

POACHED EGG WITH KALE & BRAISED LENTILS

By Kat Turner



15 mins



Ingredients (1 serving)

½ cup leftover braised lentils (see recipe)

1 cup of kale, stems removed

1 clove of garlic, minced

1 tablespoon of olive oil

pinch of sea salt

pinch of chili flake

splash of water or stock

2 teaspoons of vinegar of choice or lemon juice

1 egg, poached

Kale & Lentils provide a major morning dose of protein, fiber, folate, & calcium (amongst a slew of other nutrients) in this hearty breakfast.

Warm up your lentils either on the stove top or the microwave, set aside.

Place a medium skillet over medium high heat & add in the olive oil, kale, & sea salt. Move the kale around to keep it evenly sautéing & once it begins to wilt add in the garlic & chili flake, continue cooking another minute until the garlic is fragrant (do not let the garlic burn). Add in the splash of water or stock & the vinegar, continue to wilt down until the liquid is evaporated & the kale is soft, set aside. Poach your egg as desired.

Place the lentils & kale into a bowl & top with the poached egg.

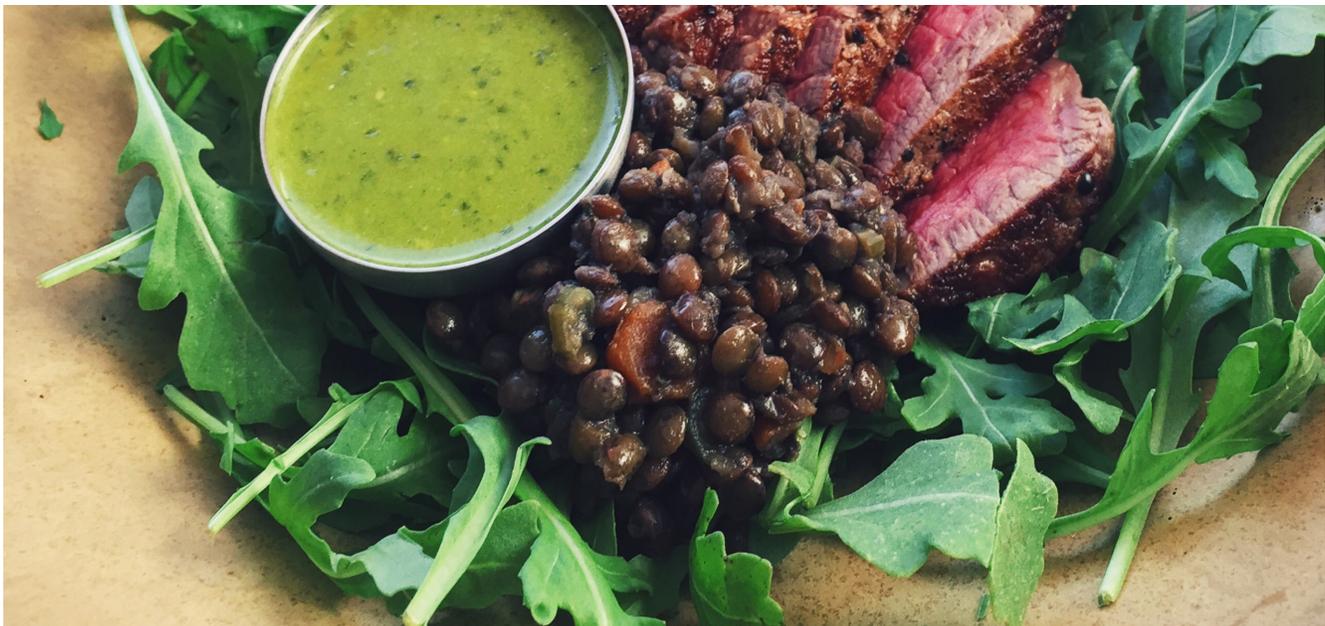
Delicious with hot sauce!

A stylized signature logo for 'Sam Castwood'. The name is written in a cursive script. Above the letter 'a' in 'Sam' is a small red semi-circle.

BRAISED LENTILS By Kat Turner



1 hour



Ingredients (6 serving)

2 teaspoons of olive oil

1 carrot, finely diced

1 rib of celery, finely diced

½ yellow onion, finely diced

1 clove of garlic, minced

2 teaspoons of fresh thyme, minced

1 teaspoon of sea salt

1 cup of French green lentils, rinsed & checked for any small stones

¼ cup of white wine, optional (or substitute 1 tablespoon of white wine or cider vinegar)

2 cups of chicken or vegetable stock, or water.

Lentils are a delicious source of protein, soluble & insoluble fiber, magnesium & folate, making them a heart-healthy addition to nearly any darn dish that I can think of...

