

African Peanut Stew



INGREDIENTS

- 1 large eggplant, peeled and cut into cubes
or 2 zucchini, sliced into half-moons
- 1 large onion, diced
- ½ bunch (3 cups) kale or collard greens, chopped
- 1 small can (14½ ounce) diced tomatoes (roasted preferred)
- 4 cloves garlic, minced (or ½ tsp. garlic powder)
- ¼ cup tomato paste
- 3 cups vegetable stock or water or chicken broth
- ½ cup peanut butter (natural style, chunky preferred)
- 1 tsp. cumin
- 1 tsp. coriander
- ¼ tsp. cayenne or crushed red pepper (optional)
- 2 Tbsp. fresh ginger, peeled and grated
- ½ tsp. salt
- 2 Tbsp. olive oil
- ¼ cup chopped cilantro (optional)
- 3 cups cooked brown rice, for serving (optional)



DIRECTIONS

1. Heat 1½ Tbsp. oil over medium-high heat in a large pot. Add eggplant and onions and sauté, stirring frequently, for about 10 minutes, or until tender.
2. In small bowl combine remaining ½ Tbsp. oil, garlic, dry spices, ginger and salt. Add to pot and cook, stirring continually for another minute. Add tomato paste and peanut butter and mix until evenly combined. Add stock and can of tomatoes and mix well to dissolve the paste and peanut butter. Bring to a boil and cook for about 5 minutes.
3. In the meantime, prepare the greens by removing stems and cutting greens into strips. Add greens to pot, reduce heat, and allow it to simmer for about 10 more minutes. After removing from heat, stir in cilantro (if desired). Serve in bowls over a ½ cup portion of rice (optional).

NUTRITION FACTS

6 servings

Calories: 443

Fat: 28 g

Sodium: 707 mg

Total Carbohydrate: 42 g

Dietary fiber: 10.7 g

Protein: 14.8 g

Curry Chicken

INGREDIENTS

1½ lb. boneless, skinless chicken breasts
 2 Tbsp. olive oil
 1 (14 oz.) can coconut milk
 1 cup reduced sodium chicken broth
 5 cloves garlic, minced
 2 jalapeños, seeded, finely chopped (optional)
 1 large yellow onion, diced
 1 cup red bell pepper, chopped
 1 cup carrots, shredded or cubed
 ¼ cup fresh cilantro, chopped
 2 Tbsp. dried basil
 2 tsp. fresh ginger, grated
 2 Tbsp. yellow curry powder
 1 tsp. chili powder
 1 Tbsp. cornstarch
 1 tsp. salt, divided
 ½ tsp. pepper
 Brown rice, quinoa, or cauliflower rice

NUTRITION FACTS *4 servings*

Calories: 377 Total Carbohydrate: 8 g
 Fat: 20 g Dietary fiber: 1 g
 Sodium: 317 mg Protein: 35 g
 (nutrition facts don't include rice/quinoa)

DIRECTIONS

- Season chicken pieces with ½ tsp. salt and pepper. Heat 1 Tbsp. oil in large pot over medium high heat. Brown chicken for a few minutes on each side. (Chicken will become fully cooked at a later stage.) Remove from pot and set aside.
- Heat remaining 1 Tbsp. oil in pot and add onion, jalapenos (if using), garlic, and ginger. Cook several minutes until onions are tender.
- Combine coconut milk, broth, dried basil, curry powder, chili powder, and remaining ½ tsp. salt. Put all the chicken pieces, carrots, and peppers into pot and cover with coconut milk mixture.
- Simmer 30 minutes on low. Once cooked through, remove chicken to a plate and use 2 forks to shred into small pieces. Set aside.
- Whisk cornstarch with 2 Tbsp. cold water in small bowl and add to pot. Once sauce has thickened slightly, return shredded chicken to pot and simmer for a few more minutes. Stir in cilantro. Serve with a small portion of rice, quinoa, or cauliflower rice.

SHORTCUT PREP

This can easily be a crock pot recipe! (chicken and veggies would cook in sauce 6-8 hours on low or 3-4 hours on high).

