

Eating Healthy 4 Life, LLC

**Holiday Mains & Side Dishes**

Created by Eating Healthy 4 Life, LLC



# Roasted Brussels Sprouts with Pomegranate & Tahini Dressing

8 ingredients · 30 minutes · 2 servings



## Directions

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1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Toss the Brussels sprouts with 2/3 of the oil and half of the salt. Spread them out on the baking sheet and roast for 15 to 20 minutes, flipping them halfway through until crispy and browned.
3. Make the dressing by mixing the tahini, lemon juice, water, and remaining salt together. Drizzle it over the Brussels sprouts and garnish with the parsley and pomegranate seeds. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 3/4 cup.

### More Flavor

Add maple syrup or honey, and/or garlic to the tahini dressing.

### Additional Toppings

Top with chopped nuts or seeds.

## Ingredients

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- 1 1/2 cups Brussels Sprouts (trimmed and halved)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt (divided)
- 2 tpsps Tahini
- 1 tbsp Lemon Juice
- 2 tbsps Water
- 1 tbsp Parsley (minced)
- 1/4 cup Pomegranate Seeds

# Stuffed Squash with Sausage, Kale & Apples

7 ingredients · 50 minutes · 4 servings



## Directions

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1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Rub the oil over the squash halves and season with salt and pepper. Place the squash halves on the baking sheet, cut side down, and roast for 40 to 45 minutes, until softened and cooked through.
3. Heat a large skillet over medium-high heat. Add the sausage and cook until browned, about five minutes. Reduce the heat to medium and add the apple, kale, and sage. Cook, stirring often for another four to five minutes, until the apple has softened and the kale is wilted. Season with salt and pepper.
4. Scoop the sausage mixture into the squash, serve and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately one half of a stuffed squash.

### No Pork

Use ground beef, ground turkey, ground chicken, or lentils instead.

### No Honeynut Squash

Use butternut, acorn, or buttercup squash instead.

## Ingredients

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- 2 **tsps** Extra Virgin Olive Oil
- 1 Honeynut Squash (sliced in half lengthwise, seeds removed)
- Sea Salt & Black Pepper (to taste)
- 10 **ozs** Pork Sausage (casing removed, crumbled)
- 2 Apple (diced)
- 6 **cups** Kale Leaves (chopped)
- 1/4 **cup** Fresh Sage

# Roasted Cauliflower with Dates & Tahini Sauce

9 ingredients · 30 minutes · 4 servings



## Directions

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1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss the cauliflower with half of the oil, salt, pepper, and cumin seed.
3. Transfer to the baking sheet, making sure to space everything out. Bake for 15 minutes. Remove, flip the florets and add the dates. Bake for ten minutes more.
4. Meanwhile, in a small skillet over medium-low heat, toast the pine nuts until browned and fragrant, shaking the skillet often, about five minutes total. Remove and set aside.
5. In a small jar, combine the remaining oil, tahini, and lemon juice. Shake well to incorporate.
6. Layer the cauliflower and dates on a platter. Drizzle the tahini all over and garnish with pine nuts and parsley. Season with additional salt and pepper if needed. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is about 1 1/2 cups.

### No Pine Nuts

Use toasted pumpkin seeds or walnuts instead.

### No Cumin Seed

Use ground cumin instead.

## Ingredients

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- 1 head Cauliflower (medium, cut into florets)
- 1/4 cup Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Cumin Seed
- 3/4 cup Pitted Dates (halved)
- 1/4 cup Pine Nuts
- 1 tbsp Tahini
- 1 tbsp Lemon Juice
- 1 tbsp Parsley (finely chopped)

# Scalloped Sweet Potatoes

9 ingredients · 1 hour · 6 servings



## Directions

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1. Peel and slice sweet potatoes to approximately 1/8-inch thick or use a mandoline. Thinly slice the onions and set aside.
2. Grease baking dish with a bit of coconut oil. (Note: We use a 9x9 baking dish for 6 servings.)
3. Create overlapping layers of the sweet potato slices in the dish and sprinkle the onions between each layer. Continue until all sweet potato and onion is used up.
4. Preheat oven to 400°F (204°C).
5. In a saucepan, heat coconut oil on medium heat. When melted, add almond flour and whisk for 1 to 2 min.
6. Add coconut milk, pumpkin, garlic powder, thyme and salt. Whisk until combined and warm, about 5 minutes.
7. Pour the sauce over the sweet potatoes. Top with any leftover sprigs of thyme or a dash of dried thyme.
8. Bake in the oven for 40 to 45 minutes, uncovered, until sweet potatoes are cooked through. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately 3/4 cup.

