

AVOCADO TOAST WITH EGG

By Kat Turner



15 mins



Ingredients (1 serving)

1 piece of dense whole grain toast, regular or gluten free, toasted
2 teaspoons of butter
½ of an avocado sliced

Pinch of sea salt
1 egg, any way you like it
Veggie garnish such as sprouts, sliced jalapenos, cucumber, tomato, shaved carrot, and herbs
Your favorite hot sauce

This variation on a new breakfast favorite balances out the awesome omega 6's that come with avocados, the joint & brain strengthening omega 3's of eggs.

Butter the warm toast & top with sliced avocado & a pinch of sea salt, you can mash it into the toast a bit if you like. Lay the egg over the avocado and garnish with lots of veggies. I like mine with a generous splash of hot sauce.

A 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 circle with a white dot in the center, resembling a stylized sun or a drop.

QUINOA BURRITO BOWL

By Kat Turner



20 mins



Ingredients (1 serving)

2 teaspoons of olive oil
½ red pepper
½ small onion diced
1 minced clove of garlic
1 jalapeno diced, seeded or unseeded depending on heat preference
1 teaspoon of cumin
½ teaspoon of sea salt
½ cup cooked quinoa
¼ cup of cooked black beans

Jared fire-roasted salsa
Shredded chicken (or omit for a vegetarian option)
Suggested garnish:
¼ sliced avocado
Shredded red cabbage
Lime wedges
Fresh cilantro
Fresh sliced jalapeno
Sliced scallion
Sliced radish
Cherry Tomatoes
Crumbled feta

Packed full of the good stuff. This delicious bowl is packed with everything you need for a fulfilling lunch after a tough Holy Legislation session!

Spoon the quinoa into a nice wide bowl, set aside.

Heat a skillet with 2 teaspoons of olive oil & sauté the peppers, onion, garlic, jalapeno, cumin, & sea salt over medium high heat until lightly browned. Add this mixture to the top of the quinoa. In the same skillet add the black beans & 2 tablespoons of fire-roasted salsa, cook until hot & add to the bowl next to the pepper blend. Next to this place the shredded chicken if desired.

Now add all the garnishes you like & serve with a small ramekin of salsa.

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CAULIFLOWER, TOMATO & GREEN PEA COCONUT CURRY

By Kat Turner



15 mins



Ingredients (1 serving)

2 teaspoons of olive oil

½ shallot finely sliced

1/3 cup of cherry tomatoes

1 tablespoon of high quality Indian curry powder

¼ teaspoon of sea salt

¼ cup of green peas

1/3 cup of cauliflower, chopped (use the leftover roasted cauliflower from lunch)

¼ cup of coconut milk

A splash of water or stock

½ cup of cooked quinoa, reheated if leftover

Freshly chopped cilantro

Curry powder isn't just crazy delicious, it's also crazy good for you! This classic Indian spice blend contains compounds that rev up your metabolism, fight inflammation & aid in digestion.

Place a small skillet over medium high heat & add in the olive oil & shallots, sauté until the shallots are translucent & just beginning to caramelize. Toss in the tomatoes, curry powder, & salt & continue to cook an additional minute. Now reduce the heat to medium & add the peas, cauliflower, coconut milk, & stock & simmer until the cauliflower is tender (or just until heated thru if using roasted leftover cauliflower).

Spoon over quinoa & top with freshly chopped cilantro.

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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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