



# CRUNCHY BROWN RICE BOWLS

## W/SALMON & HERBED TAHINI

**PREP TIME:** 10 minutes   **SERVINGS:** 4-6

### INGREDIENTS

- 4 salmon filets (about 6 oz each)
- 2 tbsp honey
- 1 tbsp soy sauce
- 2 tsp lime juice
- 1 tsp sesame oil
- Sliced cucumber for serving

#### FOR THE CRUNCHY BROWN RICE

- 1 1/2 cups cooked brown rice, chilled
- 1/4 cup oil

#### FOR THE HERBED TAHINI

- 1/3 cup tahini
- 2 tbsp olive oil
- Juice from 1 lime
- 1 tbsp honey
- 1/2 tsp salt
- 1/2 cup packed cilantro and/or mint

### INSTRUCTIONS:

1. Preheat the broiler and place the salmon filets on an oiled sheet pan.
2. In a small bowl, whisk together honey, soy sauce, lime juice and sesame oil. Brush over each piece of salmon. Broil for 10-15 minutes until the salmon is browned and flakes apart.
3. To make the crunchy rice, heat 1/4 cup oil in pan over medium high heat until shimmering. Use a spatula to press the brown rice into the pan. Cook uncovered for 15-20 minutes until you see a golden crust start to form on the sides. Run the spatula along the bottom of the pan and carefully flip the rice onto a plate.
4. To make the herbed tahini, place tahini, olive oil, lime juice honey and salt in a high speed blender. Blend until smooth. Add in herbs plus 1/2 cup water and blend again. If it still seems too thick, add another 1/4-1/2 cup of water until the desired consistency is reached.
5. To serve, divide the crunchy rice among bowls, top with salmon, sliced cucumber and a squeeze of fresh lime juice.



# GROUND TURKEY SWEET POTATO BAKE

**PREP TIME:** 15 minutes **SERVINGS:** 4-5

Ground Turkey Sweet Potato bake is the perfect healthy dinner recipe! This easy casserole is made with sweet potato, ground turkey, zucchini, parmesan cheese, and simple seasonings. It's a low effort, gluten free meal loaded with protein and veggies.

## INGREDIENTS

- 1 lb ground turkey
- 2 medium sweet potatoes
- 2 small zucchini
- 2/3 cup shredded parmesan cheese
- 1 1/2 tsp garlic powder
- 1 tsp rosemary
- 5 tbsp olive oil
- salt & pepper

## INSTRUCTIONS:

1. Set the oven to 400 degrees.
2. Start by peeling and chopping the sweet potatoes. Place in a large baking dish and toss with 2 tbsp olive oil, 1/2 tsp garlic powder, 1/2 tsp rosemary, salt, and pepper.
3. Bake for 30 minutes.
4. While the sweet potatoes are in the oven, brown the ground turkey in a pan. Sauté with 1 tbsp olive oil, 1 tsp garlic powder, 1/2 tsp rosemary, salt, and pepper.
5. Next chop the zucchini. Cut into slices and then quarter the slices.
6. Remove the sweet potato from the oven. Add in the cooked ground turkey and chopped zucchini. Combine.
7. Bake for 10 minutes.
8. Remove from the oven. Add in an additional 2 tbsp olive oil, combine evenly, and top with the shredded parmesan cheese.
9. Bake for 10 minutes.
10. Enjoy!





# SWEET POTATO BLACK BEAN ENCHILADA CASSEROLE

**PREP TIME:** 10 minutes    **SERVINGS:** 6

## INGREDIENTS

- 1 large sweet potato, peeled and diced (cook in the microwave for about 8-10 minutes before cutting, to soften)\*
- 1 (15 oz.) can black beans, drained and rinsed
- 1 (14.5 oz.) can diced tomatoes, drained
- ½ onion, chopped
- 1 red or green bell pepper, chopped
- 1 teaspoon chili powder
- 1 teaspoon garlic salt
- ½ teaspoon ground cinnamon
- 1 cup salsa, divided
- 2-4 tortillas, depending on size (corn, flour, sprouted, gluten-free or whole wheat)
- 4 ounces shredded cheese, use dairy-free as desired (optional)
- salt & pepper, to taste
- Optional garnish: fresh cilantro, avocado sliced, guacamole, and/or sour cream

\*Precooked sweet potato should be soft and fork tender, but not overly mushy.

## INSTRUCTIONS:

1. Preheat oven to 400°F. Spray an 8-inch baking dish with cooking spray; set aside.
2. In a large bowl, combine diced sweet potato (that has been slightly softened), black beans, tomatoes, onion, bell pepper, chili powder, garlic salt, and cinnamon. Alternatively, you can sauté the onion and bell pepper before adding it to the sweet potato mixture.
3. Spread ½ cup salsa on the bottom of the baking dish. Arrange a tortilla on top, ripping into strips to get the right fit. Spoon a large layer of sweet potato/black bean mixture over tortilla strips. Spread the remaining ½ cup salsa over the sweet potato/black bean layer.
4. Add one more layer of tortillas and then add the rest of the sweet potato/black bean mixture over the tortilla layer. Top with cheese, if using.
5. Bake, uncovered, 20-25 minutes and until cheese is melted and top is slightly browned. Let stand 5 minutes. Cut into squares and serve. Top with additional salsa, cilantro, and/or avocado, if desired.





# SPARKLING CRANBERRY KOMBUCHA MOCKTAIL

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SERVINGS: 4

## INGREDIENTS

- 2 bottles kombucha of choice (such as ginger, cranberry, or 'original/unflavored')
- ½ cup 100% cranberry juice
- 1-inch slice of fresh ginger, thinly sliced, plus more for garnish
- 1 large sprig of fresh rosemary, plus more for garnish
- Fresh cranberries, rosemary sprigs, and thinly sliced ginger for garnish

## INSTRUCTIONS:

1. Fill 4 double old-fashioned glasses with ice and set aside.
2. In a pitcher or quart-sized mason jar, muddle sliced ginger and rosemary together using the end of a wooden spoon or a muddler if you have one.
3. Add cranberry juice and kombucha, stir gently to combine.
4. Pour into ice-filled glasses (using a strainer, if necessary) and garnish with sprigs of rosemary, a slice of fresh ginger, and a few cranberries before serving.