



Kohlrabi Baked Fries

4 servings
 20 minutes

Ingredients

- 2 tbsps Coconut Oil (melted)
- 4 cups Kohlrabi (peeled and sliced into thin strips)
- 1 tsp Sea Salt
- 1 tsp Cumin

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with foil. Grease with half the coconut oil.
- 2 In a mixing bowl, toss the kohlrabi strips in the remaining coconut oil, salt and cumin. Transfer to the baking sheet and bake for 25 minutes, flipping once.
- 3 Remove from the oven and enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 days.

Reheating: Reheat in a pan with a little bit of oil, microwave or bake in the oven at 300F until warm.



Magical Mayonnaise

8 servings

5 minutes

Ingredients

1/2 cup Mayonnaise
1 tbsp Pickle
1 1/2 tsps Apple Cider Vinegar
1 1/2 tsps Yellow Mustard
3/4 tsp Onion Powder
3/4 tsp Garlic Powder
1/4 tsp Paprika

Directions

- 1 Combine all ingredients in a jar and mix well. Store in the refrigerator until ready to use.

Notes

High Quality Mayonnaise: Read the ingredients. Look for an avocado oil, coconut oil or olive oil based mayonnaise.

Serving Size: One serving is equal to about 1 heaping tablespoon

Serve it With: Kohlrabi fries, sweet potato fries, roasted vegetables, mixed with shredded chicken, spread in sandwiches or tortilla wraps.



Spicy Chicken and Veggies Collard Wraps

4 servings
 30 minutes

Ingredients

4 cups Collard Greens (washed)
 8 ozs Chicken Breast, Cooked (diced)
 1 tbsp Tamari
 2 tbsps Apple Cider Vinegar (divided)
 2 Garlic (cloves, minced and divided)
 1 Lime (juiced and divided)
 1 tbsp Red Pepper Flakes (divided)
 1 tbsp Ginger (peeled, grated and divided)
 1/2 cup Mushrooms (diced)
 1/2 Yellow Onion (finely diced)
 1 cup Baby Spinach (chopped)
 1 Carrot (grated)
 1/4 cup Basil Leaves (chopped)
 2 tbsps Extra Virgin Olive Oil (divided)
 1 tbsp Sesame Seeds
 Sea Salt & Black Pepper (to taste)
 1/4 cup All Natural Peanut Butter
 8 cups Water

Directions

- 1 Wash collard greens, pat dry with paper towel and set aside. Set water to boil in a large pot. Blanch collard leaves in the boiling water for a minute to soften them. Cook up your chicken breasts if you have not already.
- 2 In a medium-sized bowl, mix together tamari, half of the apple cider vinegar, half of the minced garlic clove, half of the lime juice, half of the red pepper flakes and half of the grated ginger. Combine ingredients until evenly distributed. Then add in cooked chicken breast. Mix well until chicken is coated and set aside.
- 3 Add half of the olive oil to large skillet and heat over medium heat. Add onion and saute until translucent. Then add in remaining minced garlic, carrots and mushroom. Season with salt and pepper plus remaining red pepper flakes. Let cook for 3 - 5 minutes, stirring occasionally.
- 4 Add the cooked diced chicken to the skillet and mix well until heated through. Remove from heat. Add spinach and basil and stir until wilted.
- 5 In a small mixing bowl, make peanut sauce by combining peanut butter and the remaining apple cider vinegar, olive oil, lime juice and minced garlic. Stir until creamy. If desired, thin sauce with hot water, adding 1 tsp at a time.
- 6 Lay collard green on plate and top with chicken/veggie mixture. Sprinkle with sesame seeds and drizzle with peanut sauce. If you like some extra heat, sprinkle with a few more red pepper flakes. Wrap and enjoy!

Notes

Prepping the collard greens: Shave the thick stem that runs down the center of the collard green leaf so the leaf is completely flat. This makes the wrap more flexible.



Salmon, Edamame, Endive Salad

4 servings
15 minutes

Ingredients

1 tbsp Balsamic Vinegar
 1 tbsp Dijon Mustard
 2 tbsps Extra Virgin Olive Oil
 1/4 tsp Sea Salt
 1/4 tsp Black Pepper
 2 ozs Canned Wild Salmon (drained and flaked)
 1 cup Frozen Edamame (thawed)
 1/2 Cucumber (diced)
 1 head Endive (julienned)
 4 cups Kale Leaves (chopped)
 1/2 cup Alfalfa Sprouts
 1/4 cup Slivered Almonds

Directions

- 1 Combine balsamic vinegar, mustard, olive oil, sea salt and black pepper together in a jar. Mix well and set aside.
- 2 Combine remaining ingredients together in a large salad bowl. Drizzle with desired amount of dressing and toss well. Divide into bowls and enjoy!

Notes

No Salmon: Use diced grilled chicken instead.

Vegans and Vegetarians: Use 1 can of cooked lentils instead of salmon.

Nut-Free: Replace almonds with sunflower or pumpkin seeds.



Peanut Thai Zucchini Noodles

4 servings
 20 minutes

Ingredients

- 1 cup Basil Leaves
- 1 cup Raw Peanuts
- 2 cups Fresh Peas (divided)
- 1 tbsp Ginger (grated)
- 1 Lime (zested and juiced)
- 2 tbsps Tamari
- 1/4 cup Extra Virgin Olive Oil
- 1 tsp Sesame Oil
- 1/4 cup Water
- 4 Zucchini
- 1 tsp Red Pepper Flakes (to taste)

Directions

- 1 To create the pesto, combine basil, peanuts, half of the peas, ginger, lime juice, lime zest, tamari, olive oil and sesame oil in a food processor. Add water, blend until smooth and set aside. (Note: You may need to add extra warm water 1 tablespoon at a time to reach desired consistency.)
- 2 Use a spiralizer to turn the zucchini into noodles. (If you don't have a spiralizer, you can use a box grater to create noodles.)
- 3 Toss the noodles in desired amount of pesto, add the remaining peas and then divide into bowls. Garnish with chopped peanuts, red pepper flakes and left over basil leaves. Enjoy!

Notes

Warm it Up: Saute noodles in a frying pan with a bit of olive oil before serving.