### More Protein

Add pureed chickpeas to the sauce.

### Make it Spicy

Add chilli flakes or cayenne pepper.

## Ingredients

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- 2 Sweet Potato
- 1/4 Yellow Onion (thinly sliced)
- 2 tbsps Coconut Oil
- 1/4 cup Almond Flour
- 1 1/2 cups Canned Coconut Milk
- 1 1/2 tsps Garlic Powder
- 1 tbsp Thyme (stems removed)
- 3/4 tsp Sea Salt
- 2/3 cup Pureed Pumpkin

**More Veggies**

Add layers of spinach and mushrooms.

# Mushroom & Carrot Stuffing

8 ingredients · 30 minutes · 8 servings



## Directions

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1. Preheat the oven to 225°F (105°C). Spread the bread evenly across a baking tray. Toast for 30 minutes or until crispy.
2. Meanwhile, heat the oil in a pan over medium-high heat. Cook the carrot and celery for five minutes. Add the mushrooms, thyme, salt, and black pepper. Cook for five to ten more minutes, or until veggies are tender.
3. Add the vegetable broth and simmer for five minutes. Transfer to the baking tray and pour over the toasted bread until absorbed. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving equals approximately 1 1/2 cups.

### More Flavor

Add garlic and onions.

## Ingredients

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**14 slices** Gluten-Free Bread (small, cubed, or torn)

**1 tbsp** Avocado Oil

**2** Carrot (medium, finely diced)

**3 stalks** Celery (thinly sliced)

**12** Cremini Mushrooms (chopped)

**3 tbsps** Thyme (fresh, chopped)

Sea Salt & Black Pepper (to taste)

**2 cups** Vegetable Broth

# Mashed Parsnip with Vegan Miso Gravy

8 ingredients · 15 minutes · 2 servings



## Directions

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1. Set parsnip in a steamer over boiling water and cover. Steam for about 8 minutes, or until tender. Drain and transfer to a bowl. Add almond milk and mash with a fork until smooth and combined. Set aside.
2. Meanwhile, set a saucepan over medium-high heat. Add water, miso paste, oat flour, garlic powder and salt. Whisk to combine and remove any lumps.
3. Bring to a simmer and add tapioca flour while continuing to whisk. Let simmer for at least 5 to 10 minutes, then remove from heat. The gravy will thicken as it cools.
4. Divide mashed parsnip and pour desired amount of gravy overtop. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container (with or without gravy) up to 3 days, or freeze the mashed parsnip and gravy in separate containers.

### No Parsnip

Use cauliflower, celery root, squash or potatoes instead.

### No Oat Flour

Use all-purpose flour instead.

### No Tapioca Flour

Use arrowroot or cornstarch instead.

## Ingredients

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- 3 Parsnip (stems removed, peeled, roughly chopped)
- 2 tbsps Unsweetened Almond Milk
- 1 cup Water
- 1 1/2 tsps Miso Paste
- 2 tbsps Oat Flour
- 1/8 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/2 tsp Tapioca Flour



# Creamy Fall Vegetable Bake

10 ingredients · 1 hour · 6 servings



## Directions

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1. Preheat the oven to 400°F (204°C)
2. Add the chopped vegetables to a baking dish and toss to combine.
3. Add the remaining ingredients to a jar with a lid and shake well. Pour the mixture over the vegetables and carefully stir to incorporate.
4. Cover the baking dish and bake for 45 to 50 minutes or until the vegetables are very tender.
5. Remove from the oven and let cool slightly before serving. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### More Flavor

Add herbs like parsley or thyme. Use vegetable broth instead of water.

### Additional Toppings

Fresh herbs, nutritional yeast or fresh ground pepper.

### Vegetables

For six servings, use any combination of raw, hearty, root vegetables totaling 8 cups.

### Baking Dish

For six servings, use an 8.5 x 11.5-inch or 9 x 9-inch baking dish.

