

# VANILLA CHIA BOWL WITH BERRIES, CACAO & COCONUT

By Kat Turner



10 minutes + Overnight Prep

## Ingredients (2 servings)

- 1 cup of unsweetened almond milk
- ½ cup of coconut milk
- 1 pitted medjool dates
- 1 teaspoon of vanilla
- 1/8th teaspoon sea salt
- ¼ cup of chia seeds
- ¼ cup fresh berries of choice
- 2 teaspoons of cacao nibs
- 2 teaspoons of shredded coconut



Make this pudding before you go to sleep & wake up on the right side of the bed! Chia is basically a miracle seed chock-full of omega 3, protein, calcium, fiber & minerals. You could basically live on it... but that would get pretty boring.

Combine the almond milk, coconut milk, dates, vanilla, & sea salt into a blender, process on high until the dates are totally liquefied, pour this into a bowl & whisk in your chia seeds until they are well-integrated into the milk.

Pour your chia pudding into a glass mason jar or other storage container, place into the fridge to set overnight. In the morning, spoon out about ½ cup into your bowl & top with berries, cacao nibs & shredded coconut.

Pudding will keep in the fridge for 5 days.

A stylized logo for 'Sam Castwood'. The name is written in a black, cursive script. Above the letter 'a' in 'Sam' is a small red circle with a white crescent shape inside, resembling a rising sun or a drop.

# QUINOA & LAMB STUFFED BABY EGGPLANTS WITH TAHINI YOGURT

By Kat Turner



45 mins



## Ingredients (1 serving)

- |  |  |
|--|--|
| 1 teaspoon of olive oil  | 1 teaspoon of cumin                        |
| 1 baby purple eggplant or 1 small Japanese eggplant cut in half lengthwise, flesh scored | ¼ teaspoon of cinnamon                     |
| 2 teaspoons of olive oil   | ¼ teaspoon of sea salt                     |
| 1/3 lb of ground lamb  | ¼ cup of quinoa                            |
| 1 small carrot, grated   | 2 tablespoons of goat cheese               |
| ½ small onion minced   | 2 tablespoons of chopped mint              |
| 2 cloves of minced garlic  | 2 tablespoons pomegranate seeds (optional) |
|  | 1 tablespoon of chopped cilantro           |

Eggplants naturally pair well with Middle Eastern style flavors such as anti-inflammatory cinnamon & cumin. These are delicious served hot for dinner, but can also be enjoyed cold or at room temperature the next day for lunch. That dark purple skin is a good source of antioxidants & the flesh provides 10% of your daily fiber.

The logo for Sam Castwood, featuring a stylized red and orange sun or flower icon above the name 'Sam Castwood' written in a black, elegant cursive script.

# QUINOA & LAMB STUFFED BABY EGGPLANTS WITH TAHINI YOGURT

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## Continued...

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### **Tahini Sauce:**

1/8th cup of plain yogurt

2 tablespoons of tahini

Juice of ½ a lemon

¼ teaspoon of sea salt & freshly cracked pepper

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Preheat your oven to 450 degrees.

Rub your eggplant halves evenly with 2 teaspoons of olive oil & place cut-side down onto a parchment lined sheet pan.

Roast for 25 minutes.

Meanwhile in a skillet, sauté your ground lamb, carrots, onion, garlic, cumin, cinnamon, & sea salt in the remaining olive oil over medium high heat until the lamb is just cooked through & the veg is just beginning to soften. Set aside.

In a mixing bowl combine your quinoa, goat cheese, mint, & lamb mixture. Remove your eggplant from the oven & lower the heat to 375. Once they are cool enough to handle gently scoop out the flesh & add this to the mixing bowl. Stuff the filling into the eggplant skins & place them back onto the sheet pan & continue to roast for an additional 15 minutes.

Whisk together all ingredients for the tahini yogurt sauce

Remove the stuffed eggplants & drizzle them with your sauce. Top with fresh pomegranate seeds & chopped cilantro.

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# PICATTA STYLE CAULIFLOWER STEAK WITH QUINOA

By Kat Turner



40 mins



## Ingredients (1 serving)

1 small head of cauliflower  
2 tablespoons of olive oil  
½ teaspoon of sea salt  
½ teaspoon of freshly pepper  
½ cup of cooked quinoa  
1 tablespoon of freshly chopped parsley  
Freshly cracked pepper

## Picatta Sauce:

1 tablespoon of olive oil  
1 clove of garlic, minced  
1 tablespoon of minced shallot  
¼ cup of white wine  
2 tablespoons of vegetable or chicken broth  
½ a lemon, juiced  
2 teaspoons of capers  
1 tablespoon of very cold butter  
sea salt to taste

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Picatta isn't just for chicken! Nutty roast cauliflower pairs well this briny acidic sauce as well.

# PICATTA STYLE CAULIFLOWER STEAK WITH QUINOA

By Kat Turner



## Continued...

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Preheat your oven to 450 degrees.

Remove the leaves from the cauliflower, but leave the stem intact. Place on a cutting board, stem-side down & using a large knife cut a 1" thick slice all the way through the center of the head. Break the rest of the cauliflower into florets & roast along side the steak or reserve for later use.

