





Crispy Prosciutto & Leek Soup

4 servings
30 minutes

Ingredients

- 1/2 tsp Avocado Oil
- 2 Leeks (trimmed, roughly chopped)
- 1/2 Yellow Onion (chopped)
- 1/2 head Cauliflower (cut into florets)
- 4 cups Chicken Broth
- 1/2 tsp Sea Salt
- 113 grams Prosciutto (sliced into small pieces)
- 1 1/4 cups Canned Coconut Milk (full fat)
- 1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	266
Fat	18g
Saturated	14g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	15g
Fiber	3g
Protein	12g
Vitamin A	1067IU
Vitamin C	46mg
Calcium	66mg
Vitamin D	0IU
Vitamin K	95µg
Riboflavin	0.2mg
Vitamin B6	0.2mg
Folate	76µg
Vitamin B12	0.1µg
Magnesium	28mg

Directions

- 1 In a large pot or dutch oven, heat the avocado oil over medium heat. Once hot, add the leeks and onion and sauté for 4 to 5 minutes. Add the cauliflower, chicken broth and sea salt. Bring to a boil, then reduce heat and let simmer for 15 to 18 minutes.
- 2 Meanwhile, heat a large non-stick skillet over medium heat. Add the prosciutto and cook for 3 minutes per side or until crisp. Remove from the pan and set aside.
- 3 Add the coconut milk to the soup and stir to incorporate. Blend the soup with a stick blender or in a blender. Ladle into bowls and top with crispy prosciutto and parsley. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size: One serving is equal to approximately 1.5 cups of soup.

More Flavor: Add black pepper or your favorite herbs and spices to the soup.

No Prosciutto: Omit, or use crispy bacon instead.

Make it Vegan: Use vegetable broth and omit the prosciutto.

Zinc

0mg



Tofu, Leek & Watercress Soup

6 servings

30 minutes

Ingredients

8 cups Vegetable Broth (or any type of broth)
2 cups Water
450 grams Tofu (cubed)
1 Leeks (trimmed and sliced)
4 cups Watercress (roughly chopped)
1 tbsp Tamari
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	90
Fat	4g
Saturated	1g
Polyunsaturated	2g
Monounsaturated	1g
Carbs	6g
Fiber	1g
Protein	9g
Vitamin A	1672IU
Vitamin C	13mg
Calcium	265mg
Vitamin D	0IU
Vitamin K	68µg
Riboflavin	0.1mg
Vitamin B6	0.2mg
Folate	19µg
Vitamin B12	0µg
Magnesium	41mg
Zinc	1mg

Directions

- 1 Add broth to a large pot and start bringing to a boil over high heat. Add remaining ingredients.
- 2 Once boiling, lower the heat to a simmer and cook for 15-20 minutes.
- 3 Divide into bowls and enjoy!

Notes

Leftovers: Store in an airtight container up to 3 days or freeze.

More Veggies: Add grated ginger, bamboo shoots, shredded dulse and/or mushrooms.

No Watercress: Use spinach, kale or cabbage.

Serve it as a Side: Pair with our Ginger Steamed Cod Fillets, Thai Basil Turkey or Herbed Pork Roast recipes.



Sour Cream n' Onion Kale Chips

4 servings

30 minutes

Ingredients

- 2 tbsps Apple Cider Vinegar
- 1/4 Sweet Onion (finely diced, about 1/4 cup)
- 2/3 cup Cashews
- 1/2 tsp Sea Salt
- 1/3 cup Water
- 8 cups Kale Leaves (cut into large pieces, about 1 bunch of kale)

Nutrition

Amount per serving	
Calories	155
Fat	11g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	11g
Fiber	3g
Protein	5g
Vitamin A	2021IU
Vitamin C	40mg
Calcium	124mg
Vitamin D	0IU
Vitamin K	172µg
Riboflavin	0.2mg
Vitamin B6	0.1mg
Folate	47µg
Vitamin B12	0µg
Magnesium	76mg
Zinc	1mg

Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with foil, shiny side facing down. Lightly grease with a splash of extra virgin olive oil.
- 2 Place apple cider vinegar, onion, cashews, sea salt and water together in a blender or food processor. Blend until a creamy consistency forms.
- 3 Place kale leaves in a large bowl and pour cashew mixture over top. Massage the mixture into the kale leaves.
- 4 Arrange kale leaves across the foil in a single layer. Don't overcrowd. You will need to bake in a few batches.
- 5 Bake in the oven for 10 to 15 minutes or until crispy. Keep a close eye after the 10 minute mark so you don't burn them. You may need to remove some and give others a bit more time to crisp up.
- 6 Throw into a bowl and enjoy!

Notes

Keep Them Crunchy: Store in the freezer to keep crunchy.

Crunch Them Back Up: If chips lose their crispness over time, throw them in the oven at 350 for 2 to 5 minutes to crisp them back up.



