

Perfectly Roasted Parsnips



Ingredients

- 2 lbs parsnips
- 1 tbsp extra-virgin olive oil
- 1½ tsp herbes de Provence, Italian seasoning or other dried herb mix
- 1 tsp salt
- chopped parsley for garnish

Instructions

Preheat oven to 400°F. Peel parsnips and cut into 1-inch chunks. Toss with oil, herbs, and salt in a large bowl. Spread out on a large baking sheet in a single layer. Roast, stirring once or twice, until the parsnips are tender in the center and browned in spots on the outside, 25-35 mins. Transfer to a platter and garnish with parsley. Serve and enjoy!

Fresh Kale Pesto Pasta

Ingredients

- 1 large bunch of Tuscan kale, ribs and stems removed
- 12 oz whole wheat pasta
- 1/3 cup raw pistachios
- 1/4 cup extra-virgin olive oil
- 1 garlic clove
- 1 oz Parmesan, finely grated, plus more for serving
- 2 tbsp unsalted butter
- pepper to taste



Instructions

Cook kale leaves in a large pot of boiling salted water until bright green and wilted, about 30 seconds. Transfer to a rimmed baking sheet with tongs; keep boiling water. Let kale cool slightly; wring out excess water with your hands. Cook pasta in the pot of boiling water, stirring occasionally, until al dente. Blend nuts, oil, garlic, and 1/3 cup water in blender until very smooth. Add kale and 1 oz. Parmesan. Purée, adding water 1 tbsp at a time, as needed, until smooth. Transfer pesto to a large bowl. Transfer pasta to a bowl with pesto; add butter and 1/3 cup pasta cooking liquid. Toss, until coated. Top with fresh Parmesan and pepper. Serve and enjoy!

Stuffed Portobello Mushrooms

Ingredients

- 4 portobello mushroom caps
- olive oil, as needed
- 1 tsp salt
- ¼ tsp black pepper
- 10 oz frozen chopped spinach
- 2 tbsp olive oil
- 1 small onion, finely chopped
- 1 tbsp minced garlic
- ¼ cup dry-grated Parmesan



Instructions

Preheat the broiler to high, with oven rack in the middle of the oven.

Line a broiler-safe rimmed baking sheet with foil. Gently wipe the mushrooms clean with a damp paper towel. Twist off or cut the stem of each mushroom. Use a small spoon to scrape out the gills and discard them. Spray or brush the mushroom caps with olive oil on both sides and sprinkle with a pinch of salt and pepper. Broil until just tender, about 4 mins per side. Place them upside down on paper towels to drain off. While mushrooms drain, defrost spinach in the microwave according to package directions. Place in colander after thawed, press on spinach with a spoon to remove as much water as possible. Heat olive oil in a large skillet over medium heat, add onion and cook until golden, 5-7 mins. Add garlic, spinach, and a pinch of salt and pepper, stirring to combine everything. Cook for another 1-2 mins, then remove from heat and allow to cool. Mix in Parmesan. Evenly distribute spinach mixture among mushrooms. Place under broiler on high for 3 mins until golden.

Serve and enjoy!

Tangy Rhubarb Muffins

Ingredients

Muffins

- 2 cups flour
- 2 tsp baking powder
- $\frac{2}{3}$ cup packed light brown sugar
- $\frac{1}{2}$ cup unsweetened apple sauce or vegetable oil
- 1 tsp grated lemon zest
- juice of $\frac{1}{2}$ a lemon
- 1 tsp vanilla extract
- 2 large eggs
- $\frac{1}{2}$ milk of choice
- 3 stalks rhubarb, diced (about 1 cup)
- salt to taste
- cooking spray, as needed



Optional Crumble Topping

- $\frac{1}{4}$ cup packed light brown sugar
- 2 tbsp flour
- 1 tbsp rolled oats
- 3 tbsp unsalted butter, room temp
- $\frac{1}{4}$ tsp cinnamon
- salt to taste