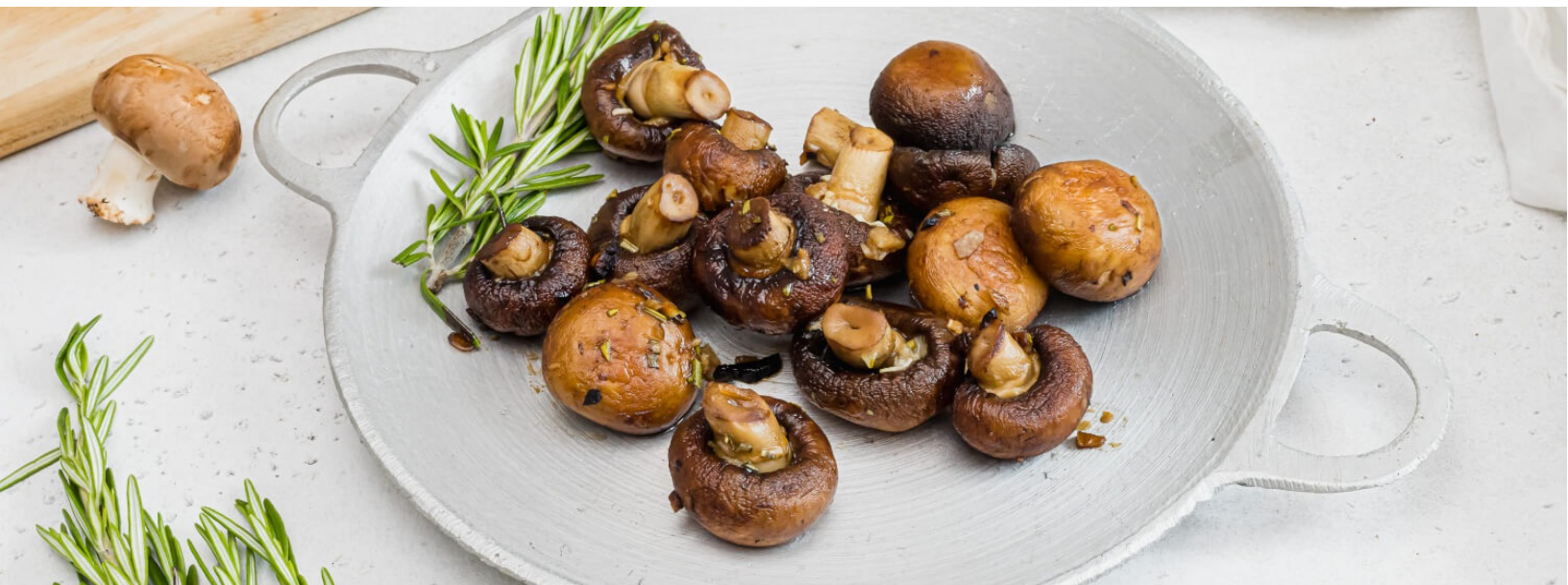
## Ingredients

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- 3 cups** Butternut Squash (peeled, chopped into 1/2-inch pieces)
- 3** Parsnip (medium, peeled and chopped into 1/2-inch pieces)
- 1** Sweet Potato (peeled and chopped into 1/2-inch pieces)
- 1** Carrot (large, peeled and chopped into 1/2-inch pieces)
- 1** Yellow Onion (chopped)
- 1/4 cup** Water
- 3/4 cup** Canned Coconut Milk (full fat)
- 3** Garlic (cloves, minced)
- 2 tsps** Nutritional Yeast
- 1 tsp** Sea Salt

# Rosemary & Garlic Mushrooms

5 ingredients · 15 minutes · 2 servings



## Directions

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1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment.
2. In a large bowl, toss together the mushrooms, butter, garlic, rosemary, and salt. Arrange on the baking sheet and bake for 15 minutes. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is equal to approximately 1/2 cup.

### Make it Vegan

Swap butter for olive oil.

### More Flavor

Top with grated parmesan.

## Ingredients

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- 14 Cremini Mushrooms
- 2 tbsps Butter (melted)
- 2 Garlic (clove, minced)
- 1 tbsp Rosemary (fresh, chopped)
- 1/4 tsp Sea Salt

# Roasted Veggies with Cranberries & Orange

9 ingredients · 35 minutes · 4 servings



## Directions

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1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. Arrange the sweet potato, fennel, brussels sprouts and cranberries on the baking sheet. Drizzle with oil and season with the salt. Toss to evenly coat everything.
3. Bake in the oven for 30 to 35 minutes or until very tender, stirring once halfway through.
4. In a small mixing bowl combine the orange juice, thyme and maple syrup. Drizzle over top of the roasted veggies. Season with additional salt if needed. Divide between plates and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is approximately 3/4 cup.

### No Maple Syrup

Omit or use honey or agave instead.

### No Fresh Thyme

Use another fresh herb like parsley instead.