Beets & Onions

4 servings

15 minutes

Ingredients

- 4 Beet (peeled and sliced into 1/2 inch pieces)
- 1 tbsp Avocado Oil
- 1 Sweet Onion (thinly sliced)
- 1/8 tsp Sea Salt
- 1 tbsp Apple Cider Vinegar

Nutrition

Amount per serving	
Calories	93
Fat	4g
Saturated	0g
Polyunsaturated	1g
Monounsaturated	3g
Carbs	14g
Fiber	3g
Protein	2g
Vitamin A	28IU
Vitamin C	8mg
Calcium	30mg
Vitamin D	0IU
Vitamin K	0µg
Riboflavin	0mg
Vitamin B6	0.2mg
Folate	108µg
Vitamin B12	0µg
Magnesium	26mg
Zinc	0mg

Directions

- 1 Place the beets in a small steamer basket and steam for about 10 minutes, or until soft. Set aside.
- 2 Prepare avocado oil in a pan over medium heat. Add onion and cook until soft, stirring occasionally.
- 3 Season the onion with salt. Add apple cider vinegar and the cooked beet slices. Stir until combined and serve.

Notes

Serve it With: Our Portobello Veggie Burgers with Goat Cheese, Orange Beef Stir Fry, or as a side to any main dish.

Turn it into a Salad: Toss with spinach, goat cheese and sunflower seeds.

No Avocado Oil: Use olive oil, coconut oil or butter instead.



Fennel, Radicchio & Grapefruit Salad

4 servings
25 minutes

Ingredients

- 1 bulb Fennel (cored and thinly sliced)
- 3 cups Radicchio (thinly sliced)
- 2 tbsps Shallot (thinly sliced)
- 2 tbsps Grapefruit Juice
- 1/4 cup Extra Virgin Olive Oil
- 1 tsp Raw Honey
- 1/8 tsp Sea Salt
- 2 Grapefruit (peeled and pulled apart into pieces)
- 1/4 cup Mint Leaves (thinly sliced)
- 1/3 cup Hazelnuts (toasted and chopped)

Nutrition

Amount per serving	
Calories	269
Fat	21g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	15g
Carbs	21g
Fiber	5g
Protein	4g
Vitamin A	1862IU
Vitamin C	58mg
Calcium	69mg
Vitamin D	0IU
Vitamin K	123µg
Riboflavin	0.1mg
Vitamin B6	0.2mg
Folate	64µg
Vitamin B12	0µg

Directions

- 1 Add the sliced fennel, radicchio and shallot to a large salad bowl.
- 2 In a small bowl, combine the grapefruit juice, extra virgin olive oil, honey, and sea salt. Mix well.
- 3 Add the grapefruit slices, mint and hazelnuts to the salad bowl and drizzle with the dressing. Enjoy!

Notes

- No Radicchio:** Use endive or romaine lettuce instead.
- No Grapefruit:** Use navel orange instead.
- No Honey:** Use maple syrup instead.

Magnesium	46mg
Zinc	1mg



Radishes with Dukkah

8 servings

10 minutes

Ingredients

1/2 cup Hazelnuts (roasted, unsalted)
 1/3 cup Almonds (roasted, unsalted)
 2 tbsps Sesame Seeds (white and/or black, toasted)
 2 tbsps Coriander Seed
 1 tsp Fennel Seed
 1 tsp Cumin (ground)
 Sea Salt & Black Pepper (to taste)
 8 cups Radishes (trimmed)

Nutrition

Amount per serving	
Calories	125
Fat	10g
Saturated	1g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	8g
Fiber	4g
Protein	4g
Vitamin A	14IU
Vitamin C	18mg
Calcium	91mg
Vitamin D	0IU
Vitamin K	3µg
Riboflavin	0.1mg
Vitamin B6	0.2mg
Folate	43µg
Vitamin B12	0µg
Magnesium	55mg
Zinc	1mg

Directions

- 1 To make the dukkah, combine the hazelnuts, almonds, sesame seeds, coriander, fennel, cumin, salt and pepper in a food processor or blender. Process until you reach a coarse grainy texture. Transfer to a bowl or airtight container.
- 2 Dip the radishes in water, then into the dukkah. Enjoy!

Notes

Leftovers: Refrigerate the dukkah and radishes in separate airtight containers. The dukkah is good for up to two weeks. The radishes are good for up to five days.

Serving Size: Each serving equals approximately two tablespoons of dukkah and 5 to 6 radishes.

Nut-Free: Use sunflower seeds instead of walnuts and almonds.

More Flavor: Dip the radishes in oil or yogurt instead of water. Add your choice of spices and dried herbs, cashews, walnuts, green peppercorns and/or black cumin to the dukkah.

No Radishes: Use bread, brown rice tortillas, chopped bell peppers, cucumbers or carrots. You can also add the dukkah to soups, dips or salads.



Mushroom Garlic Quinoa

4 servings

20 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 1 3/4 cups Water
- 1 1/2 tsps Extra Virgin Olive Oil
- 2 cups Mushrooms (thinly sliced)
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	184
Fat	4g
Saturated	1g
Polyunsaturated	2g
Monounsaturated	2g
Carbs	29g
Fiber	3g
Protein	8g
Vitamin A	6IU
Vitamin C	1mg
Calcium	35mg
Vitamin D	3IU
Vitamin K	1µg
Riboflavin	0.3mg
Vitamin B6	0.3mg
Folate	86µg
Vitamin B12	0µg
Magnesium	90mg
Zinc	2mg

Directions

- 1 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
- 2 While the quinoa cooks, heat olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Add garlic and saute for another 1 to 2 more minutes.
- 3 In a bowl, combine mushrooms with quinoa and season with salt and pepper. Enjoy!

