

GREEN JUNGLE SMOOTHIE

By Kat Turner



Ingredients (1 serving)

1/2 cup coconut water

1/2 cup coconut milk

1 banana

1 small handful of spinach

1 small handful of fresh mint

Juice of 1 lime

1 teaspoon honey

1 teaspoon liquid chlorophyll (optional)

1/4 teaspoon vanilla

Tiny pinch of salt

2-3 ice cubes

Get your greens in with this cooling smoothie. The spinach boosts your iron & fiber intake, the chlorophyll is like injecting liquid sunshine right into your body.

Place all ingredients into your blender and process until creamy and delicious.

Can be stored in a glass jar in your fridge for up to 3 days.

The logo for Sam Castwood, featuring the name "Sam Castwood" in a black, elegant cursive script. A small red circle is positioned above the letter "a" in "Sam".

STEAK & LENTILS SALAD WITH TARRAGON DRESSING

By Kat Turner



10 mins



Ingredients (1 servings)

- 1 6oz leftover filet mignon steak, sliced
- ½ cup leftover braised lentils
- ¼ cup sauerkraut, drained
- 2 cups of arugula

Tarragon dressing:

- 1 tablespoon of plain yogurt
- 1 tablespoon of olive oil
- 2 teaspoons of dijon mustard
- Juice of ½ lemon
- 2 teaspoons of finely minced tarragon
- 1 small clove of garlic, minced & smashed
- Pinch of sea salt
- Pinch of freshly cracked black pepper

Leftover filet mignon & braised lentils serve up a solid dose of protein, fiber & minerals while the sauerkraut provides valuable probiotics for digestive health.

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STEAK & LENTILS SALAD WITH TARRAGON DRESSING

By Kat Turner



Continued...

Whisk together all the ingredients to make the tarragon dressing.

Into your salad bowl place your arugula & top with the steak, lentils & sauerkraut. Drizzle with 2 tablespoons of the tarragon dressing.

There should be a little bit of dressing leftover that may be stored for up to 5 days. I love to add a little to a soup, avocado toast, eggs... you name it!

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

BRAISED LENTILS By Kat Turner



1 hour



Ingredients (6 serving)

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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GRAIN FREE COCONUT CREPE LASAGNA WITH ROASTED VEGETABLES

By Kat Turner



1 hour



Ingredients (2 servings)

1 large eggplant, sliced into ¼" thick slices
4 zucchinis, sliced on the diagonal into ¼" thick slices
5 firm Roma tomatoes, sliced into ¼" thick slices
2 red bell peppers, cut into thick slices
½ teaspoon of sea salt

2 tablespoons of olive oil
3 coconut crepes (see recipe)
2/3 cup of marinara sauce
4 tablespoons of goat cheese
2 small "cherry size/CilieGINE" balls of fresh buffalo mozzarella packed in water
2 tablespoons of grated pecorino cheese
Fresh chopped basil

Versatile coconut crepes are an awesome replacement for traditional lasagna noodles as you'll soon see... This recipe makes extra roasted vegetables that can be used for next week's vegetable gratin, enchiladas, & in your "leftovers frittata".

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SIMPLE EGG SALAD in Endive

By Kat Turner



20 mins



Ingredients

(2 servings or 1/2 the recipe)

3 eggs

A bowl of cold ice water

1 teaspoon of chopped capers

2 teaspoons of chopped chives

1 tablespoon of mayonnaise

2 teaspoons of freshly chopped dill

A pinch of sea salt & freshly cracked pepper

Sometimes I forget how delicious egg salad is, don't let this happen to you. Protein & omega-rich, a bite of egg salad is a perfect snack or scoop it onto fresh greens for a fast & easy lunch.

Place your eggs into a small pot & cover them with cool water. Place over high heat & bring to a boil then immediately cover & remove from the heat. After 13 minutes remove the eggs & gently drop them into the ice water. Chill for 5 minutes then remove & peel.

Grate the eggs into a bowl using a box grater then add all the other ingredients & stir to combine.

Eat alone or add to the endive leaves for a crunchy tasty bite.

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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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