Instructions

Preheat the oven to 375°F. *Optional Crumble Topping:* add brown sugar, flour, rolled oats, butter, cinnamon and salt to a medium bowl, mix well until into pea-sized pieces. Set aside. *Muffins:* Spray a 12-cup muffin tin with cooking spray. Sift the flour, baking powder and salt into a medium bowl. Beat the brown sugar, apple sauce or vegetable oil, lemon zest, lemon juice and vanilla in a large bowl (use an electric mixer if possible). Beat on medium-high speed until light and fluffy, about 3 mins. Add the eggs one at a time, beating well. Reduce the mixer to low, add the flour in 3 parts, alternating with the milk in 2 parts. Fold in the rhubarb using a spatula; do not over mix. Divide the batter evenly into the muffin tin. *Optional: sprinkle crumble topping on top.* Bake for 25-30 mins until topping is golden brown and toothpick comes out with a few moist crumbs. Let cool in pan, then transfer to wire rack. Serve and enjoy!

Spinach and Mushroom Pasta

Ingredients

- 1 (227g) package pasta of choice
- ¼ cup pine nuts
- 1 tbsp olive oil
- 1 small shallot, chopped finely
- 200g mushrooms, sliced
- 2 cloves garlic, minced
- ½ tsp Dijon mustard
- 1 dash Italian seasoning
- 1 tsp lemon juice
- ¼ cup vegetable broth
- 1.5 cups packed baby spinach
- salt & pepper to taste
- Optional: fresh chopped parsley and nutritional yeast to taste



Instructions

In a large pot, boil salted water; cook pasta according to package directions. In a medium skillet, add pine nuts over medium-high heat. Toast them for a few minutes, stirring often, until slightly brown. Remove from pan and set aside. Add olive oil, shallot and mushrooms to your skillet. Sauté for 4-5 mins until water has released from mushrooms. Add garlic, Italian seasoning, lemon juice, mustard and broth; let it bubble for 1-2 mins. Stir in the spinach and let it wilt. When pasta is cooked, drain it and add it to the sauce; mix together. Season with salt and pepper. Serve in bowls, topping with pine nuts, fresh parsley and nutritional yeast.

Serve and enjoy!

Basil Arugula Lentil Salad

Ingredients

- 1½ cups green lentils, rinsed
- 1⅓ cups plain Greek yogurt
- 2 garlic cloves, finely chopped
- ½ tsp ground turmeric
- 1 cup unsalted, roasted sunflower seeds
- 1 tbsp + 1½ tsp fresh lemon juice
- 3 tbsp extra-virgin olive oil
- 1 ripe avocado, cut into cubes
- 1 cup baby arugula, or leafy green of choice
- 1 cup basil leaves, torn if large
- salt and pepper to taste
- *optional: cubed ripe tomatoes, or red onion slices*



Instructions

In a large saucepan, cook lentils in simmering salted water until they are tender, ~20-30 mins. Drain and rinse under cold running water; drain well again. Mix yogurt, garlic, turmeric, salt and pepper into a small bowl to combine; set aside. Toss lentils, sunflower seeds, lemon juice, oil, and a pinch of salt in a large bowl. Gently fold in avocado, arugula, and basil. Spread yogurt sauce across a platter then spoon lentil mixture on top; drizzle with oil. Serve and enjoy!

Blackberry Coconut Popsicle



Ingredients

- 1 cup unsweetened canned coconut milk
- ¼ cup maple syrup (or honey)
- 4 tsp fresh lemon juice
- 8 cups frozen blackberries

Instructions

In a high-speed blender, or food processor, add the coconut milk, maple syrup, lemon juice and blackberries.

Process until smooth and creamy. Taste the flavours and add more maple syrup or honey if needed. Pour mixture into popsicle molds and freeze until hard. Serve and enjoy!

Zesty Feta Watermelon Salad



Ingredients

Honey-Lime Dressing

- 2 tbsp honey
- 2 tbsp lime juice
- 1-2 tbsp extra virgin olive oil
- pinch of salt

Watermelon Salad

- ½ watermelon peeled, cut into cubes
- 1 cucumber, cubed (~2 cups)
- 15 fresh mint leaves
- 15 fresh basil leaves
- ½ cup crumbled feta cheese

Instructions

In a small bowl, whisk together honey, lime juice, olive oil and salt; set aside. In a large bowl, combine watermelon, cucumber and fresh herbs. Top the watermelon salad with dressing and gently toss to combine.

