

# SOCCA PANCAKE TOPPED WITH A FRIED EGG

By Kat Turner



15 mins



## Ingredients (1 serving)

1/4 cup of garbanzo flour

1/4 cup of water

1 tablespoon of olive oil + extra to oil the skillet

1/4 teaspoon of sea salt

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1/4 of an avocado, sliced

2 tablespoons of jarred salsa verde

1 egg, poached or fried

Fresh chopped cilantro garnish

Socca is a fancy name for a flatbread made from naturally grain free garbanzo bean flour. The flavor is fantastically light & nutty. They can be used as the base for all sorts of great recipes.

Preheat your broiler & place a small oiled ovenproof skillet over medium high heat; an 8" nonstick skillet or a small cast iron skillet will work the best.

In a small bowl whisk together the socca, water, olive oil, sea salt, then pour this batter into your preheated pan, swirling out to make a round thin pancake. You can also use the back of a spoon or a spatula to spread out the batter. Cook until small bubbles appear & pop on the surface of the pancake, then place the entire pan under the broiler, about 4" from the heat source & continue to cook until the pancake is golden & toasted on top.

Using a thin spatula, loosen the pancake from the pan & turn out onto a plate. Top with the avocado, salsa verde, fried egg & fresh cilantro.

A stylized signature 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 semi-circle.

# VERDE CRACK SAUCE

By Kat Turner



10 mins



## Ingredients (serving: 1 cup)

½ cup mint leaves, lightly packed  
½ cup cilantro leaves, lightly packed  
½ cup basil leaves, lightly packed  
5 scallions, roughly chopped

1 clove garlic, minced  
1 small chunk of ginger  
1 small jalapeno seeded or unseeded depending on heat preference.  
Juice of 2 limes  
2 tablespoons fish sauce  
½ cup extra virgin olive oil

This is a sauce inspired by the flavors of Southeast Asia & beyond. It is packed with bright herbs, chilies, & pungent fish sauce (trust me on this one, it's delicious & packed with minerals & B vitamins). The verde crack sauce is awesome on pretty much everything! Thin with a little water & limejuice to make a great salad dressing.

Place all ingredients into a blender or a mini food processor & blend until all the herbs & liquid emulsify into a smooth sauce. Drizzle in more oil as necessary to bring the sauce together.

Season with additional salt to taste.

Sauce will keep in the fridge for up to 1 week.

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# CARROT CUMIN SOUP WITH AVOCADO

By Kat Turner



15 mins



## Ingredients (2 servings)

- 1 tablespoon of olive oil
- 1 shallot, minced
- 2 cloves of garlic, minced
- 1 teaspoon of ground cumin

- ¼ teaspoon of sea salt
- 2 cups of leftover roasted carrots (see recipe)
- 1 ½ cups of vegetable stock
- Juice of 1 lime
- Sea salt to taste
- \*optional garnish: diced avocado, verde crack sauce, plain yogurt, fresh cilantro

Carrot soup is always comforting, especially when it's this quick & easy. Cumin, a spice long regarded for its medicinal purposes & smoky flavor aids in digestion. Eat one portion now & freeze the other one flat in a quart-sized freezer bag.

Place a 2 quart saucepot with 1 tablespoon of olive oil over medium heat & add your shallot, garlic, cumin, & sea salt. Sweat this down until the shallot is transparent & the mixture becomes fragrant. Add your carrots & stock; adjust the heat to medium high & bring up to a simmer for 5 minutes.

Carefully pour your soup & the lime juice into a blender & process until smooth; adjust with an additional sea salt. Pour a serving into your bowl & garnish with avocado, verde crack sauce, yogurt & fresh cilantro if desired.

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# SWEET POTATO & QUINOA CROQUETTES

By Kat Turner



15 mins



## Ingredients (1 serving)

¼ cup of mashed sweet potato

¼ cup of cooked quinoa

½ of an egg white

2 tablespoons of finely diced green onion

1 tablespoon of minced fresh cilantro

1 teaspoon of sriracha style chili sauce, or hot sauce of choice

½ teaspoon of ground cumin

Pinch of sea salt & freshly cracked pepper

2 teaspoons of olive oil

These croquettes fit somewhere between a potato pancake & a veggie burger. Use leftover cooked sweet potato & quinoa for a fast & easy lunch.

Preheat the oven to 375 degrees

Combine all ingredients except the olive oil in a bowl & mix well to combine.

Heat the olive oil over medium high heat in a cast iron or non-stick oven-proof skillet. Split the mixture in half & form 2 small patties (croquettes) & place them in the hot skillet, cooking until lightly browned, about 2 minutes per side, then put the entire skillet into the oven to bake for 8 minutes.

Remove from the oven & serve with a nice salad.

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# SIMPLE GREEN SALAD

By Kat Turner



5 mins

## Ingredients (1 serving)

1 handful of green leaves. I like to use spinach, arugula or butter lettuce. Choose something in season!

## The dressing

1/4 of a lemon, squeezed.  
1 tablespoon of good quality olive oil  
1/2 a teaspoon of apple cider vinegar  
Pink salt & pepper to season.

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A dose of iron & vitamin c in a bowl. Crisp to the tongue the apple cider vinegar adds a health kick to this simple salad. I always use good quality olive oil for the delicious taste.

In a small bowl whisk together the lemon juice, apple cider vinegar & olive oil.

Place the green leaves in a bowl, pour the dressing on top & sprinkle with the salt & pepper.

Lightly mix & eat immediately.

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# ALMOND BUTTER STUFFED DATES

By Kat Turner

GET  
SET  
BODY

5 mins



## Ingredients (1 serving)

3 Medjool dates

3 teaspoons of almond butter

Optional toppings: cinnamon, cacao nibs, shredded

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These little darlings are my all time favorite go-to snacks. Sweet Medjool dates & almond butter provide essential minerals & vitamins like calcium, potassium & vitamin E.

Slice open the dates & remove the pits, filling each one with 1 teaspoon of almond butter. Feel free to sprinkle a bit of cinnamon on top then roll the edge with the exposed almond butter in cacao nibs or shredded coconut.

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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)

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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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