

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. Above the letter 'a' in "Sam" is a small red semi-circle. The signature reads "Sam Castwood".

PORK 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
Chopped pork

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 chopped pork(leftover from your pork loin).

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

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

GRAIN FREE COCONUT CREPE CHICKEN ENCHILADAS

By Kat Turner



35 mins



Ingredients (1 serving)

- 2 coconut crepes
- 1/3rd cup of shredded chicken
- 1/2 cup of leftover chopped roasted vegetables or freshly steamed of your choice.
- 2 tablespoons of goat cheese
- 1/3 cup of red enchilada sauce (I personally love Rick Baylass' "Frontera" brand)
- 2 tablespoons of shredded parmesan or pecorino
- Freshly chopped cilantro & crumbled feta cheese

This is another example of how the coconut crepe is a real game changer; here they replace traditional tortillas for a lighter protein-rich enchilada. Use a handful of your leftover roasted vegetables in the filling as well as some leftover shredded chicken.

Preheat oven to 375

Toss the chicken, vegetables, goat cheese, & about 1 tablespoons of the enchilada sauce together. Spoon about 2 tablespoons of enchilada sauce into the bottom of a small baking dish.

Divide the filling between the 2 crepes, carefully roll up them up, & place them seam side down into the baking dish. Top the enchiladas with the sauce & shredded cheese & bake for 25 minutes. Garnish with fresh cilantro & feta & serve with a simple green salad.

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DARK CHOCOLATE DIPPED BANANA

By Kat Turner



5 mins



Ingredients (1 servings)

- ½ of a banana, sliced into 1/3rds
- 1 ½ ounces of 70% or above dark chocolate, chopped
- 2 teaspoons of shredded coconut

Truly dark chocolate contains high levels of antioxidants & a chemical compound that generates the sensation of “love” in our brains. No wonder it tastes so good!!

Place your chocolate into a glass bowl & microwave in 30 second intervals (stirring after each) until it is evenly melted. Alternately you can do this using a double boiler on the stovetop. Dip the banana into the chocolate & sprinkle with the coconut. Enjoy right away or freeze & enjoy later.

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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.

A stylized signature logo for Sam Castwood. The name "Sam Castwood" is written in a black, cursive script. Above the letter "a" in "Sam" is a small red semi-circle.

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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