

ORANGE SUNRISE SMOOTHIE

By Kat Turner



5 mins



Ingredients (1 serving)

½ cup orange juice

½ cup unsweetened almond milk

1 tablespoon almond butter

½ banana

1 teaspoon maca powder

¼ teaspoon turmeric

¼ teaspoon vanilla

1 tablespoon gelatin/collagen (optional)

pinch sea salt

2-3 ice cubes

Maca & Turmeric are the secret weapons in this smoothie. Maca is a root that is harvested in Peru, it's a good source of vitamins B, C, & E, plus calcium, zinc, iron, magnesium, phosphorous & amino acids. It also provides a good energy boost, helps to balance hormones, & it even rumored to boost libido. Turmeric is a bright yellow spice that hails from India. Its a powerful antioxidant & has been used in eastern medicine for thousands of years to reduce inflammation. Even now being linked to cancer-prevention

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

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

A stylized 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 circle with a white dot inside, resembling a rising sun.

BERBERE-SPICED CORN CHOWDER

30 mins

By Kat Turner



Ingredients

- 2 ribs of celery, diced
- 2 carrots, peeled & diced
- 3 cloves of garlic, minced
- 1 small, or ½ of a large onion, diced
- 1 jalapeno, finely diced (seeded if you prefer)
- 1 tablespoon olive oil or butter
- 1 teaspoon sea salt
- 1 tablespoon berbere spice blend, OR curry powder
- 2 cups of chicken or vegetable stock
- 1 can of sweet corn or 1 ½ cups fresh corn kernals
- juice of 1 lemon
- *optional garnish: greek yogurt, chives, cilantro

Berberé is a delicious spice mixture that is typically comprised of chili peppers, ginger, basil, ajwain, nigella, & fenugreek. It's a key ingredient to many of the dishes of Ethiopia & Eritrea. Alternately you may use curry powder, but it is worth it to check your spice aisle, or order Berbere online!

Heat the olive oil or butter in a medium sized pot over medium-high heat & sauté all of the veggies. Salt & spice, blend until the onions are transparent.

Add the stock & corn. Simmer for 15-20 minutes.

Remove from the heat using a stick-blender, blend the soup in short bursts until the desired consistency is reached.

Alternately you may remove half of the soup to a blender, process until smooth, then add this back to the rest of the soup. Finally add the lemon juice & any additional salt to taste.

Garnish as you like. Freeze additional portions flat in quart-size freezer bags.

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SEARED GOLDEN TEMPEH TRIANGLES

By Kat Turner



35 mins



Ingredients (2 servings)

1 package of tempeh

2 cups of water

1/3 cup of good quality soy sauce or tamari

1 2" piece of fresh ginger, thinly sliced

2 cloves of garlic, smashed

2 sprigs of fresh thyme

1 bay leaf

2 tablespoons of olive oil

Tempeh is the protein & calcium rich, savory result of fermenting soybeans that have been pressed onto the shape of a block. In this recipe you'll maximize flavor by first simmering your tempeh triangles in a light soy broth. I like to make extra to have on hand for salads & snacks.

In a small pot combine the water, soy sauce, ginger, garlic, thyme, & bay leaf & bring up to a simmer. Meanwhile cut your block of tempeh in half to form 2 squares, then cut each square diagonally into 2 triangles, then slice each triangle down the middle, to create 8 thin triangles. Add these triangles to the broth & gently simmer for 15 minutes.

Remove from the broth & pat the triangles dry (broth may be cooled, strained & reserved for an addition to soups, stews, & braising liquid).

Place a pan (cast iron is perfect if you have it) with your olive oil over medium high heat, once the oil is shimmering work in batches to sear the tempeh on both sides until golden brown & crisp. Delicious with the Verde Crack Sauce, or simply with a little good quality dijon mustard.

Garnish with pomegranate seeds if available.

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SIMPLE GREEN SALAD

By Kat Turner



Ingredients for the dressing (1 serving)

1 teaspoon dijon mustard
¼ cup extra virgin olive oil
juice of 1 lemon

1/2 teaspoon minced shallot
pink sea salt & pepper
2 cups of mixed greens of your choice

This delicious lemon vinaigrette is a perfect compliment to any green from humble chopped romaine to spicy arugula.

Whisk together the dijon mustard & olive oil in a bowl by slowly drizzling the oil until fully emulsified.

Whisk in the lemon juice & shallot, taste & add salt as desired.

Drizzle 2 tablespoons of dressing over your greens, toss & serve immediately.

Seal additional dressing in a jar and store in fridge for up to 5 days

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CRUNCHY GARBANZO BEANS

By Kat Turner



50 mins



Ingredients (snack serving)

- 1 can of organic garbanzo beans, drained
- 1 tablespoon of olive oil
- ½ teaspoon of sea salt

1 teaspoon of any spice blend you like such as harissa, curry, ras al hanout, berbere or make your own from a blend of cumin, smoked paprika, dried thyme, & cayenne pepper (or whatever floats your boat).

Garbanzo beans are an excellent source of fiber & protein, the combination of which can help lower blood sugar. Additionally they contain high concentrates of folate, thiamin, & B6. These crunchy little buddies are a great snack on their own, or make for an excellent addition to salads & soups.

Preheat your oven to 400 degrees.

Dry your drained chickpeas well by rolling them around in a medium sized bowl lined with paper towel. Remove the paper towel & toss the chickpeas with the olive oil, salt, & spice blend then spread them out evenly onto a parchment lined sheet pan. Roast for 30-40 minutes or until crispy crunchy.

These should stay fresh in an airtight container for 3-4 days at room temperature

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MISO SOUP

By Kat Turner



5 mins



Ingredients (1 serving)

1 teaspoon of miso

1 cup of filtered water

Sliced Scallions (optional)

Miso soup is a lovely alkalizing broth made from nutty sweet fermented soybeans that contain probiotics (aka it's great for your digestion!) It's a lovely way to start your day, or you can sip it for an afternoon pick-me-up.

Bring water up to a boil & then let it cool for 5 minutes. Whisk in the miso & top with sliced scallions if desired.

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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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