## Ingredients

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- 1 Sweet Potato (peeled, cubed)
- 1 bulb Fennel (cored, sliced)
- 1 1/2 cups Brussels Sprouts (trimmed, halved)
- 1/2 cup Frozen Cranberries
- 2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1 tbsp Orange Juice (freshly squeezed)
- 1 1/2 tsps Thyme
- 1 tsp Maple Syrup

# Maple Cranberry Sauce

3 ingredients · 30 minutes · 8 servings



## Directions

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1. Combine water and maple syrup in a saucepan and bring to a boil.
2. Add cranberries and cook until they burst and soften, about 20 to 25 minutes. Let cool before serving. Enjoy!

## Notes

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### Serving Size

One serving is equal to approximately 1/4 cup of cranberry sauce.

### Leftovers

Refrigerate in an airtight container up to one week or freeze for up to three months.

### Serve it With

Turkey, stuffing, brie, as a jam, with yogurt or in baked goods.

## Ingredients

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- 1 cup Water
- 1 cup Maple Syrup
- 3 cups Frozen Cranberries (or fresh)

# Savory Sweet Potato & Sage Mash

5 ingredients · 25 minutes · 4 servings



## Directions

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1. In a large pot, add the sweet potato and half of the sea salt. Fill the pot with water and bring to a boil. Reduce to a simmer and cook for 10 to 12 minutes, until the potatoes are fork-tender. Drain and mash with a potato ricer.
2. In a skillet, add the avocado oil and sage and fry until crispy, about 2 to 3 minutes. Remove the sage and chop finely. Add the sage, ghee and remaining sea salt to the mashed sweet potatoes and mix together. Serve and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is equal to approximately 1/2 cup of mashed potato.

### Dairy-Free

Use extra virgin olive oil, avocado oil, coconut oil or vegan butter instead of ghee.

### No Sage

Use another fresh herb such as rosemary or thyme.

## Ingredients

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**4** Sweet Potato (medium sized, peeled and chopped into cubes)

**1 tsp** Sea Salt (divided)

**1/2 tsp** Avocado Oil

**1/4 cup** Fresh Sage (loosely packed)

**2 tbsps** Ghee

# Potato Latkes

6 ingredients · 45 minutes · 4 servings



## Directions

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1. Carefully grate the potato and onion with a box grater (or use the grater blade of a food processor). In batches, transfer the grated potato and onion to a clean kitchen towel or piece of cheesecloth. Squeeze as much liquid as possible from the grated vegetables.
2. Transfer the dry potatoes and onions to a mixing bowl and add the salt, flour, and egg. Mix well until combined. Allow the potato mixture to rest for five to 10 minutes.
3. Meanwhile, heat half of the oil in a cast-iron pan (or another heavy frying pan) over medium heat.
4. Stir the potato mixture well before dropping spoonfuls (approximately two to three tablespoons) of the potato mixture into the pan (do not overcrowd the pan). Use a spoon to flatten the potato mixture into flat patties, approximately three-inches in diameter.
5. Cook for three to five minutes per side, or until golden brown. Transfer cooked latkes to a plate lined with a paper towel and season with additional salt if needed.
6. Repeat with the remaining potato mixture adding more oil to the pan as needed. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days. Reheat in a dry pan or enjoy cold.

### Serving Size

One serving is equal to three latkes.

### More Flavor

Add fresh garlic or garlic powder.

### Additional Toppings

Serve with apple sauce, sour cream or other condiments, like ketchup, for dipping.

### No Avocado Oil

Use extra virgin olive oil or coconut oil instead.

## Ingredients

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- 2 Russet Potato (large, peeled)
- 1/2 Yellow Onion
- 3/4 tsp Sea Salt
- 2 tbsps All Purpose Gluten-Free Flour
- 1 Egg (whisked)
- 1/4 cup Avocado Oil (for frying)

**Potato**

Two large potatoes is approximately equal to 680 grams (24 oz) and yields three cups of grated potato.

# Cranberry Pumpkin Seed Stuffing

10 ingredients · 35 minutes · 8 servings



## Directions

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1. Preheat the oven to 350°F (175°C).
2. Heat the oil in a pan over medium-high heat. Cook the onion, celery, and cranberries for about five minutes. Set aside.
3. In a large bowl, combine the bread, broth, and eggs until evenly absorbed. Stir in the pumpkin seeds, poultry seasoning, salt, and cooked veggies. Transfer to a baking dish and bake for 25 minutes, or until golden brown. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately one cup.