Szechuan Green Beans



INGREDIENTS

- 1 tsp. sesame oil
- ½ lb. green beans, stem ends trimmed
- ¼ cup water
- 2-3 garlic cloves, minced
- 4 green onions, chopped
- 2 tsp. grated fresh ginger
- 2 tsp. honey
- 1 Tbsp. soy sauce
- *use gluten free soy sauce
- 1 Tbsp. rice vinegar
- 1 small squirt Sriracha (chili paste), or to taste

DIRECTIONS

1. Add water and green beans to a skillet and cook over medium-high heat. Cover and cook beans for about 5 minutes or until tender-crisp. Drain any excess water. Add ginger, garlic, onions, and oil and cook, stirring frequently, until garlic is golden, 1-2 minutes.
2. In a small bowl, mix together the honey, soy sauce, vinegar, and Sriracha. Add sauce mixture and cook, stirring occasionally, for 3-5 minutes until sauce thickens.

NUTRITION FACTS *2 servings*

Calories: 104 Total Carbohydrate: 14 g
 Fat: 2.5 g Dietary fiber: 4.2 g
 Sodium: 439 mg Protein: 3.4 g

Cannoli Dip



INGREDIENTS

- 8 oz. part skim ricotta cheese
- 8 oz. low fat cream cheese, softened
- ¾ cup powdered sugar
- 1 tsp. vanilla extract
- ⅔ cup mini chocolate chips



NUTRITION FACTS

10 servings
 Calories: 183
 Fat: 9.9 g
 Sodium: 133 mg
 Total Carbohydrate: 17 g
 Dietary fiber: 0 g
 Protein: 5 g

DIRECTIONS

1. Beat cream cheese, ricotta cheese, and vanilla with an electric mixer until creamy. Gradually add powdered sugar and beat until smooth.
2. Mix in most of the chocolate chips. Evenly sprinkle the remaining chocolate chips on top. Chill before serving.
3. Enjoy with graham crackers, wafer cookies, waffle cone pieces, or cannoli shell pieces.

Okra with Corn and Tomatoes



INGREDIENTS

- 6 medium tomatoes, diced
- 1 medium onion, chopped
- 2 cups fresh okra, sliced
- 1 cup fresh corn
- 1 clove garlic, minced
- ½ tsp. fresh thyme or 1 pinch dried thyme
- ¼ tsp. salt
- ½ tsp. pepper

DIRECTIONS

1. Bring the tomatoes to a simmer in large pan. Add onions and cook for 10 minutes.
2. Add okra, corn, garlic, thyme, salt and pepper. Cover pot and simmer vegetables for 5-10 minutes.

NUTRITION FACTS *6 servings*

Calories: 84	Total Carbohydrate: 20 g
Fat: 1 g	Dietary fiber: 5 g
Sodium: 112 mg	Protein: 3 g

Ash-e Reshteh



INGREDIENTS

- 1 pound fresh spinach (this is 12 cups raw, and roughly 1 large clam shell of fresh spinach at grocery)
- 8-10 cups of water (more as needed during cooking)
- 2 large leeks, chopped and well cleaned (can use much of the green tips)
- ½ cup lentils
- 1 (15 oz. can) tri bean blend or garbanzo beans, rinsed and drained
- 1 bunch of fresh parsley (regular or Italian)
- 2 chopped white onions
- 2 heaping teaspoons turmeric
- ¼-½ lb. linguine or other thin pasta (*use GF pasta)
- 1 1/2 tsp. salt
- Pepper
- ½ tsp. dried mint (if desired)

NUTRITION FACTS

10 servings

Calories: ?
Fat: ? g
Sodium: ? mg
Total Carbohydrate: ? g
Dietary fiber: ? g
Protein: ? g

DIRECTIONS

1. Place water into large stock pan. Wash and lightly chop fresh spinach and add to pot. Put on medium heat.
2. Wash and chop leeks and fresh parsley and add to pot.
3. Rinse lentils and add to pot.
4. Add turmeric, salt and pepper. Cook for 20 minutes.
5. Chop 2 white onions and add to pot and continue cooking for 10 more minutes. Add more water as needed. You want soup to be thick, but not too thick.
6. Add pasta, by breaking it up into 3 inches. Stir into soup and cook for 15 more minutes.
7. Add can of beans and heat soup through. Add mint as desired (this is a traditional Persian soup). If not a fan, you may omit. Correct seasonings as needed. This is a HEALing soup! Enjoy!