



PORTOBELLO & POACHED EGG MUSHROOM STACK

By Kat Turner

15 mins

Ingredients (1 serving)

- 1 roasted Portobello mushroom cap, warmed
- 1 tablespoon of soft goat cheese
- ¼ cup of cooked quinoa, warmed
- ¼ cup of sliced roasted beets (optional)
- 1 poached egg
- 1 tablespoon of Verde Crack Sauce (see recipe)
- 1 teaspoon of freshly chopped chives



Leftover roasted Portobello mushrooms & quinoa play nicely with the verde crack sauce & goat cheese to create a satisfying & healthy breakfast. If you have any leftover beets, these will also up the ante!

- In a skillet warm up the mushroom, do the same with the quinoa (note - cook quinoa first if not using readily available leftover quinoa)
- Spread the goat cheese inside of the mushroom, place onto a plate.
- Top with quinoa, sliced beets (optional), the poached egg & the verde sauce.
- Sprinkle with chives & serve immediately.

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BOLOGNESE & QUINOA STUFFED TOMATOES

By Kat Turner



40 mins



Ingredients (1 serving)

1 large tomato, heirloom if available
¼ teaspoon of fine sea salt
1 teaspoon olive oil

1/2 cup of leftover grass-fed beef Bolognese
¼ cup of cooked quinoa
2 tablespoons of fresh parsley
1 tablespoon of goat cheese
Freshly grated parmesan or pecorino cheese

Another fast & easy way to combine your leftovers into a hearty warm lunch.

Preheat the oven to 375 degrees.

Using a sharp paring knife cut a wide hole into the top of your tomato, careful not to cut all the way through, & gently remove the core & tip out any excess seeds & liquid. Sprinkle the sea salt into the cavity of the tomato & rub the outside with the olive oil.

In a small bowl combine the bolognese, quinoa, parsley, & goat cheese then gently stuff this mixture into the tomato. Place the stuffed tomato onto a small parchment lined pan, top with freshly grated parmesan or pecorino cheese & roast for 35 minutes.

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GRILLED OR BROILED LAMB CHOPS

By Kat Turner



15 mins



Ingredients (1 serving)

3-4 single grass-fed lamb chops, preferably "Frenched" (fat & meat removed from the rib bone)

1 teaspoon of olive oil
1 teaspoon of sea salt
1 teaspoon freshly cracked pepper
Dijon mustard

Grass-fed Lamb is an excellent & flavorful source of Omega 3's, B12. It has been theorized that the Iron in lamb is one of the most easily absorbed compared to other common sources.

Heat your grill or stovetop grill-pan to medium high heat; alternately you may use your oven broiler with the pan 4 inches from the heat source.

Pat your lamb chops dry, rub them with the olive oil then sprinkle them with the salt & pepper. Grill or broil 2-3 minutes per side for medium rare, 3-4 minutes for medium.

Brush each side with Dijon mustard & let stand for 3 minutes before consuming.

Serve with Lentil, Arugula, & green pea salad.

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WARM FRENCH LENTIL, GREEN PEA & WILTED ARUGULA SALAD

By Kat Turner



10 mins

Ingredients (1 serving)

½ cup of braised lentils, warmed (see recipe)

½ cup of frozen green peas

1 handful of lightly chopped arugula

2 teaspoons of champagne, white wine, or cider vinegar

2 teaspoons of bright, peppery olive oil

½ teaspoon of grainy “finishing salt” such as Maldon, Sel Gris, or Sel De Mer; adds a nice crunch. Or alternately use a pinch of regular sea salt.

½ teaspoon fresh cracked pepper

1 tablespoon of freshly chopped chives

This side salad is a perfect compliment to grilled fish & meats, equally delicious topped with a poached egg for an easy vegetarian entree.

Bring a small sauce-pot full of salted water to a boil & blanch your frozen peas for 2-3 minutes, drain. Meanwhile warm your lentils on the stovetop or in the microwave if using them out of the fridge. Toss all the ingredients together in a bowl and serve warm or at room temperature.

