder

Salt & pepper

## DIRECTIONS

1. Wash your sweet potatoes, prick them with a fork, and bake at 350 degrees for 50-60min until fork tender. Allow to cool.
2. Bake your chicken (rubbed with olive oil, salt, and pepper) at 350 degrees for 35 Minutes. (If substituting tofu - crisped, marinated, or baked for vegan option)
3. Turn the oven up to 400 degrees.
4. Scrape out the inside of the sweet potato leaving a half-inch layer of flesh (reserve the remaining flesh for another dish).
5. Place potato skins in a parchment-lined baking dish. Brush the skins with a little chipotle sauce & bake until crisp, 5-10min. Wilt the spinach over medium heat. Shred the chicken & mix it with spinach and chipotle sauce. Remove the skins from the oven, stuff with chicken/spinach mixture, top with shredded cheese, and bake 10min. Serve with chopped cilantro, chives, and Greek yogurt if desired.

“Sweet potatoes are one of my favorite superfoods. I love this recipe because it is easy to make (especially with short-cuts like “Bitchin’ Sauce” and rotisserie chicken and also easy to make a large batch and freeze for later.”

# Patty's Sicilian Vegetable Bake

Submitted by: Patty W.



## INGREDIENTS

- 4 Large Zucchini
- 1 Large Eggplant
- 16oz package of baby portobello mushrooms
- 1 Cup of Extra Virgin Olive Oil
- 1 ½ cup of seasoned italian breadcrumbs
- ½ cup Romano and Parmesan Blend Cheeses

## DIRECTIONS

1. Preheat your oven to 400 Degrees.
2. Place a cut eggplant and zucchini in a large glass or ceramic baking dish.
3. Toss in the mushrooms.
4. Pour the olive oil over the vegetables and stir until they are all coated.
5. Sprinkle the breadcrumbs on top, then sprinkle the cheese over breadcrumbs.
6. Bake for 20-30 Minutes.

**Note:** All ingredients are organic and gluten free. It's a great side dish! Wonderful with gluten free pasta or risotto.



# Rich & Creamy Beans

Submitted by: Carol K.



## INGREDIENTS

1 pound (450g) dry cannellini (or other) beans  
3 garlic cloves, unpeeled  
6 sage leaves (or other sturdy herbs)  
5 tablespoons extra-virgin olive oil  
Salt

## DIRECTIONS

1. Soak the beans in plenty of cold water for 10 hours. Drain and rinse the beans, then return to a large ovenproof pot or casserole with a lid. Cover with cold water, making sure the water comes a good couple of fingers above the beans (1 to 2 inches, depending on how brothy you like your beans).
2. Heat the oven to 335°F. On the stovetop, over a medium-low heat, bring the beans slowly to just-before-the-boil (they mustn't boil), skimming away any surface foam if you like, then add the whole, unpeeled cloves of garlic, sage, a good pinch of salt, and olive oil.
3. Cover the pan with the lid and transfer to the oven for 1 hour and 15 minutes, or until the beans are tender and surrounded by just a little cloudy broth. Check the seasoning and squeeze the garlic from the skin and stir it into the broth if you wish. Serve alone with more olive oil on top, with sausages, or as part of a soup.

# Veggie Chopped "Liver"

Submitted by: Carol K.



## INGREDIENTS

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1 cup sliced mushrooms  
1 cup chopped onions  
2 tablespoons butter  
3 hard-boiled eggs  
1/4 cup chopped walnuts  
Salt  
White pepper

## DIRECTIONS

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1. Cook mushroom and onions. Set aside to cool to room temp. Once cool pulse in food processor. Set aside.
2. Chop walnuts in food processed to a fine consistency. Set aside
3. Chop eggs the food processor. Set aside.
4. Combine all in a bowl.
5. Salt and white pepper to taste (try to underseason because the flavor will enhance when chilled overnight).
6. Refrigerate overnight and season again if needed.

Notes: I usually make a triple batch and use more egg whites and less yolks.



# Healthy Dark Chocolate Almond Truffles

Submitted by: Karen S.

YIELD: 20 TRUFFLES



## INGREDIENTS

14 Medjool dates (about 300-325g), soaked in warm water for 10 minutes

2 teaspoons pure vanilla extract

1/4 cup (21g) unsweetened cocoa powder

1/2 cup (70g) whole almonds

1/2 cup (70g) sunflower seeds (I use salted)\*

optional: 1/4 teaspoon salt\*

8 ounces (226g) semi-sweet or bittersweet quality chocolate\*

**Make Ahead & Freezing Instructions:** Cover truffles tightly and store in the refrigerator for up to 1 week. You can freeze these truffles, too! Freeze for up to 3 months. Thaw overnight in the refrigerator before serving.

