

Village Wellness Cook Book

Every great school deserves
nutritious healthy meals to inspire
plenty of heartfelt goodness!



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Breakfasts

Overnight Oatmeal-Berry Breakfast Parfaits

from Maureen Caldwell

Prep Time: 15 minutes. Cook Time: N/A Oven Temp: N/A

Ingredients:

- | | |
|--|---------------------------------------|
| -12 oz. (1.5 cups) yogurt, plain, whole-milk | -2/3 cup old fashioned oats, uncooked |
| -2 tsp. chia seeds | -Stevia, to taste (optional) |
| -1 tsp. cinnamon | -1/2 tsp. vanilla extract |
| -1/2 banana, large, mashed | -1/4 cup almond milk, unsweetened |
| -1 cup mixed berries, frozen | -1/4 cup almonds, chopped |

Directions:

1. In a medium bowl, mash banana with a fork until only mostly smooth.
2. Add yogurt, oats, chia seeds, cinnamon, vanilla, and almond milk. If needed, add a dash of stevia for sweetness.
3. In a tall glass (or a glass to-go container), layer yogurt mixture in thirds with frozen mixed berries and nuts.
4. Refrigerate overnight and enjoy for breakfast, perfectly chilled!

Notes: Recipe courtesy of Katie Kahn, Functional Nutritionist and busy mother of four. Katie guides individuals to practice balanced nutrition in combination with smart fitness habits, like barre3. Serves 2.

Refrigerator Oatmeal

from Sarah Beamish

Prep Time: 10 minutes. Cook Time: N/A Oven Temp: N/A

Ingredients:

- | | |
|--|--|
| -1/4 cup uncooked old fashioned rolled oats | -1/3 cup skim milk |
| -1/4 cup low-fat Greek yogurt | -1 1/2 teaspoons dried chia seeds |
| -2 teaspoons maple syrup (more or less to taste) | -1/4 cup blueberries (or enough to fill jar) |

Directions:

1. In a half pint (1 cup) jar, add oats, milk, yogurt, chia seeds, and maple syrup.
2. Put lid on jar and shake until well combined.
3. Remove lid, add blueberries and stir until mixed throughout.
4. Return lid to jar and refrigerate overnight or up to 2 days.
5. Eat chilled.

Notes: Easy, no-cook oatmeal with make-ahead convenience; packed with nutrition to get your day off to a healthy start. Make it in individual mason jars for a perfect serving size and an easy grab-and-go breakfast. You can find more variations of the recipe at:

http://www.theyummylife.com/Refrigerator_Oatmeal. Vegetarian. Serves 1.

Maple Nut Granola

from Maureen Caldwell

Prep Time: 10 minutes. Cook Time: 25-30 minutes. Oven Temp: 350 degrees

Ingredients:

- | | |
|---|---|
| -1/4 c melted coconut oil, plus more for greasing pan | -1/2 c grade B maple syrup |
| -1/4 c honey | -1/4 tsp sea salt |
| -4 c rolled oats | -3 c chopped nuts of your choice |
| -1/2 c coconut flakes | -1/4 c sesame seeds |
| -1/4 c sunflower seeds | -1/4 c chopped dried fruit of your choice |

Optional

-You can also add 1 tsp cinnamon and/or 1 tsp cacao powder - yum!

Directions:

1. Preheat oven to 325 degrees. Lightly grease a 12 x 15 inch baking pan with coconut oil.
2. In a large bowl, whisk together coconut oil, syrup, honey, and salt (plus cinnamon and/or cacao powder, if using). Stir in oats, nuts, seeds, and coconut flakes.
3. Evenly spread the mixture onto a baking pan, and bake for 25-30 minutes (or until toasted), stirring every 10 minutes to help bake evenly.
4. Place pan on a wire cooling rack, stir in dried fruit (if using), and let cool completely.

Notes: This smells heavenly when it's baking. Enjoy it with seasonal fruit, yogurt or milk for breakfast or to top ice cream for dessert. Store in an air-tight container, and it will keep for 2 weeks. Vegan, vegetarian, gluten free, and dairy free. Serves 10-12.

Smoothies & Drinks

P.B. + J. Smoothie

from Maureen Caldwell

Prep Time: 10 minutes. Cook Time: N/A Oven Temp: N/A

Ingredients:

-¼ cup peanut butter or almond butter	-2 Tbs. flax seed, ground
-2 cups strawberries, fresh or frozen	-1/2 avocado
-2-4 pitted dates or 1 Tbs. maple syrup	-2 cups almond milk, unsweetened
-1 to 2 hand-fulls ice (optional)	

Directions:

1. Place all ingredients in a high-speed blender and blend until smooth.

Notes: This smoothie has transformed the peanut butter and jelly sandwich into a protein-packed power meal.