### More Flavor

Add garlic. Use butter instead of oil.

## Ingredients

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- 1 **tblsp** Avocado Oil
- 1/2 Yellow Onion (diced)
- 3 **stalks** Celery (diced)
- 1/2 **cup** Dried Unsweetened Cranberries
- 14 **slices** Gluten-Free Bread (small, cubed or torn)
- 1 **cup** Vegetable Broth
- 3 Egg (whisked)
- 1/4 **cup** Pumpkin Seeds
- 2 **tblsps** Poultry Seasoning
- 1 **tsp** Sea Salt (to taste)



# Candied Sweet Potatoes

9 ingredients · 1 hour 20 minutes · 6 servings



## Directions

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1. Preheat the oven to 375°F (190°C). Place the sweet potatoes in a baking dish.
2. In a small saucepan over medium heat, combine the butter, water, maple syrup, coconut sugar, cinnamon, and nutmeg. Stir until the butter has melted and then let the mixture come to a boil. Let it boil for two minutes, without stirring. Remove from the heat and stir in the vanilla.
3. Pour the butter mixture over the sweet potatoes and toss to combine. Place in the oven to bake for 20 minutes. Remove, stir the potatoes and cover with aluminum foil. Bake for another 40 minutes, stirring once more halfway through.
4. Remove the potatoes and uncover. Season with salt and let it sit for 10 minutes to allow the sauce to thicken. Serve and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is about 1 1/2 cups.

### Dairy-Free

Use a vegan butter instead.

### More Flavor

Add fresh thyme or rosemary.

### Additional Toppings

Top with pecans.

### Make it Vegan

Use a vegan butter or coconut oil.

### Baking Dish

This was baked in a 10.5" x 7.5" baking dish.

## Ingredients

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- 4 Sweet Potato (peeled, sliced 1/2" thick)
- 1/3 cup Butter
- 2 tbsps Water
- 1/4 cup Maple Syrup
- 1/2 cup Coconut Sugar
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt

# Slow Roasted Salmon with Citrus

7 ingredients · 40 minutes · 4 servings



## Directions

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1. Preheat the oven to 300°F (149°C).
2. In an oven-safe baking dish, add the fennel, orange, lemon and half the sea salt and mix to combine. Place the salmon on top and season with the remaining salt. Pour the extra virgin olive oil over the top of everything and place in the oven for 30 to 35 minutes or until the salmon is cooked to your liking.
3. Remove from the oven and add parsley. Divide between plates, serve and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add chili flakes for some spice.

### No Parsley

Use another fresh herb such as dill, chives or cilantro.

## Ingredients

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- 1/2 bulb** Fennel (cored, thinly sliced)
- 1** Navel Orange (thinly sliced)
- 1** Lemon (thinly sliced)
- 1/4 tsp** Sea Salt (divided)
- 1 lb** Salmon Fillet
- 1/4 cup** Extra Virgin Olive Oil
- 1/4 cup** Parsley (finely chopped)

# Braised Lamb Shanks

11 ingredients · 2 hours 50 minutes · 4 servings



## Directions

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1. Preheat your oven to 350°F (176°C). Season the lamb shanks on all sides with half of the salt.
2. In a dutch oven, or other large, oven-safe pot, heat half of the oil over medium-high heat on the stove. Brown the lamb on all sides, in batches if necessary, about 15 to 20 minutes. Transfer the browned lamb shanks to a plate and set aside.
3. Reduce the heat to medium and in the same pot add the remaining oil. Add the onions and carrots and sauté until the onions start to soften about 5 minutes. Season with the remaining salt. Add the bone broth to the onions and carrots followed by the garlic, thyme, cinnamon and orange zest. Stir to combine. Bring the bone broth liquid to a gentle boil then add lamb shanks back to the pot.
4. Cover the pot with a lid or foil and place in the oven. Braise the lamb covered for 75 minutes and then remove the lid and continue to cook uncovered for another 75 minutes, basting occasionally. Additional bone broth or water may need to be added to the pot if the braising liquid evaporates too quickly and the pot becomes dry.
5. Remove the lamb shanks from the pot and set aside to keep warm. Remove the thyme sprigs and cinnamon stick from the braising liquid and whisk the orange juice. Season with additional salt if needed.
6. Divide the lamb shanks between plates and serve with the braising liquid as a sauce. Enjoy!