**Sunflower Seeds:** Instead of using sunflower seeds, you can use 1/2 cup of whole almonds for a total of 1 cup (140g) whole almonds in the recipe.

**Sweet/Salty:** If salty/sweet is your thing, add 1/4 teaspoon salt to the food processor with the other ingredients.

**Chocolate:** Make sure you're using quality chocolate. I prefer Lindt or Ghirardelli when dipping candies. Trader Joe's Pound Plus bar works too!

## DIRECTIONS

1. Line a large baking sheet with parchment paper or a silicone baking mat. Set aside.
2. Place pitted dates, vanilla extract, cocoa powder, almonds, sunflower seeds, and salt (if using) into your food processor. Blend/pulse until a moist dough forms, as pictured above. This will take a minute or two of blending. If the dough is too dry and crumbly, add 1-2 more soaked dates or even a teaspoon of pure maple syrup.
3. Once dough is formed, scoop out 1 Tablespoon of dough. Roll into a smooth ball and place onto prepared baking sheet. Repeat with remaining dough. Set aside as you melt the chocolate in the next step.
4. You can melt the chocolate in a double boiler or the microwave. If using the microwave: place the chocolate in a medium heat-proof bowl. I like to use a liquid measuring cup. Its depth makes it easy for dipping. Melt in 30 second increments in the microwave, stirring after each increment until completely melted and smooth. Let the warm chocolate sit for 5 minutes to slightly cool before dipping.
5. Dip each ball completely into the chocolate using a dipping tool. When lifting it out of the chocolate, remember to tap the dipping tool gently on the side of the bowl to allow excess chocolate to drip off. Place each back on the baking sheet and refrigerate until the chocolate has set, about 30 minutes.

# Iced Banana Cookies

Submitted by: Jessi M.



## INGREDIENTS

### Cookies:

3/4 c. vegetable shortening  
3/4 c. brown sugar  
1 egg  
2 ripe bananas  
1/2 tsp vanilla extract  
1/2 tsp banana extract  
1/4 tsp salt  
1 tsp baking soda  
2 c. all-purpose flour

### Icing:

6 tbsp brown sugar  
1/4 c. milk or cream  
1/4 c. vegetable shortening  
1/2 tsp vanilla extract  
1 - 2 c. powdered sugar

## DIRECTIONS

1. Cream shortening and brown sugar. Add egg, mashed banana, vanilla extract and banana extract. Beat well.
2. Add salt, baking soda, and flour. Beat well.
3. Drop by teaspoonfuls on greased cookie sheet.
4. Bake at 375° for 10 minutes.
5. Combine brown sugar, milk and shortening into saucepan, bring to boil and remove from heat.
6. Add vanilla and enough powdered sugar to make a thin glaze.
7. Drizzle over cookies.
8. Eat and Enjoy!!

“This recipe was one of my Grandma Bev’s absolute favorites to make”



# Organic gluten-free Pear Cobbler

Submitted by: Noelle C.



## INGREDIENTS

### Filling Ingredients:

- 4 to 6 cups sliced fresh pears, about 5-6 medium pears.
- 1/3 cup Organic Raw Honey
- 1 ounce (2 tablespoons) salted vegan butter.
- 3/4 cup Organic Almond Flour
- 1 tablespoon organic ground cinnamon

### Topping Ingredients:

- 3 Cups of Organic Oats
- 1/2 Cup Organic Almond Flour
- 3/4 Organic Vegan Butter
- 2/3 Cup Organic Raw Honey
- Pinch of Nutmeg
- 1 tsp. of Organic Cinnamon

"This recipe is a simple way to use up a few pears. The ingredients are pantry staples in our home, so it's a good last-minute dessert. It takes very little time to prep and get into the oven. The topping browned perfectly without foil. The cinnamon added a nice taste and honey adds a little uniqueness to the dessert."

## DIRECTIONS

Use firm, ripe pears for the best results. If you have pears that are a little riper and soft to the touch they will be fine as well, just a little challenging to cut. Bartlett Pears are my favorite. However, and readily available variety will suffice if they are organic. Pears are in season in the fall, and that's when you'll find the best fruit, although a few varieties are usually available year-round. You will need 6 pears. Cobbler is an easy way to use up extra pears and it always seems to be a room pleaser.