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BRAISED LENTILS By Kat Turner



1 hour



Ingredients (6 servings)

2 teaspoons of olive oil

1 carrot, finely diced

1 rib of celery, finely diced

½ yellow onion, finely diced

1 clove of garlic, minced

2 teaspoons of fresh thyme, minced

1 teaspoon of sea salt

1 cup of French green lentils, rinsed & checked for any small stones

¼ cup of white wine, optional (or substitute 1 tablespoon of white wine or cider vinegar)

2 cups of chicken or vegetable stock, or water.

Lentils are a delicious source of protein, soluble & insoluble fiber, magnesium & folate, making them a heart-healthy addition to nearly any darn dish that I can think of...

Place a 2-quart pot over medium heat & add the olive oil, carrot, celery, onion, garlic, thyme, & sea salt. Sweat the vegetables down until the onions are translucent, about 5 minutes. Add the lentils & the wine (or vinegar) & reduce this liquid until nearly dry. Pour in the remaining stock & drop the heat to low, partially cover the pot & cook for 40-50 minutes, or until the lentils are soft & the liquid has greatly reduced.

These will keep in the fridge for 5 days. Alternately you can also freeze portions of them flat in quart-sized freezer bags.

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APPLE & ALMOND BUTTER

By Kat Turner



Ingredients (2 servings)

½ of your favorite variety of apple, sliced into wedges
(I LOVE honeycrisp)

1 tablespoon almond butter

A pinch of sea salt

A pinch of cinnamon

My go-to snack for basically my entire life has been apples & some sort of nut butter; it's a perfectly balanced snack for when you're craving a little something salty & a little something sweet. The apple is rich source of fiber while the almond butter contributes protein, calcium, vitamin E & magnesium.

Enjoy!

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BASIC BONE BROTH

By Kat Turner



24+ hrs



Ingredients (makes about 1 ½ gallons)

2 pounds of beef shin, shank, marrow, &/or knuckle bones from a healthy source
1 chicken carcass leftover from roasting
½ lb of chicken feet if available
2 onions, chopped
3 carrots, chopped

3 stalks of celery, chopped
1 head of garlic sliced in half through the middle
¼ cup of Apple Cider Vinegar
1 tablespoon of sea salt
1 teaspoon of peppercorns
2 bay leaves
Enough filtered water to cover the contents of the pot
1 bunch of parsley, tiny pinch of pink salt

Bone broth is a comforting, nutrient dense addition to your diet; drink 8 ounces per day to benefit from this collagen & mineral-rich elixir.

Preheat the oven to 450 degrees

Place the beef bones onto a parchment-lined sheet pan & roast for 30 minutes.

Remove from the oven & place the bones & all remaining ingredients except the parsley into your biggest stockpot. Add enough filtered water to cover the bones & vegetables & bring up to a boil, then reduce to a low simmer & let this cook for 24 hours. Yes, you read that correctly... 24 hours (this is how all the amazing collagen gets leached out). If you're uncomfortable leaving the broth on the stovetop while you leave the house you can also place the entire pot into the oven, mostly covered at 300 degrees. Toss in the parsley for the last few hours of cooking time. After 24 hours turn off the heat & let the stock cool for 1 hour before straining. Strain through a mesh sieve, discard the solids & let cool to room temperature before transferring to storage ware & refrigerating. In the morning skim off any fat & freeze any extra portions that you don't intend on using within 5 days.

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EASY GREEN JUICE

By Kat Turner



15 mins



Ingredients (1 serving)

1 cup of sliced Persian or English cucumber

1 cup of filtered water

½ of your favorite apple, chopped (core, seeds, skin & all)

½" piece of ginger

Small handful of mint leaves

Small handful of baby spinach

Juice of ½ a lemon

2 ice cubes

You don't need a fancy juicer for this recipe! With a decent blender or a Nutribullet you can enjoy the benefits of refreshing alkalizing green juice too.

Place all ingredients into your blender & process on high for 1 minute. Strain this mixture through a mesh sieve & enjoy!

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