Place a 2-quart pot over medium heat & add the olive oil, carrot, celery, onion, garlic, thyme, & sea salt. Sweat the vegetables down until the onions are translucent, about 5 minutes. Add the lentils & the wine (or vinegar) & reduce this liquid until nearly dry. Pour in the remaining stock & drop the heat to low, partially cover the pot & cook for 40-50 minutes, or until the lentils are soft & the liquid has greatly reduced.

These will keep in the fridge for 5 days. Alternately you can also freeze portions of them flat in quart-sized freezer bags.

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LENTIL SALAD WITH TARRAGON DRESSING

By Kat Turner



10 mins



Ingredients (1 serving)

- 2 cups of arugula
- ½ cup leftover braised lentils
- ½ cup shredded cabbage
- ¼ cup sauerkraut, drained
- 1 tablespoon of crumbled feta cheese

Tarragon dressing:

- 1 tablespoon of plain yogurt
- 1 tablespoon of olive oil
- 2 teaspoons of dijon mustard
- Juice of ½ lemon
- 2 teaspoons of finely minced tarragon
- 1 small clove of garlic, minced smashed
- Pinch of sea salt
- Pinch of freshly cracked black pepper

Braised Lentils serve up a solid dose of protein, fiber, minerals while the sauerkraut provides valuable probiotics for digestive health.

Whisk together all the ingredients to make the tarragon dressing.

Into your salad bowl place your arugula + cabbage top with the lentils, sauerkraut. Drizzle with 2 tablespoons of the tarragon dressing garnish with feta. There should be a little bit of dressing leftover that may be stored for up to 5 days. I love to add a little to a soup, avocado toast, eggs... you name it!

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SALSA VERDE TEMPEH CARNITAS

By Kat Turner



25 mins



Ingredients (2 servings)

1 package of tempeh cut into approx 1" cubes
1 tablespoon of olive oil
1 small onion, sliced into thin half-moons
3 cloves of garlic, smashed

1 ½ teaspoon of ground cumin
¼ teaspoon of sea salt
½ teaspoon dried oregano
1 cup of jarred salsa verde
½ cup of water
Fresh cilantro
Sliced avocado

Eat 1 portion for dinner & save the rest to freeze or to make stuffed peppers; delicious served with a little sweet potato.

Add 1 tablespoon of olive oil to a medium sized skillet & set over medium high heat; brown your tempeh on all sides. Reduce the heat to medium & add the onion, garlic, cumin, salt, & oregano, cooking until the onions begin to turn transparent. Pour in the salsa verde & the water & return the heat to medium high heat until just simmering. Reduce the heat to medium, cover & continue simmering for 25 minutes. If the sauce is too thin, remove the lid, increase the heat to medium high & simmer for an additional 5-8 minutes, or until the liquid reduces. Garnish with fresh cilantro & sliced avocado.

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SWEET POTATOES FOR THE WEEK, ROASTED WHOLE + DICED

By Kat Turner



1 hour



Ingredients

4 large sweet potatoes

olive oil

Sea salt

Freshly cracked pepper

Sweet potatoes are a fantastic source of fiber & they're loaded with Vitamins A & C. I like to roast a few whole + diced in the beginning of the week & use them as a side or an addition to many dishes.

Preheat the oven to 425 degrees.

Bring a small pot of salted water to a boil.

Prick 2 of the sweet potatoes all over with a fork & rub them with olive oil, then sprinkle generously with sea salt; place onto a parchment lined pan & roast until soft, 45 minutes – 1 hour.

Cut the remaining two potatoes (unpeeled) into ½ inch planks lengthwise, then cut them into ½ inch sticks, & finally into ½ inch cubes. Toss these into the boiling water & blanch for 10 minutes. Drain the cubes into a colander & shake around a bit to rough up the edges, this will help crisp up the potatoes in the oven. Toss the cubes with 1-2 tablespoons of olive oil to evenly coat, a pinch of sea salt, & a generous grind of freshly cracked pepper then spread them in an even layer onto a parchment-lined sheet tray & roast until lightly browned & crispy, about 35 minutes.

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DARK CHOCOLATE DIPPED BANANA

By Kat Turner



5 mins



Ingredients (1 servings)

½ of a banana, sliced into 1/3rds

1 ½ ounces of 70% or above dark chocolate, chopped

2 teaspoons of shredded coconut

Truly dark chocolate contains high levels of antioxidants & a chemical compound that generates the sensation of “love” in our brains. No wonder it tastes so good!!

Place your chocolate into a glass bowl & microwave in 30 second intervals (stirring after each) until it is evenly melted. Alternately you can do this using a double boiler on the stovetop. Dip the banana into the chocolate & sprinkle with the coconut. Enjoy right away or freeze & enjoy later.

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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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