

HARISSA SWEET POTATO HASH W/FRIED EGG

By Kat Turner



45 minutes if roasting the sweet potatoes, 15 minutes if you have some made on hand)



Ingredients (1 serving)

1 tablespoon of olive oil
½ cup of roasted diced sweet potato (see recipe)
½ cup of chopped red cabbage
¼ cup of diced red bell pepper
¼ cup of diced yellow or red onion
½ jalapeno diced & either seeded or unseeded depending on heat preference

1 clove of garlic, minced
½ teaspoon of harissa spice blend
½ teaspoon of sea salt
1 egg, fried in butter or olive oil
1 teaspoon of fresh chopped chives
Pinch of finishing salt such as maldon, sel gris or sel de mer
Pinch of harissa garnish

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.

Add the olive oil to a medium sized skillet have set over medium high heat, toss in the sweet potato, cabbage, bell pepper, onion, jalapeno, garlic, harissa, & sea salt; cook until the vegetables just begin to brown.

Transfer the vegetable mixture to a shallow bowl & top with the fried egg, chopped chives, a pinch of harissa, & a pinch of finishing salt.

A stylized signature logo for Sam Castwood. The name "Sam Castwood" is written in a black, cursive script. A small red circle is placed above the letter "a" in "Sam".

TEMPEH CARNITAS STUFFED PEPPER

By Kat Turner



35 mins



Ingredients (1 serving)

1 bell pepper, sliced in half from top to bottom, ribs
+ seeds removed
Olive oil

½ cup of leftover chopped salsa verde tempeh carnitas
¼ cup of cooked quinoa
2 tablespoons of leftover jarred salsa verde
1 tablespoon of feta cheese
Fresh cilantro garnish

Leftover tempeh carnitas & quinoa get a second spin as a hearty filling in this stuffed pepper. Red peppers provide an especially massive dose of vitamin C as well as A & Lycopene, the pigment that provides that vibrant red color as well as powerful antioxidants.

Preheat oven to 375 degrees and set a small pot of salted water over high heat to boil.

Once the water comes up to a boil, submerge the half red pepper & blanch for 2 minutes, remove from the water to a paper towel lined plate, pat dry & rub the pepper inside & out with a thin coat of olive oil.

In a small mixing bowl, combine the tempeh, quinoa & salsa verde then stuff this into the cavity of the pepper.

Place onto a parchment lined pan & place into the oven, bake for 25 minutes or until heated through.

Top with crumbled feta and fresh cilantro.

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VEGGIE GUMBO STEW

By Kat Turner



45 mins



Ingredients (2 servings)

1 tablespoon of olive oil
1 cup of frozen okra
½ teaspoon of sea salt
2 ribs of celery, chopped

1 poblano pepper, seeded & chopped
1 small onion, finely chopped
2 cloves of garlic, minced
3 cups of veggie stock
1 cup of drained white beans
Freshly chopped parsley & scallions

This New Orleans classic isn't usually associated with health, but you may reconsider that after trying this lightened up recipe. The okra in this dish is a great source of fiber, potassium, folic acid & magnesium

Saute the frozen okra in the olive oil in a 4qt pot over medium high heat until it begins to lightly brown, don't worry if it looks sticky & stringy, this is normal. Then add in the salt celery, poblano, onion, & garlic & sweat this down until the onions are translucent. Pour in the chicken stock & simmer, uncovered for 30 minutes. Toss in the shrimp & sausage, continue to cook until the shrimp are just cooked through (about 5 minutes).

Garnish with fresh parsley & scallions.

Freeze the 2nd portion flat in a 1qt freezer bag.

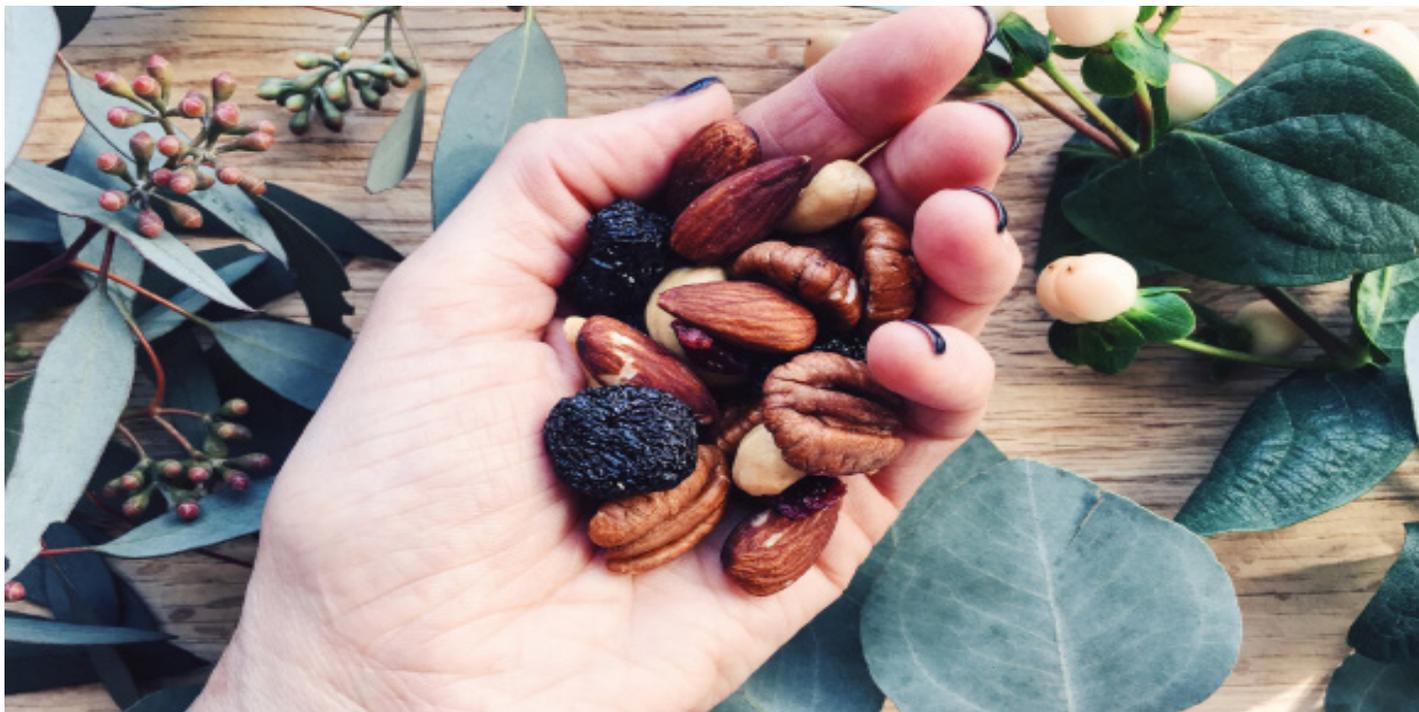
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SIMPLE TRAILMIX

By Kat Turner



5 mins



Ingredients (6 servings)

1 ½ cups of mixed nuts, a combo of raw & roasted is nice

1 cup of dried sugar-free and unsulfured fruit such as apricots, raisins, tart cherries, etc...

½ cup of pepitas

When you need a super snack super fast nothing beats a handful of trail mix.

Mix together and store in an airtight container for up to 3 weeks.

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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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