## Ingredients

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- 2 lbs Lamb Shank
- 1/2 tsp Sea Salt (divided)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (chopped)
- 2 Carrot (chopped)
- 1 1/2 pints Bone Broth
- 6 Garlic (clove, peeled and left whole)
- 1/16 oz Thyme Sprigs
- 1 serving Cinnamon Stick (small)
- 1 tsp Orange Zest
- 2 tbsps Orange Juice (freshly squeezed)

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add a bay leaf, black pepper, parsnip, celery or fennel seeds to the braising liquid.

### No Bone Broth

Use water, vegetable broth or beef broth instead.

**The Sauce**

Whisk in additional bone broth if the braising liquid is too thick or until the desired consistency is reached. For a smooth sauce puree the braising liquid in a blender or food processor before serving.

# Pan-Fried Trout with Herbed Rice

8 ingredients · 30 minutes · 4 servings



## Directions

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1. Add the broth and rice to a pot and bring to a boil. Lower the heat and simmer for 15 minutes. Remove from heat and stir in half the butter, parsley, dill, salt and pepper. Cover and let rest for 10 minutes.
2. Season the trout with salt and pepper, then coat in the flour, shaking off any excess.
3. Melt the remaining butter in a skillet over medium-high heat. Cook the trout for three to five minutes, flipping halfway, or until browned and cooked through.
4. Divide the herbed rice and trout onto plates and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals one trout fillet and just over a cup of herbed rice.

### Trout Fillets

One fillet is equal to approximately 159 grams or 5.6 ounces in size.

### Dairy-Free

Use vegan butter, olive oil, or coconut oil instead.

### More Flavor

Add cilantro and saffron to the rice.

### Additional Toppings

Add lemon juice and fresh herbs.

## Ingredients

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**3 cups** Vegetable Broth, Low Sodium

**1 1/2 cups** Basmati Rice (uncooked)

**1/4 cup** Butter (divided)

**1/2 cup** Parsley (chopped)

**1/2 cup** Fresh Dill (chopped)

Sea Salt & Black Pepper (to taste)

**4** Rainbow Trout Fillet (patted dry)

**2 tbsps** All Purpose Gluten-Free Flour

# Hasselback Butternut Squash with Harissa

8 ingredients · 1 hour · 4 servings



## Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Rub half the oil over the squash halves and season with salt and pepper. Place the squash halves on the baking sheet, cut side down, and roast for 15 minutes to soften.
3. Remove the squash and allow to cool somewhat. Place two chopsticks (or wooden spoons) on both sides of the squash lengthwise. Using a sharp knife, thinly slice the squash until it reaches the chopstick (this prevents the knife from going all the way through). Repeat with remaining squash.
4. In a small bowl, stir together the harissa paste, honey, and remaining oil. Brush half of the mixture on the squash and place back in the oven for 20 minutes. Remove the squash, brush with the remaining harissa mixture and bake for another 16 to 20 minutes, until cooked through.
5. Place the squash on a large platter and garnish with pumpkin seeds, feta cheese, and mint. Enjoy!

## Notes

### Leftovers

Store in an airtight container in the fridge for up to three days.

### Serving Size

One serving is half of a small butternut squash or 3/4 cup.

### Butternut Squash

One small butternut squash is approximately 1 1/2 cups.

### Dairy-Free

Omit the feta cheese, or use a vegan feta cheese.

### Make it Vegan

Use maple syrup instead and omit the feta.

## Ingredients

- 3 cups** Butternut Squash (peeled and sliced lengthwise, seeds removed)
- 2 tbsps** Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps** Harissa
- 1 tbsp** Honey
- 1/4 cup** Pumpkin Seeds (toasted)
- 1/4 cup** Feta Cheese (crumbled)
- 3 tbsps** Mint Leaves (torn)

# Leftover Turkey Pilaf

8 ingredients · 35 minutes · 5 servings



## Directions

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1. In a large non-stick skillet over medium-high heat, soften the carrots and the onions in 1/4 of the broth for about five minutes. Add the rice and stir to coat.
2. Add the remaining broth, apricots, and garam masala. Bring to a boil, cover, and reduce the heat to low. Simmer for 15 to 20 minutes or until the liquid is absorbed.
3. Remove from the heat. Top the rice with the turkey. Cover and let stand for five minutes. Gently stir in the cilantro. Divide evenly between plates and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

### Serving Size

One serving is equal to approximately two cups.

### More Flavor

Add salt and ground black pepper. Add garlic to the rice.

### Additional Toppings

Top with roasted nuts or seeds.

