

# 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 is it 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".

# QUINOA 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

Suggested garnish:

¼ sliced avocado

Shredded red cabbage

Lime wedges

Fresh cilantro

Fresh sliced jalapeno

Sliced scallion

Sliced radish

Cherry Tomatoes

Crumbled feta

**Packed full of the good stuff. This delicious bowl is packed with everything you need for a fulfilling lunch after a tough Holy Legislation session!**

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 shredded chicken if desired.

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

A stylized signature for Sam Castwood, featuring a red circle above the letter 'a' in 'Sam'.

# LEMON ARTICHOKE TAGINE

By Kat Turner



35 mins



## Ingredients (2 servings)

2 teaspoons of olive oil

½ onion, diced

2 celery ribs, diced

2 cloves of garlic, minced & smashed

¼ teaspoon of sea salt

1 teaspoon of ground cumin

½ teaspoon of ground coriander

½ cup of chickpeas, drained

¼ cup of white wine

1 cup of stock

½ cup of drained artichoke hearts, roughly chopped

3 tablespoons of good quality green olives, sliced

Juice of ½ a lemon + 1 teaspoon of lemon zest

Cooked quinoa

Freshly chopped cilantro

This spiced & zesty dish is a wonderful source of fiber, folate, vitamin K & magnesium. The word "tagine" refers to a North African stew cooked in a shallow clay pot but a regular pot will do just fine!

In a 4-quart pot over medium heat, sweat your onion, celery, garlic & sea salt in 2 teaspoons of olive oil until it begins to turn translucent. Then add your cumin, coriander & chickpeas & continue to cook, stirring until fragrant 1-2 minutes. Pour in the white wine reducing the liquid slightly, then add in the stock, artichoke hearts, & olives & bring to a simmer cooking an additional 25 minutes. Squeeze in ½ a lemon & stir in the zest. Serve 1 portion over ½ cup of cooked quinoa & garnish with freshly chopped cilantro. Freeze the remaining portion flat in a 1qt freezer bag.

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

# ALMOND BUTTER & DARK CHOCOLATE

By Kat Turner



## Ingredients (1 serving)

1 oz 70% or higher dark chocolate

1 tablespoon almond butter

A pinch of sea salt

A pinch of cinnamon

---

I don't deny myself little pleasures like dark chocolate, so as a snack I often like to snap off a hunk & dip it into some nice lightly salted almond butter. Don't be fooled though, that dark chocolate is an excellent source of valuable minerals like manganese & copper & a gets top marks when it comes to antioxidants, while the almond butter contributes protein, calcium, vitamin E & magnesium.

Enjoy!

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

# 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.

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

# 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!

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".