Top with feta.

Serve and enjoy!

Ultimate Blueberry Crumble

Ingredients

- $\frac{3}{4}$ cup old-fashioned oats
- $\frac{1}{4}$ cup whole wheat flour
- 1 tsp ground cinnamon
- 2 tbsp maple syrup
- $1\frac{1}{2}$ tbsp unsalted butter, melted
- 6 cups blueberries
- 3 tbsp cornstarch



Instructions

Preheat oven to 350°F and coat an 8" square pan with non-stick cooking spray. Whisk together oats, flour and cinnamon in a small bowl. Make a well in centre and pour in maple syrup and melted butter; stir until fully incorporated. For the filling, toss blueberries with cornstarch until completely coated. (*Note: If using frozen berries, don't thaw; toss directly with cornstarch. If using fresh berries, add 3 tbsp of water to allow cornstarch to dissolve. If your blueberries are tart/sour, add a sprinkle of sugar*). Transfer filling to the prepared pan and sprinkle the topping over it evenly. Bake for 45-55mins or until the juice is bubbling at sides of the pan. Cool completely at room temperature, then refrigerate for 3 hours before serving to allow juices to thicken.

Serve cool or reheat and enjoy!

Cinnamon Toasted Almonds



Ingredients

- 2 cups of whole almonds
- 1 tsp cinnamon
- ½ tsp salt
- 1 tsp olive oil

Instructions

Preheat oven to 250°F. In a large bowl, add almonds, cinnamon, salt and olive oil. Toss to coat all the almonds thoroughly. Spread out on baking sheet in a single layer. Roast for 1 hour, stirring occasionally. Remove from oven and serve immediately. Serve cool or reheat and enjoy!

Carrot Apple Ginger Soup



Ingredients

- 1 tbsp olive oil + more for garnish
- 1 small onion, diced (~1 cup diced onion)
- 2 garlic cloves, minced
- 2 tbsp fresh, grated ginger
- 1 large apple
- 1.5 pounds carrots, peeled and chopped (~5 cups)
- 4 cups vegetable broth
- 1 pinch of nutmeg
- salt & pepper, to taste

Directions

1. Heat olive oil in a large pot over low-medium heat. Cook chopped onion for about 5 minutes on low. Add chopped apple and carrots and cook for a few more minutes.
2. Add the vegetable broth, stir and bring to a boil. Reduce heat to low-medium and simmer for 20 minutes, or until tender.
3. Using either an immersion blender, or a blender, add a pinch of nutmeg, and blend until smooth. *Note: transfer to blender carefully in batches ensuring blender is no more than halfway full when blending; allow steam to escape through lid.*
4. Add salt and pepper to taste. You can also thin the soup out with more broth. Serve and garnish with freshly ground pepper and a drizzle of olive oil. Makes 5 delicious cups!

Decadent Chocolate Crinkle Cookies



Ingredients

- 1 $\frac{1}{3}$ cup whole wheat pastry flour
- $\frac{1}{3}$ cup cocoa powder
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 1 large egg
- $\frac{1}{4}$ cup coconut oil, melted
- $\frac{1}{4}$ cup applesauce
- $\frac{1}{2}$ cup maple syrup
- 1 teaspoon vanilla extract
- 1 cup icing sugar (for rolling)

Directions

1. Combine flour, cocoa powder, baking soda and salt in a medium mixing bowl. In a separate large mixing bowl whisk together egg, coconut oil, applesauce, maple syrup and vanilla extract. Add dry ingredients to wet ingredients and mix until just combined. Cover dough with plastic wrap and chill for at least 1 hour in the fridge.
2. Preheat oven to 350°F and line a baking tray with parchment paper. Add icing sugar to a shallow bowl; scoop dough and roll into balls (about 1 $\frac{1}{2}$ tbsp of dough per cookie). Toss each ball into the icing sugar and coat. Place onto the prepared baking sheet.
Do not press down.
3. Bake for 12-13 minutes. Cookies should spread and crinkle and the edges should appear set. Remove from the oven and let cool slightly on cookie sheet then move to a cooling rack to cool completely.