



WARM QUINOA BREAKFAST

By Kat Turner

15 mins



Ingredients (1 serving)

1 cup of kale, stems removed
1 clove of garlic, minced
1 tablespoon of olive oil
pinch of sea salt
pinch of chili flake
splash of water or stock

½ cup cooked quinoa
¼ cup sauerkraut, drained
¼ cup chopped red cabbage, or shredded carrot
¼ avocado, sliced
1 tablespoon of verde crack sauce (see recipe)
1 tablespoon of crumbled feta cheese
1 fried or poached egg

Sauerkraut for breakfast?? You bet! The probiotics found in this fermented treat are excellent for your digestion, not to mention it's delicious with eggs!

Place a medium skillet over medium high heat & add in the olive oil, kale & sea salt. Move the kale around to keep it evenly sautéing & once it begins to wilt add in the garlic and chili flake, continue cooking another minute until the garlic is fragrant (do not let the garlic burn). Add in the splash of water or stock & the vinegar, continue to wilt down until the liquid is evaporated & the kale is soft. Place the Kale into a shallow bowl.

Warm up your quinoa & place it next to the kale, then next to that add the carrot/red cabbage & finally the sauerkraut. Top it all with a fried egg, verde sauce & feta cheese.

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ASIAN STYLE ZUCCHINI NOODLE SOUP WITH CHICKEN

By Kat Turner



15 mins



Ingredients (1 serving)

- 1 small zucchini
- 2 teaspoons of olive oil
- ½ shallot thinly sliced
- 1 clove of garlic, minced
- 1 teaspoon of minced fresh ginger

- Pinch of sea salt
- 1 ½ cups of chicken stock
- Juice of one lime
- 1 dash of fish sauce (optional)
- 1/3 cup of shredded leftover cooked chicken
- *Optional garnish: Sracha sauce, fresh sliced jalapeno, shredded cabbage, cilantro, basil

This is a light restorative soup that packs a pick-me-up with bright ginger & limejuice, perfect if you're feeling under the weather or simply need a little soothing.

Place a 2-quart pot over medium heat & sweat the shallot, garlic, ginger & salt in the olive oil until the shallot is transparent, stirring often so as not to let the garlic or ginger burn. Pour in the stock & bring up to a simmer, then remove from the heat & stir in the limejuice & fish sauce. Add salt to adjust the seasoning as desired.

While the soup is simmering, prepare your zucchini noodles. This is most easily done using a "spiralizer" (Benriner is a great br&, purchase online), a kitchen gadget I can't live without (& I'm not a gadget kind of gal). If you don't have a spiralizer, no problem! Just carefully slice your zucchini per person the long way into 1/8" planks, & then again slicing the long way, create "noodles" from the planks. Pile the noodles your soup bowl raw then pour the hot soup over, topping with your shredded chicken.

If you like it hot, garnish with a little sracha sauce & sliced jalapeno. Shredded cabbage & herbs add a fresh crunch!

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".

BASIC VEGETABLE GRATIN

By Kat Turner



45 mins



Ingredients (1 servings)

2 teaspoons of olive oil or butter

1 cup of cooked vegetables such as cooked spinach, broccoli, sliced & roasted zucchini, tomatoes, peppers, eggplant, or roasted kale & cauliflower. Basically any left over veggies you have plus fresh.

1 large egg

¼ cup plain yogurt

¼ cup + 2 tablespoons of finely shredded parmesan or pecorino cheese

1 clove of garlic minced and smashed

2 teaspoons of minced fresh thyme

2 teaspoons of dijon mustard or ¼ teaspoon of dry mustard

1/8th teaspoon of freshly grated nutmeg

¼ teaspoon of sea salt & freshly cracked pepper

*Optional: 2 tablespoons of whole grain or gluten free breadcrumbs tossed in ½ teaspoon of olive oil.

*Garnish: fresh herbs

This is another great way to use up any leftover cooked vegetables, but also an easy dinner even if you start from scratch. Serve with a light mixed green salad.

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BASIC VEGETABLE GRATIN

By Kat Turner



Continued...

Preheat the oven to 400 degrees.

Lightly oil or butter a 16oz ovenproof dish or alternately a small cast iron skillet.

Beat together your egg & yogurt, add in the cheese, garlic, thyme, mustard, nutmeg, salt & pepper.

Place the cup of vegetables into the baking dish or skillet. (If using sliced vegetables, layer them in) & pour the liquid over the top, Give the dish a little shake & tap the entire dish on it's bottom a few times to fill in any gaps. If desired sprinkle 2 tablespoons of breadcrumbs on the top, along with the remaining 2 tablespoons of cheese & bake for 25 minutes.

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SIMPLE GREEN SALAD

By Kat Turner



5 mins

Ingredients (1 serving)

1 handful of green leaves. I like to use spinach, arugula or butter lettuce. Choose something in season!

The dressing

1/4 of a lemon, squeezed.
1 tablespoon of good quality olive oil
1/2 a teaspoon of apple cider vinegar
Pink salt & pepper to season.

A dose of iron & vitamin c in a bowl. Crisp to the tongue the apple cider vinegar adds a health kick to this simple salad. I always use good quality olive oil for the delicious taste.

In a small bowl whisk together the lemon juice, apple cider vinegar & olive oil.

Place the green leaves in a bowl, pour the dressing on top & sprinkle with the salt & pepper.

Lightly mix & eat immediately.

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FRUIT & NUT TRUFFLES

By Kat Turner

GET
SET
BODY

10 mins



Ingredients (about 4-5 servings)

½ cup pecans or walnuts (or a combo!)

¼ cup of pumpkin seeds

½ cup chopped soft medjool dates

¼ cup chopped unsulfured dried tart cherries,
golden raisins, regular raisins, or apricots

¼ teaspoon of sea salt

¼ teaspoon of ground cinnamon

¼ teaspoon of vanilla extract

Shredded unsweetened coconut & cacao powder
to coat the truffles

These little treats are a great mid-day snack that will satisfy your sweet tooth but also provide a little protein & some good fats to boot. The combination of nuts & dates mean they're mineral-rich as well. Have 3 pieces for a perfect afternoon.

Combine all ingredients in a food processor or mini-chopper & pulse until all the ingredients are broken down & the mixture sticks together.

Roll out little bite sized balls then roll these alternately in the shredded coconut & cacao powder if you like. Store in an airtight container for up to 2 weeks.

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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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