

# GREEK YOGURT WITH BERRY COMPOTE

By Kat Turner



5 mins



## Ingredients (1 serving)

½ cup plain Greek yogurt

2 tablespoons of mixed berry compote (see recipe)

¼ cup of fresh mixed berries

1 tablespoon of pumpkin seeds/pepitas

2 teaspoons of shredded unsweetened coconut

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I always like to have berry compote on hand to make this fast & easy breakfast full of fiber, antioxidants, protein, zinc & probiotics.

Easy! Just add the yogurt to the bowl & top with the compote, berries, pumpkin seeds & coconut.

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".

# ARUGULA SALAD WITH ROAST PORTOBELLO, APPLE & TEMPEH BACON

By Kat Turner



40 mins (if mushrooms haven't been made)



## Ingredients (1 servings)

4 large Portobello mushrooms caps, stems removed  
1 tablespoon of olive oil  
1 tablespoon of any favorite vinegar  
1 teaspoon of salt  
A handful of fresh herbs such as thyme, sage or rosemary

2 slices of tempeh bacon (found in most grocery store in the vegetarian section)  
1 teaspoon of olive oil  
2 cups of arugula  
½ of your favorite apple, sliced or diced  
1 tablespoon of pepitas  
1 tablespoon of goat cheese

Save yourself some time & roast the Portobello mushrooms the night before if you can. The additional mushrooms will be used for the "Poached Egg Portobello Stack" & the "Mushroom & Black Bean Lettuce cups" later in the week.

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# ARUGULA SALAD WITH ROAST PORTOBELLO, APPLE & TEMPEH BACON

By Kat Turner



Continued...

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Balsamic Dressing:

2 tablespoons of good balsamic vinegar

2 teaspoons of olive oil

2 teaspoons of Dijon mustard

1 small garlic clove, minced & smashed

Pinch of sea salt & freshly cracked pepper

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Preheat your oven to 425 degrees

In a large bowl toss the mushrooms with the oil, vinegar, & salt.

Lay your herbs down on a parchment lined sheet pan & top with the mushrooms, gills up.

Roast for 20 minutes, then flip the mushrooms over & continue to roast an additional 15 minutes.

Meanwhile, cook your tempeh bacon in the olive oil until it begins to brown & slightly crisp, then remove from the pan & roughly chop.  
Whisk all ingredients for the dressing together.

Remove one mushroom & slice or chop then toss with the arugula, tempeh bacon, apples, pepitas, goat cheese & dressing.

The remaining mushrooms can be refrigerated for up to 6 days.

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# EASY VEGETABLE RAGU OVER ZUCCHINI NOODLES

By Kat Turner



1 hour



## Ingredients (4-6 servings)

1 lb Crimini or Portobello mushrooms, finely diced  
1 cup diced eggplant  
3 tablespoons olive oil  
1 teaspoon sea salt  
1 onion, finely diced  
2 carrots, peeled & grated  
1 bell pepper, color of your choice, diced

3 cloves of garlic finely minced  
½ cup of red or white wine (optional, if omitting a nice addition is 1 tbspn of red or white wine vinegar)  
1 25 oz jar of low sodium marinara sauce  
1 cup of water or vegetable stock  
Sea salt to taste  
½ cup fresh finely chopped mint  
1 large or 2 small zucchinis  
\*garnish: chili flake & parmesan

The combination of tomatoes, mushrooms, & eggplant in this sauce impart a deep “umami” flavor, a 5th taste (in addition to salty, sweet, bitter, & sour) discovered by the Japanese in 1901 that roughly translates into “pleasingly savory”.

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# EASY VEGETABLE RAGU OVER ZUCCHINI NOODLES

By Kat Turner



## Continued...

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In a large heavy-bottomed pot, brown the mushrooms & eggplant in the olive oil over medium high heat, about 8 minutes. You'll want a nice deep brown... this will give a rich "umami" flavor.

To this mixture add the salt, onion, carrot, pepper & garlic & continue cooking until the onions begin to lightly brown, then add in the wine (or the vinegar) & let it reduce & evaporate until nearly dry. Now add the marinara sauce & the water or stock & drop the heat to medium low. Continue to cook & slightly reduce until thick & fragrant, about 30 minutes.

During this time prepare your zucchini noodles. This is most easily done using a "spiralizer" (Benriner is a great brand, 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 1 large zucchini per person the long way into 1/8" planks, & then again slicing the long way, create "noodles" from the planks. Pile the noodles into each bowl raw.

Finish your ragu with sea salt to taste & fresh chopped mint; spoon about 2/3 cup onto your noodles & garnish with chili flakes & shaved parmesan.

Save a serving of ragu to make stuffed tomatoes & freeze the remaining servings flat in quart sized freezer bags.

A signature in black cursive script that reads "Sam Castwood". Above the letter "a" in "Sam" is a small red semi-circle.

# SIMPLE EGG SALAD in Endive

By Kat Turner



20 mins



## Ingredients (2 servings)

3 eggs

A bowl of cold ice water

1 teaspoon of chopped capers

2 teaspoons of chopped chives

1 tablespoon of mayonnaise

2 teaspoons of freshly chopped dill

A pinch of sea salt & freshly cracked pepper

Sometimes I forget how delicious egg salad is, don't let this happen to you. Protein & omega-rich, a bite of egg salad is a perfect snack or scoop it onto fresh greens for a fast & easy lunch.

Place your eggs into a small pot & cover them with cool water. Place over high heat & bring to a boil then immediately cover & remove from the heat. After 13 minutes remove the eggs & gently drop them into the ice water. Chill for 5 minutes then remove & peel.

Grate the eggs into a bowl using a box grater then add all the other ingredients & stir to combine.

Eat alone or add to the endive leaves for a crunchy tasty bite.

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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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