## Ingredients

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- 2 cups** Grated Carrot
- 1/2 cup** Red Onion (sliced finely)
- 4 cups** Chicken Broth (divided)
- 2 cups** Basmati Rice (uncooked)
- 1/3 cup** Dried Apricots (chopped)
- 1 tsp** Garam Masala
- 1 lb** Turkey Breast, Cooked (shredded)
- 1/4 cup** Cilantro (chopped, plus extra for garnish)

# Grilled Brussels Sprouts, Pear & Pecan Salad

9 ingredients · 20 minutes · 4 servings



## Directions

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1. Bring a pot of water to a boil. Blanch the Brussels sprouts for two to five minutes. Drain the water and pat dry. Toss the Brussels sprouts in oil and season with salt.
2. Pierce the Brussels sprouts onto the skewers.
3. Grill over medium-high heat for about four minutes per side, until tender and slightly charred.
4. Divide the spinach, pear, pecans, cranberries, and grilled Brussels sprouts onto plates. Drizzle with lemon juice and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving equals approximately 2 1/2 cups.

### More Flavor

Marinate the Brussels sprouts for longer. Add black pepper and minced garlic to the marinade. Drizzle any leftover marinade over top of the cooked skewers.

### Additional Toppings

Add olive oil, goat cheese, blue cheese, feta cheese or vegan cheese.

### No Skewers

Use a grilling mat or basket instead.

### Barbecue Skewers

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

## Ingredients

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**4 cups** Brussels Sprouts (trimmed, outer leaves removed, halved)

**2 tbsps** Avocado Oil

**1/2 tsp** Sea Salt (to taste)

**8** Barbecue Skewers

**4 cups** Baby Spinach

**2** Pear (cored, sliced)

**1 cup** Pecans (crushed)

**1 cup** Dried Unsweetened Cranberries

**2 tbsps** Lemon Juice (to taste)



# Winter Kale Salad

10 ingredients · 20 minutes · 4 servings



## Directions

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1. Add the extra virgin olive oil, apple cider vinegar, mustard, maple syrup and sea salt into a small bowl and whisk together.
2. Add the kale to a large bowl and drizzle the dressing over top. Massage with your hands to ensure it is evenly coated.
3. Top the massaged kale with pomegranate seeds, sliced pear, pumpkin seeds and toasted coconut flakes. Toss before serving. Enjoy!

## Notes

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### Leftovers

Store in an airtight container in the fridge for up to two days.

### Serving Size

One serving equals approximately two cups.

### No Pear

Use sliced apple instead.

### No Kale

Use Swiss chard or collard greens instead.

## Ingredients

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- 2 **tbps** Extra Virgin Olive Oil
- 1 **tbsp** Apple Cider Vinegar
- 1 **tsp** Dijon Mustard
- 1 **tsp** Maple Syrup
- 1/8 **tsp** Sea Salt
- 6 **cups** Kale Leaves (thinly sliced)
- 1/2 **cup** Pomegranate Seeds
- 1 Pear (cored and thinly sliced)
- 1/4 **cup** Pumpkin Seeds
- 1/4 **cup** Unsweetened Coconut Flakes (toasted)

# Lentil Mushroom Loaf

17 ingredients · 1 hour 5 minutes · 10 servings



## Directions

1. Preheat the oven to 350°F (177°C) and line a loaf pan with parchment paper.
2. In a skillet over medium heat, add the oil. Once hot, add the mushrooms and cook for about 4 minutes, until softened. Stir in the onion and carrots and cook for an additional 3 minutes. Add the garlic cloves and coconut aminos and stir for 1 minute. Remove from heat and set aside.
3. Add the flax seeds and water to a small bowl, stir and set aside.
4. Add the walnuts to a food processor, pulse to chop and then place in a large bowl. Then add the vegetable mixture, sun dried tomatoes and thyme to the food processor and pulse to a rough consistency, while still leaving some vegetable chunks. Add to the large bowl. Then add about 3/4 of the lentils to the food processor and pulse to incorporate, but not completely smooth. Add this along with the remaining lentils to the large bowl.
5. Add the oats, oat flour, flax mixture and salt to the large bowl and mix to combine. Pour into the prepared loaf pan, pressing down to ensure it's smooth.
6. Mix the ketchup and balsamic together in a small bowl. Add this glaze on top of the lentil loaf and place in the oven for 45 to 50 minutes, until cooked through. It should be golden brown and the edges dry to the touch. Let it rest for 10 minutes in the pan, then remove and place on a cooling rack. Slice and enjoy!

