

FRITTATA

By Kat Turner



15 mins

Ingredients (1 serving)

2 teaspoons of olive oil or butter
2 eggs
pinch of sea salt and pepper
½ cup of chopped vegetables/
fillings.

Suggestions:

sundried tomato, feta, olives,
sautéed kale, roasted vegetables
and any thing else in the fridge!



Frittatas are one of my favorite ways to use leftovers for breakfast. They're essentially a type of crust-less quiche and a vehicle for all manner of fillings. I usually cut this into quarters, have 3 pieces for breakfast & save the remaining piece for a snack.

Pre-heat your oven to 375 degrees.

In a medium bowl beat your eggs, salt and pepper until pale yellow and well aerated then fold in your fillings. Heat the olive oil in a small 8" nonstick or a well-seasoned cast iron skillet on medium high heat.

Once the pan is hot add the egg mixture and lightly scramble the mixture until it is a half-way cooked through. At this point place the skillet into the preheated oven and let it continue to cook through, about 8-10 minutes.

Carefully remove the skillet and turn the frittata out onto a cutting board, you may need to loosen the sides gently with a spatula. Cut into quarters and enjoy.

A signature in a black, cursive script font. The name "Sam Castwood" is written in a fluid, connected style. Above the letter "a" in "Sam" is a small red semi-circle.

CHICKEN BURRITO BOWL By Kat Turner



20 mins



Ingredients (1 serving)

2 teaspoons of olive oil
½ red pepper
½ small onion diced
1 minced clove of garlic
1 jalapeno diced, seeded or unseeded depending on heat preference
1 teaspoon of cumin
½ teaspoon of sea salt
½ cup cooked quinoa
¼ cup of cooked black beans
Jared fire-roasted salsa
Shredded chicken

Suggested garnish:
¼ sliced avocado
Shredded red cabbage
Lime wedges
Fresh cilantro
Fresh sliced jalapeno
Sliced scallion
Sliced radish
Cherry Tomatoes
Crumbled feta

This bowl is a light yet filling alternative to traditional burrito; bursting with fiber, beta-carotene, and protein. This deconstructed version of a burrito has all the good stuff and won't make you feel like you've just eaten a brick. Use leftover roast chicken for an extra boost of protein.

Spoon the quinoa into a nice wide bowl, set aside.

Heat a skillet with 2 teaspoons of olive oil & sauté the peppers, onion, garlic, jalapeno, cumin, & sea salt over medium high heat until lightly browned. Add this mixture to the top of the quinoa. In the same skillet add the black beans & 2 tablespoons of fire-roasted salsa, cook until hot & add to the bowl next to the pepper blend. Next to this place the shredded chicken leftover from your roast chicken.

Now add all the garnishes you like & serve with & a small ramekin of salsa.

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FIRM WHITE FISH IN CHILI MISO

By Kat Turner



15 mins



Ingredients (1 serving)

1 1/3 lb thick filet of firm white fish such as fresh cod, black cod, or haddock.

1 tablespoon of miso paste

1 tablespoon of soft butter

2 teaspoons of chili sauce such as siracha, chipotle, or Korean gochujang

With only 4 ingredients this is an incredibly fast & easy dish that's silky & delicious.

Preheat your oven to 450 degrees

In a small bowl combine your miso, butter & chili sauce to make a smooth paste.

Remove any skin from your fish & pat dry, then evenly spread the chili butter all over the filet (having a very dry filet will help the butter to adhere).

Place your fish onto a parchment-lined pan & place into the oven, roast for 10-12 minutes. The leftover melted butter is delicious to pour over roasted vegetables as a side dish.

Verde crack sauce makes an excellent addition to this dish.

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VERDE CRACK SAUCE

By Kat Turner



10 mins



Ingredients (serving: 1 cup)

½ cup mint leaves, lightly packed
½ cup cilantro leaves, lightly packed
½ cup basil leaves, lightly packed
5 scallions, roughly chopped

1 clove garlic, minced
1 small chunk of ginger
1 small jalapeno seeded or unseeded depending on heat preference.
Juice of 2 limes
2 tablespoons fish sauce
½ cup extra virgin olive oil

This is a sauce inspired by the flavors of Southeast Asia & beyond. It is packed with bright herbs, chilies, & pungent fish sauce (trust me on this one, it's delicious & packed with minerals & B vitamins). The verde crack sauce is awesome on pretty much everything! Thin with a little water & lime juice to make a great salad dressing.

Place all ingredients into a blender or a mini food processor & blend until all the herbs & liquid emulsify into a smooth sauce. Drizzle in more oil as necessary to bring the sauce together.

Season with additional salt to taste.

Sauce will keep in the fridge for up to 1 week.

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ROASTED KALE

By Kat Turner



20 mins



Ingredients (1 serving)

3 cups of kale, stems removed & chopped into large pieces.

1 teaspoon of olive oil

1/8th teaspoon of sea salt + freshly cracked black pepper

A splash of your favorite vinegar, or a squeeze of lemon juice

A drizzle of olive oil

Kale (the superfood that just won't stop) is just as delicious roasted as it is in a salad. Try it as a side dish, or chopped up & added to a breakfast bowl.

Preheat your oven to 425 degrees

Toss all the ingredients together in a mixing bowl making sure the kale is evenly coated with the olive oil (give it a little massage). Then spread the kale out onto a parchment-lined sheet tray & roast for about 10 minutes, or until the kale is soft & just beginning to brown at the edges.

Remove from the oven & toss with the vinegar & a tiny drizzle of olive oil.

This will keep in your fridge for 6 days.

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DARK CHOCOLATE & ALMOND BUTTER

By Kat Turner



Ingredients (2 servings)

- 1 oz 70% or higher dark chocolate
- 1 tablespoon almond butter
- A pinch of sea salt
- A pinch of cinnamon

I don't deny myself little pleasures like dark chocolate, so as a snack I often like to snap off a hunk & dip it into some nice lightly salted almond butter. Don't be fooled though, that dark chocolate is an excellent source of valuable minerals like manganese & copper & a gets top marks when it comes to antioxidants, 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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