Drizzle the steak with the olive oil & rub it into both sides, then sprinkle with sea salt & pepper. Place onto a parchment-lined sheet pan & roast for 35 minutes or until the cauliflower becomes golden & spotty-charred in places & the flesh is soft.

In the last 10 minutes of the cauliflower's roasting time prepare your sauce & warm up your quinoa if using leftover.

Place a small nonstick sauce pan over medium high heat & add your olive oil, garlic, & shallot; quickly sauté until the garlic is very fragrant & the shallot is just translucent. Add in your white wine, stock, lemon juice & capers & continue to cook for 2 minutes, reducing the sauce. Turn the heat down to low & add in your butter, stirring constantly to incorporate; this should produce a light slightly creamy sauce. Add a pinch of sea salt if necessary.

Top your quinoa with the cauliflower steak & spoon over the picatta sauce.

Garnish with fresh parsley & cracked pepper.

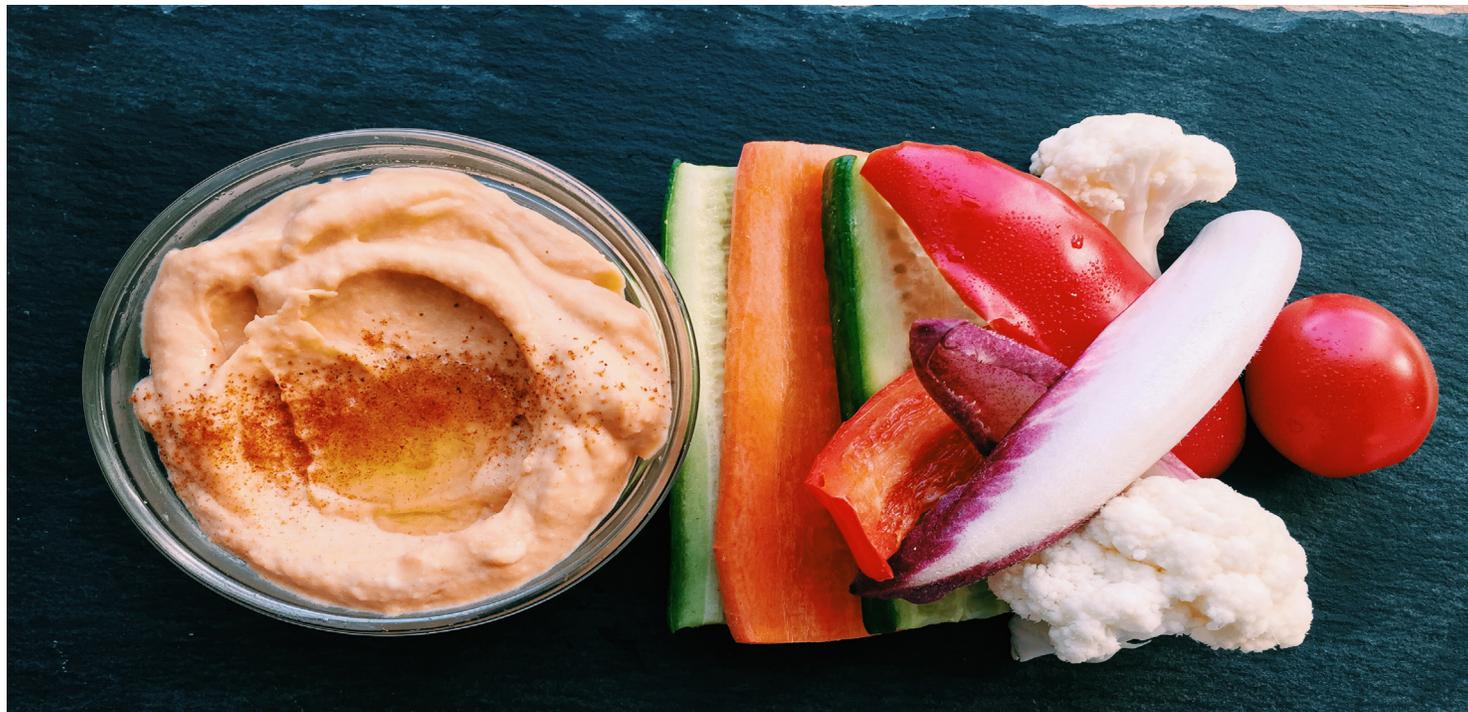
A handwritten signature in black ink that reads "Sam Castwood". A small red circle is placed above the letter "a" in "Sam".

# SWEET POTATO HUMMUS

By Kat Turner



5 mins



## Ingredients (4-6 servings)

1 cup of your favorite homemade (see recipe) or store bought hummus

1/3 cup of soft roasted sweet potato, skin removed

Smoked paprika or cayenne pepper to garnish

Crudites (raw vegetables)

Turn your favorite homemade or store bought hummus into a beta-carotene rich dip with the addition of roasted sweet potato.

Place all ingredients into a food processor or a mini-chopper, puree until the sweet potato is fully incorporated & the hummus is a lovely shade of pale orange. Garnish with paprika or cayenne pepper & serve with your favorite crudités.

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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 handwritten signature in black ink that reads 'Sam Castwood'. 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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