## Notes

### Leftovers

Refrigerate an airtight container for up to four days. Freeze leftover slices in an airtight container or in a freezer-safe bag wrapped in parchment paper for up to two months.

### Serving Size

One serving size is one slice.

### Nut-Free

Use toasted sunflower seeds or omit the walnuts.

### More Flavor

Use a mix of mushrooms such as shiitake and cremini.

## Ingredients

- 1 tsp Avocado Oil
- 12 Cremini Mushrooms (sliced)
- 1/2 Yellow Onion (chopped)
- 2 Carrot (finely chopped)
- 3 Garlic (cloves, minced)
- 2 tbsps Coconut Aminos
- 3 tbsps Ground Flax Seed (ground)
- 1/3 cup Water
- 1 cup Walnuts (toasted)
- 1/2 cup Sun Dried Tomatoes (chopped)
- 2 tbsps Thyme (fresh, chopped)
- 2 cups Green Lentils (cooked)
- 3/4 cup Oats
- 1/2 cup Oat Flour
- 1 tsp Sea Salt
- 1/3 cup Sugar Free Ketchup
- 2 tbsps Balsamic Vinegar

**No Coconut Aminos**  
Use tamari instead.

# Butternut Squash Chili

10 ingredients · 40 minutes · 3 servings



## Directions

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1. Heat the oil in a large dutch oven or pot over medium heat. Once hot, add in the squash, onion, and bell pepper and saute for five minutes.
2. Reduce the heat to medium-low and add the cumin, chili powder, salt, beans, broth, and tomatoes. Simmer covered for 25 to 30 minutes, until the squash is cooked through and some of the liquid has reduced.
3. Season with salt to taste and divide into bowls, serve and enjoy!

## Notes

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### Leftovers

Refrigerate in a sealed container for up to four days, or freeze for up to two months.

### Serving Size

One serving is equal to about 1 1/2 cups of chili.

### More Flavor

Add more spice such as cayenne.

## Ingredients

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- 1 **tbps** Extra Virgin Olive Oil
- 4 **cups** Butternut Squash (peeled, chopped into 1/2-inch pieces)
- 1/2 **cup** Red Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 1/2 **tsp** Cumin
- 1 1/2 **tsps** Chili Powder
- 3/4 **tsp** Sea Salt
- 2 **cups** Black Beans (drained, rinsed)
- 3/4 **cup** Vegetable Broth
- 1 1/2 **cups** Diced Tomatoes

# Roasted Sweet Potato & Brussels Sprouts Salad

11 ingredients · 30 minutes · 4 servings



## Directions

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1. Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
2. Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

## Notes

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### No Brussels Sprouts

Use broccoli instead.

### No Lentils

Use chickpeas, tempeh, or tofu instead.

## Ingredients

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- 2 Sweet Potato (medium, sliced into 1 inch cubes)
- 4 cups Brussels Sprouts (washed and halved)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1/4 cup Water (warm)
- 1/4 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/8 tsp Sea Salt
- 2 cups Lentils (cooked, drained and rinsed)
- 8 cups Baby Spinach (chopped)

# Braised Chicken Drumsticks

8 ingredients · 1 hour 40 minutes · 4 servings



## Directions

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1. Preheat the oven to 375°F (190°C).
2. In a large mixing bowl combine the drumsticks, onion and garlic. Add in the lemon juice, oil, Italian seasoning and salt. Mix until the chicken is well coated.
3. Transfer the seasoned chicken to a rimmed baking dish. Arrange the drumsticks into a single layer on top of the onions and garlic. Add the water to the dish and cover with a tight-fitting lid or foil. Bake covered for 75 minutes then remove the lid and continue baking for 20 minutes or until the chicken has browned and sauce has thickened.
4. Remove the chicken from the baking dish and gently mash the garlic cloves into a chunky paste then stir to mix with the rest of the sauce.
5. To serve, divide the chicken between plates and top with the garlic and onion sauce. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 2 chicken drumsticks and 2 tablespoons of sauce.

### More Flavor

Use chicken broth instead of water.

### Additional Toppings

Garnish with fresh herbs like parsley or thyme.

### No Drumsticks

Use bone-in chicken thighs instead.

## Ingredients

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- 2 lbs** Chicken Drumsticks
- 1** Yellow Onion (sliced)
- 6** Garlic (cloves, peeled, cut in half)
- 2 tbsps** Lemon Juice
- 1 tbsp** Extra Virgin Olive Oil
- 1 tbsp** Italian Seasoning
- 1/2 tsp** Sea Salt
- 1/4 cup** Water