

BERRY TAHITI SMOOTHIE

By Kat Turn-



Ingredients (1 serving)

- 1 cup berries of choice, fresh or frozen (I love this one with blueberries!)
- 2 teaspoons tahini
- 2 tablespoons greek yogurt
- 1 small chunk of fresh ginger
- 1 teaspoon honey
- $\frac{3}{4}$ cup coconut water
- small pinch of sea salt and fresh ground black pepper



Tahini is a popular condiment made from ground sesame seeds; it contains loads of calcium, vitamins E and B, and a slew of minerals including phosphorus, lecithin, magnesium, potassium and iron. These benefits combined with the antioxidant powers of berries, and the anti-inflammatory properties of fresh ginger guarantee a fab start to your day.

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.

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GRAIN-FREE ROAST CHICKEN WRAPS

By Kat Turner



5 minutes + time to prepare crepes



Ingredients (1 serving)

- 1 coconut crepe (see recipe)
- 1 teaspoon of dijon mustard
- Leftover roast chicken shredded
- A small pinch of your favorite greens

Coconut crepes replace flour tortillas to create a simple satisfying grain-free snack.

Spread your coconut crepe with dijon mustard to the edges, then fill down the center with your salad of choice; top with a few green leaves roll up.

Slice in half.

Enjoy.

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GRAIN-FREE COCONUT CREPES

By Kat Turner



30 mins



Ingredients (8 crepes)

- 2 eggs
- 3 egg whites
- 3 tablespoons of coconut milk
- 3 tablespoons of coconut flour

These grain-free, protein-rich coconut crepes are a fantastic replacement for the tortillas you would normally use for wraps enchiladas or try them as a stellar substitute for the pasta in your homemade lasagna.

Place all ingredients in a blender process until completely combined (or briskly whisk all ingredients in a bowl for 1 minute).

Place an 8" nonstick skillet over medium high heat; once the pan is up to temperature pour in about 1/8th of a cup of batter, quickly swirling to thinly coat the entire bottom of the pan. Once the edges begin to brown curl up (about 30-45 seconds) use a spatula to gently flip the crepe continue to cook an additional 30 seconds. Gently remove the crepe to a plate continue making stacking the crepes until the batter is gone.

Once cool wrap the plate in cling film refrigerate, these will keep up to 1 week.

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KALE SALAD WITH LENTILS

By Kat Turner



10 mins



Ingredients (1 serving)

2 cups of packed kale, stems removed & roughly chopped.

2 teaspoons of olive oil

2 teaspoons of minced shallot, or 1 small clove of garlic minced & smashed

1 teaspoons of dijon mustard

Juice of ½ lemon

1/8th teaspoon sea salt + freshly cracked pepper

1/3 cup of cooked leftover lentils

½ cup or 1 small cooked red beet, cubed

2 tablespoons of crumbled goat cheese

1 tablespoon of pepitas

*optional garnish: fresh pomegranate seeds

By now everyone knows that kale is a crazy health superstar, but it's for good reason. Kale contains record amounts of vitamin K as well as sulfuric compounds said to ward off cancer and it's a great source of plant-based calcium.

Place the chopped kale into a mixing bowl, add the olive oil, shallot or garlic, dijon mustard, lemon juice, salt & pepper. With clean hands massage all the ingredients together until the kale is soft, about 1 minute. Mound the dressed kale into the bottom of your salad bowl & top with the lentils, beets, goat cheese & pepitas. Garnish with pomegranate seeds if available.

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PERFECT FILET MIGNON EVERY TIME

By Kat Turner



30 mins + optional overnight marinade



Ingredients (2 servings)

2 x 6oz grass-fed filet mignon steaks, about 1 ½" -2" thick

Sea salt

Pepper

Olive oil

Nothing compares to a grass-fed filet mignon; lean protein, loads of vitamin D & of course iron, makes this an occasional treat that also packs in the nutrients. I like to make 2 & save the 2nd one to slice for a salad.

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PERFECT FILET MIGNON EVERY TIME

By Kat Turner



Continued...

An optional step that I always try to take is salting the steaks the night before or first thing in the morning of the day I intend to cook them. This is called a "dry-brine" and it's the same method I use for chicken.

Liberally salt the steaks all over with salt & pepper then place them on a rack & allow them to air dry over night (or all day). Sounds funny, but it will ensure a fabulously evenly seasoned steak. Take the steak out of the refrigerator 50 minutes before you intend to cook it & let it come up to room temperature.

If the whole overnight/all day thing isn't possible then at the very least try to salt the steak & let it rest, coming up to room temperature 50 minutes before you intend to cook it.

Preheat your oven to 450 degrees.

Place an ovenproof skillet (cast iron preferable) over high heat & if you have a fan/exhaust turn that baby on. Let your skillet get rippin hot.

Pat your steaks dry & rub all over with olive oil then sprinkle with fresh cracked pepper. Place the steaks in the pan & sear undisturbed for 2 minutes, then flip & sear for an additional 2 minutes. Flip one last time & immediately put the entire skillet directly into your pre-heated oven. Finish cooking in the oven, about 7 minutes for medium rare.

Remove your steak from the hot pan and let that baby rest for 15 minutes before slicing, this is SUPER important as it will ensure a juicier steak.

Serve with lightly blanched haricot vert & sautéed mushrooms.

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SIMPLE SAUTÈED MUSHROOMS

By Kat Turner



15 mins



Ingredients (2 servings)

2 cups of sliced Crimini mushrooms
1 tablespoon of olive oil
¼ teaspoon of sea salt
½ teaspoon of fresh cracked pepper

1 clove of garlic, minced and smashed
1 teaspoon of fresh minced thyme or ½ teaspoon of dry thyme
1 tablespoon of red wine, white wine, balsamic, or cider vinegar
1 teaspoon of butter

The commonly found Crimini mushroom has unique phytonutrients that can help boost your immunity. This recipe makes an extra portion to add to salads, soups, frittatas or anything else you like.

Place a skillet (cast iron preferred) over medium high heat and let it get nice & hot before you add the olive oil & the mushrooms, stirring them often. They will release their liquid. Then start to brown (about 5-7 minutes) at this point add the salt, pepper, garlic & thyme. Stir everything together, let that cook an additional minute until the garlic becomes fragrant, being careful not to let it burn. Finish by adding the vinegar & butter, letting the vinegar evaporate a bit.

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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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