

SHAKSHUKA WITH KALE

By Kat Turner



20 mins



Ingredients (1 serving)

1 tablespoon of olive oil

1 cup of chopped kale, stems removed or chopped very fine

½ teaspoon sea salt

1 clove of garlic, minced

1 teaspoon harissa spice blend (or cumin + cayenne pepper)

½ cup of fire-roasted diced tomatoes (I like Muir Glen brand)

¼ cup of roasted red pepper, diced
a splash of water or broth

1 poached or fried egg

*optional garnish of yogurt, feta, lemon zest, and fresh herbs such as thyme, chives, mint, and cilantro.

Shakshuka is a fantastic dish with Tunisian roots. Typically eaten for breakfast, it is essentially eggs served in a spiced tomato pepper sauce and garnished with herbs.

In a medium sized skillet heat the olive oil over medium high heat and add the kale and salt, sauté until the kale is tender, about 3-4 minutes. Add the garlic and the harissa spice blend and sauté another minute or so.

Toss in the tomatoes, roasted red pepper, and the splash of water or broth and simmer all together for a couple of minutes until hot.

Top with the egg and garnish as desired.

Delicious for any meal of the day!

The logo for Sam Castwood, featuring the name "Sam Castwood" in a black cursive font. A small red and white circular icon is positioned above the letter "a" in "Sam".

BLACK BEAN CHILI

By Kat Turner



45 mins



Ingredients (1 serving)

- 1 tablespoon of olive oil
- 2 cups of diced crimini or portobello mushrooms (on 1 cup of leftover roasted diced portobellos if you have them on hand)
- 1 small onion, diced
- 1 red bell pepper, diced
- 1 jalapeno, minced (seeds removed depending on heat preference)
- 4 cloves of garlic, minced

- ½ teaspoon of sea salt
- 3 tablespoons of chili powder
- 1 tablespoon of cumin
- 2 tablespoons of tomato paste
- 1 15oz can of diced fire-roasted tomatoes
- 1 15oz can of black beans + bean liquid
- 8oz of vegetable or chicken stock
- Sea salt to taste
- Suggested garnish: chopped scallion, plain yogurt, crumbled feta, chopped cilantro

Black beans are the fiber & mineral-rich star of this recipe, but the tomatoes & peppers take a close second with high amounts of lycopene, a powerful antioxidant that gives them their red color.

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

BLACK BEAN CHILI

By Kat Turner



Continued...

Place a large heavy bottomed stock pot over medium high heat & add in the olive oil & mushrooms, sauté the mushrooms until they begin to brown, about 5-8 minutes. Toss in the onion, pepper, jalapeno, garlic & sea salt, continue to cook until the onions are translucent, then stir in the chili powder, cumin & tomato paste & cook 1 minute more. Add the tomatoes, black beans & stock; lower the heat to medium & simmer for 30 minutes or until the chili is reduced & thickened to your liking.

Garnish with a small spoonful of yogurt, scallions, a sprinkle of feta, & freshly chopped cilantro.

Freeze any additional portions flat in quart sized freezer bag.

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SPICED TEMPEH & QUINOA MEATBALLS WITH MINTED YOGURT

By Kat Turner



30 mins



Ingredients (1 serving)

- 1 tablespoon of olive oil
- 1/2 cup of finely chopped tempeh
- 1/2 yellow onion, minced
- 2 cloves of garlic, minced & smashed
- 1 carrot, grated
- 1 teaspoon of cumin
- 1/2 teaspoon of sea salt & freshly cracked pepper
- 1/4 teaspoon of ground cinnamon
- 1 egg
- 1/4 cup of cooked quinoa
- 1 tablespoon of garbanzo flour
- 1/4 + 2 tablespoons of cup finely chopped fresh mint
- 1/4 cup of plain yogurt
- 1 clove of garlic, minced & smashed
- 1/2 teaspoon of lemon zest
- 1/4 teaspoon of cumin
- 1/4 teaspoon of freshly cracked pepper
- 1/8th teaspoon of cayenne pepper
- 1 pinch of sea salt

SPICED TEMPEH & QUINOA MEATBALLS WITH MINTED YOGURT

By Kat Turner



Continued...

Preheat the oven to 400 degrees.

Place a nonstick or cast iron skillet over medium-high heat & add 1 tablespoon of olive oil, once the oil is hot toss in the tempeh & cook until just starting to lightly brown. Reduce the heat to medium & add the onion, 2 cloves of garlic, carrot, cumin, sea salt & pepper & cinnamon. Cook stirring often until the onions begin to turn transparent & the carrots soften 3-4 minutes.

Meanwhile add the tempeh, egg, quinoa, garbanzo flour & ¼ cup of fresh mint to a mixing bowl. Once the vegetable mixture is ready scrape it into the bowl with the tempeh & stir well to combine (clean hands are the best tool for this).

Using a small ice cream scoop or rolling by h&, make about 5-6 golf-ball sized meatballs & lay them onto an oiled parchment-lined pan. Drizzle additional oil over the meatballs to coat & roast for 12 minutes.

While the meatballs are roasting, make your yogurt sauce. Whisk together the additional 2 tablespoons of fresh mint, yogurt, garlic, lemon zest, cumin, black pepper, cayenne pepper & sea salt.

Drizzle the yogurt sauce over the meatballs & serve with charred broccoli or broccolini (see recipe).

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ROASTED BROCCOLI

By Kat Turner



20 mins



Ingredients (2 servings)

2 cups of broccoli florets or whole broccolini
2 teaspoons of olive oil

¼ teaspoon of sea salt + freshly cracked pepper
¼ teaspoon of chili flakes

Broccoli & broccolini (broccoli's thinner, sweeter asian cousin) are just as delicious roasted as they are sautéed or steamed (maybe even more so?). With tons of fiber & as much vitamin C as an orange these are a fab addition to your regular diet.

Preheat your oven to 450 degrees

Toss all the ingredients together & spread them out onto a parchment-lined sheet tray. Roast for 10-15 minutes, or until tender & just beginning to char on the edges.

This will keep in your fridge for 6 days.

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DARK CHOCOLATE DIPPED APPLES

By Kat Turner



5 mins



Ingredients (1 serving)

- 1 of your favorite apple, sliced into wedges
- 1 ½ ounces of 70% or above dark chocolate, chopped
- 2 teaspoons of finely chopped nuts

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 wedges into the chocolate & sprinkle with the nuts.

Enjoy right away or let the chocolate set in a cool area & 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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