

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

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 script font. A small red circle is positioned above the letter "a" in "Sam".

BERRY COMPOTE

By Kat Turner



10 minutes

Ingredients (2 servings)

1 cup of fresh or frozen mixed berries; I love combining blueberries, strawberries & raspberries.
Juice of 1/4 lemon
1 tablespoon of water or orange juice
Tiny pinch of sea salt



This antioxidant-rich berry compote is fantastic on top of chia pudding, warm quinoa porridge, yogurt, grain-free pancakes, or in a smoothie. I like to always have a little on hand in my fridge.

Place all ingredients into a small pot & place over medium high heat. Bring to a boil & then reduce the heat to medium simmer until the compote slightly thickens & large bubbles form, being careful not to scorch.

Serve warm on top of grain-free pancakes or quinoa porridge, or cool & serve with yogurt or chia pudding.

Freeze or keep in the fridge for up to 5 days.

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VEGETABLE STIR FRY OVER QUINOA

By Kat Turner



15 mins



Ingredients (1 serving)

- 1 tablespoon of water
- 2 teaspoons of soy sauce or tamari
- 1 teaspoon of honey
- 1 teaspoon of sesame oil
- 1 teaspoon of siracha style hot sauce
- 1 tablespoon of olive oil
- 1 small japanese eggplant, diced
- ¼ cup of red bell pepper, diced
- ¼ cup of zucchini, diced
- Pinch of sea salt
- 1 clove of garlic, minced & smashed
- 3 tablespoons of scallions, chopped
- 2 teaspoons of fresh ginger, finely minced
- ½ cup of cooked, quinoa
- Freshly chopped basil & cilantro for garnish

This simple spicy stir fry revs up your metabolism with a combination of chilis, ginger, & garlic.

In a small bowl combine the water, soy sauce or tamari, honey, sesame oil & siracha. Set aside. Heat the olive oil in a non-stick skillet over medium high heat & toss in the eggplant, bell pepper, zucchini, & a pinch of sea salt. Stir fry the vegetables until they are soft & begin to brown, (about 8 minutes) then add the garlic, scallion, & ginger continuing to cook for an additional minute. Pour in the sauce & toss all ingredients together finishing cooking for a final 2-3 minutes.

Serve the stir fry over warm cooked quinoa & garnish with freshly chopped basil & cilantro.

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BASIC VEGETABLE GRATIN

By Kat Turner



45 mins



Ingredients (1 serving)

2 teaspoons of olive oil or butter

1 cup of cooked vegetables such as cooked spinach, broccoli, sliced & roasted zucchini, tomatoes, peppers, eggplant, or roasted kale & cauliflower. Basically any left over veggies you have plus fresh.

1 large egg

¼ cup plain yogurt

¼ cup + 2 tablespoons of finely shredded parmesan or pecorino cheese

1 clove of garlic minced & smashed

2 teaspoons of minced fresh thyme

2 teaspoons of dijon mustard or ¼ teaspoon of dry mustard

1/8th teaspoon of nutmeg

¼ teaspoon of sea salt & freshly cracked pepper

*Optional: 2 tablespoons of whole grain or gluten free breadcrumbs tossed in ½ teaspoon of olive oil.

*Garnish: fresh herbs

This is another great way to use up any leftover cooked vegetables, but also an easy dinner even if you start from scratch. Serve with a light mixed green salad.

Sam Castwood

BASIC VEGETABLE GRATIN

By Kat Turner



Continued...

Preheat the oven to 400 degrees.

Lightly oil or butter a 16oz ovenproof dish or alternately a small cast iron skillet.

Beat together your egg & yogurt, add in the cheese, garlic, thyme, mustard, nutmeg, salt & pepper.

Place the cup of vegetables into the baking dish or skillet. (If using sliced vegetables, layer them in) & pour the liquid over the top, Give the dish a little shake & tap the entire dish on it's bottom a few times to fill in any gaps. If desired sprinkle 2 tablespoons of breadcrumbs on the top, along with the remaining 2 tablespoons of cheese & bake for 25 minutes.

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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.

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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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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