Notes

Serve it With: Our Balsamic Roast Beef, Honey Garlic Chicken Thighs or any soups.

Leftovers: Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

Freezer Tip: Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.



Garlic White Bean Dip

6 servings

5 minutes

Ingredients

- 2 cups White Navy Beans (cooked, drained and rinsed)
- 2 tbsps Lemon Juice
- 1 tsp Thyme (fresh, torn from the stem)
- 1/2 tsp Garlic Powder
- 1/4 cup Extra Virgin Olive Oil
- 1 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	174
Fat	9g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	7g
Carbs	18g
Fiber	7g
Protein	5g
Vitamin A	59IU
Vitamin C	4mg
Calcium	51mg
Vitamin D	0IU
Vitamin K	14µg
Riboflavin	0.1mg
Vitamin B6	0.1mg
Folate	90µg
Vitamin B12	0µg
Magnesium	39mg
Zinc	1mg

Directions

- 1 In a food processor or blender, add the white navy beans, lemon juice, thyme and garlic. Blend until the texture is smooth and creamy.
- 2 With the machine running, add the extra virgin olive oil slowly, until incorporated.
- 3 Pour the dip into a bowl and serve with cucumber slices. Enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to five days.
- Serving Size:** One serving is equal to approximately 1/4 cup dip.
- More Flavor:** Use roasted garlic cloves instead of garlic powder.
- Additional Toppings:** Add chili flakes or other seasoning if desired.
- No Cucumber:** Serve with other veggies such as carrots, celery or crackers.



Garlicky Kale

4 servings

15 minutes

Ingredients

- 8 cups Kale Leaves (stems removed)
- 2 tbsps Tahini
- 3 tbsps Apple Cider Vinegar
- 1 tbsp Tamari
- 1/4 cup Nutritional Yeast
- 3 Garlic (cloves, minced)

Nutrition

Amount per serving	
Calories	102
Fat	5g
Saturated	1g
Polyunsaturated	2g
Monounsaturated	2g
Carbs	8g
Fiber	5g
Protein	8g
Vitamin A	2026IU
Vitamin C	40mg
Calcium	149mg
Vitamin D	0IU
Vitamin K	164µg
Riboflavin	7.6mg
Vitamin B6	7.7mg
Folate	34µg
Vitamin B12	33.8µg
Magnesium	24mg
Zinc	1mg

Directions

- 1 Tear kale into bite-size pieces and place in a large bowl.
- 2 Puree all the remaining ingredients in a food processor until smooth.
- 3 Add the dressing to the kale and massage with your hands until well coated. Serve immediately or let marinate for 1 hour in the fridge for more flavour.

Notes

Serve it With: Our Healthy Fish n' Chips, Savoury Roasted Chickpeas, Ginger Steamed Cod Fillets, Sweet and Crunchy Chickpeas, Roasted Garlic Chicken Thighs, or in a buddha bowl with quinoa, roasted veggies and hardboiled eggs.

No Tahini: Use a nut butter or sunflower seed butter instead.

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



Trout & Capers in Lemon Butter Sauce

2 servings

20 minutes

Ingredients

- 1 tbsp Avocado Oil
- 2 Rainbow Trout Fillet
- 2 tbsps Capers
- 4 Garlic (cloves, minced)
- 1/2 Lemon (juiced)
- 2 tbsps Butter

Nutrition

Amount per serving	
Calories	366
Fat	24g
Saturated	9g
Polyunsaturated	3g
Monounsaturated	10g
Carbs	3g
Fiber	0g
Protein	33g
Vitamin A	467IU
Vitamin C	11mg
Calcium	125mg
Vitamin D	0IU
Vitamin K	3µg
Riboflavin	0.2mg
Vitamin B6	0.7mg
Folate	24µg
Vitamin B12	7.1µg
Magnesium	55mg
Zinc	2mg

Directions

- 1 Heat the oil in a pan over medium heat. Add the trout, skin side up and cook for 1 to 2 minutes. Flip to the other side and cook for another minute.
- 2 Remove the pan from heat and cover with a lid for 5 to 10 minutes, or until trout is cooked through. Divide onto plates. Cover to keep the fish warm.
- 3 Add the capers, garlic and lemon juice to the same pan. Cook over medium heat for 3 minutes or until garlic is soft. Turn off the heat and stir in the butter until melted.
- 4 Drizzle the capers and lemon butter sauce over the trout fillets. Enjoy!

Notes

No Trout: Use salmon instead.

No Lemon: Use apple cider vinegar instead.

Dairy-Free: Use avocado or olive oil instead of butter.

Leftovers: Refrigerate in an airtight container for up to 3 days.

Trout Fillets: Each fillet should be approximately 159 grams or 5.6 ounces in size.