1. Combine Organic Pears 1/3 Cup Honey and 1 Tbsp of Organic Cinnamon
2. Pre heat oven to 350 F and place the rack in the middle. In a large bowl, mix the pears with 1/3 cup of the organic raw honey and Organic Cinnamon.
3. Cover and let stand for a bit. \*If you have the time gently toss, cover and place in the refrigerator overnight. stand.
4. Pour into a 9 x 9 baking pan.
5. Cover with Organic Oat and Honey Topping (\*See Topping Instructions)
6. Bake for 50 Minutes (I like to utilize the broil for about 4 minutes to further brown the topping prior to pulling it from the oven)

### Steps to Make the Topping:

I use the same bowl after pouring the filling into the baking dish.

1. Combine Organic Oats & Almond Flour mixing with a fork.
2. Melt 3/4 Stick of Vega Butter in the microwave.
3. Pour 1/3 cup of Organic Raw Honey into the bowl.
4. Using the hot butter start mixing as you pour the butter into the bowl.
5. Continue to gradually add the Organic Vegan Butter until the topping begins to crumble into pieces.
6. Finally add 1tspn of Organic Cinnamon and gentle toss into the topping
7. Serve warm as is, or for an extra special treat, top with a scoop of Halo Top light ice cream.



# Sneaky Beet Brownies

Submitted by: Laurie P.



## INGREDIENTS

### Wet Ingredients:

- 1/2 cup beet puree about 2 medium beets\*
- 1/3 cup pure maple syrup
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup dark chocolate chips melted

### Dry Ingredients:

- 1/4 cup dark chocolate chips for topping
- 1 cup super fine almond flour
- 2 tablespoons coconut flour
- 1/3 cup unsweetened cocoa powder
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder

“Everyone in my office knows that I love all things chocolate and I love beets for their antioxidant and anti-inflammatory super powers!”

## DIRECTIONS

1. Preheat oven to 350°F and spray an 8x8-inch pan with cooking spray OR line with parchment paper. Set aside.
2. Mix all dry ingredients (except for chocolate chips) in a medium-sized bowl and set aside.
3. The 1/4 cup of chocolate chips will be used on top.
4. Prepare beet puree by placing 2 cooked beets into a food processor for 2-3 minutes or until you've formed a puree.
5. In a separate bowl, mix together all wet ingredients except for 1/2 cup of chocolate chips (you be melting these for later). Add dry ingredients to wet ingredients and mix.
6. Place 1/2 cup of chocolate chips into a small, microwave-safe bowl and heat on high for 1 minute and 30 seconds, stirring every 30 seconds. When chocolate chips are melted, fold them into brownie batter.
7. Pour brownie batter into pan and spread evenly with a spatula. Top with chocolate chips. Bake for 18-21 minutes (depending on how gooey you want them).
8. You can buy pre-cooked beets in some grocery stores. To make beet puree with uncooked beets, preheat oven to 400°F. Wrap beets in tin foil and bake for 45-60 minutes. Remove from oven, let cool, and remove skin. Place beets in a food processor for 2-3 minutes until pureed.



# Recipe Substitutions Directly from 20th Anniversary Cookbook Submissions

## ORIGINAL INGREDIENT

## TRY THIS:

**Fats:** Vegetable shortening, vegan butter

Coconut oil, ghee, organic grass-fed butter, avocado oil, Miyoko's butter (cashews and coconut blend)

**Sweeteners:** Brown sugar, white cane sugar

Coconut sugar, unrefined organic cane sugar, honey, maple syrup, monk fruit, whole leaf stevia

**Binders:** Eggs

'Flax eggs', Bob's Redmill egg replacer

**Flours:** Coconut

Coconut oil, ghee, organic grass-fed butter, avocado oil, Miyoko's butter (cashews and coconut blend)

**Cow's milk dairy product:** Cheese, yogurt, cream cheese, sour cream

Nutritional yeast, cashew-based creams/yogurts (Forager Brand), coconut or almond based products (sour creams, yogurts), Follow Your Heart Veggie Cheese, Daiya veggie cheese products

**Meats:** Pork Bacon

Turkey bacon

**Fresh herbs:** Cilantro, parsley, etc.

Dried herbs, Herbamare Seasoning

**Veggie noodles:** Spiralized zucchini

Rice noodles, soba noodles, gluten free noodles made from edamame, black beans, lentils, chickpeas, etc.

**Soda**

Flavored balsamic vinegars without added sugar (Olive's the Best in Flagstaff ships 1-2 days!)

**Fish:** Cod

Halibut, sable fish

**Breadcrumbs**

Ground nuts (almonds, pistachios, pecans, walnuts)

**Fruit:** Mangos

Papaya, pineapple, peaches (frozen or fresh)

**Grains:** Quinoa, barley

Wild rice, millet, amaranth, buckwheat

**Nondairy mayo:** Miracle Whip

Hummus, Primal Kitchen brand mayo with avocado oil and cage free eggs