Recipe courtesy of Jennifer Curtiss ND, barre3 Nutrition Director. Serves 2

Leafy Smoothie

from Maureen Caldwell

Prep Time: 10 minutes. Cook Time: N/A Oven Temp: N/A

Ingredients:

-2 cups water	-2 cups blueberries, wild
-1 large handful parsley	-Zest of one lemon
-Juice of half a lemon	-1 tbsp flax meal
-1/2-inch knob fresh ginger	-1 tsp cinnamon
-1 tsp vanilla	-6 to 8 dates, pitted
-1/4 cup Brazil nuts	-Ice (optional)

Directions:

2. With a high-speed blender like a Vitamix or BlendTec, blend all of the ingredients on high until creamy and smooth. This smoothie is fairly liquidy, so add ice if you prefer it more like a slushy. Enjoy!
3. NOTE: If you're using a less-powerful blender, be sure to chop the parsley beforehand, and then add ingredients one at a time and blend until all ingredients are liquefied.

Notes: This leafy smoothie is a great energizer. It contains five of the top 10 foods to aid in glycemic control: cinnamon, berries, parsley, ground flax seed, and lemon. That equals stable, long-lasting energy for you!

Thanks to Functional Nutritionist Andrea Nakayama, from Replenish PDX, who contributed this recipe to barre3.

Serves 2.

Butternut Squash + Cherry Smoothie

from Maureen Caldwell

Prep Time: 10 minutes. Cook Time: N/A Oven Temp: N/A

Ingredients:

- | | |
|-----------------------------|---|
| -1 tbsp almond butter (raw) | -3/4 cup cherries (frozen & pitted) |
| -1/2 banana (frozen) | -4 cubes raw butternut squash (fresh or frozen) |
| -2 to 3 dates (optional) | -1-1/2 cups fresh water |
| -2 tbsp avocado | |

Directions:

1. In a high speed blender, blend everything mentioned above. You might want to sweeten it more or less depending on your taste buds.

Notes: This smoothie definitely doesn't taste like your ordinary green drink or protein smoothie, but it's a great option when you want to change up the monotony. Enjoy! Courtesy of barre3. Serves 2

Sauces & Dressings

Arugula Mint Pesto

from Toña Aguilar

Prep Time: 10 minutes. Cook Time: 8-10 minutes Oven Temp: 350 degree

Ingredients:

- | | |
|--------------------------------|-----------------------------------|
| -1/4 cup raw almonds | -1 cup mint leaves |
| -1 garlic clove, minced | -1/3 cup extra virgin olive oil |
| -2 cups lightly packed arugula | -1 oz parmigiano reggiano, grated |

Directions:

1. Toast almonds in 350 degree oven for 8-10 minutes until fragrant and slightly darkened.
2. Let cool, then pulse in a food processor with garlic, arugula, cheese and mint until a smooth paste forms.
3. While the machine is running, slowly pour in the olive oil. If pesto is too thick, mix in a small amount of cold water.
4. Taste for seasoning.

Notes: This is a recipe Toña shared at the Market Fresh May cooking class.

Garlic Scape Pesto

from Toña Aguilar

Prep Time: 5 minutes. Cook Time: N/A. Oven Temp: N/A.

Ingredients:

-1 cup thinly sliced garlic scapes -¼ cup pinenuts
-¼ cup parmisiano reggiano -½ cup extra virgin olive oil

Directions:

1. Put garlic scapes, pinenuts and cheese into your food processor.
2. Blend until well combined.
3. While machine is running, slowly pour in the olive oil.
4. Taste for seasoning.

Notes: This is a recipe Toña shared at the Market Fresh May cooking class.

Avocado Aioli

from Maureen Caldwell via Lascaux Paleo

Prep Time: 5 minutes. Cook Time: N/A. Oven Temp: N/A.

Ingredients:

- | | |
|---|-----------------------------|
| -2 ripe avocados | -2 to 3 T fresh lemon juice |
| -1 T minced garlic | -Sea salt |
| -Freshly ground black pepper (omit for AIP) | -3-6 T filtered water |

Directions:

1. Put avocado flesh in a blender or food processor, along with lemon juice, garlic (I love garlic, so I add a healthy dose, but feel free to use less), and 1/4 t sea salt.
2. Add water, tablespoon by tablespoon, until you get a mayonnaise-like, creamy consistency.
3. Season with salt and pepper (if using) to taste.

Notes: This recipe can be found online at: <http://lascauxpaleo.blogspot.com/2015/03/avocado-aioli.html>
It is Autoimmune Paleo diet friendly recipe. This aioli is delicious as well as versatile. It works well as a dip (think veggies, meat, fried plantains, sweet potato fries), or as a substitute for mayonnaise (think tuna salad, chicken salad, slaws, burgers, celery root remoulade). Try the variations below the recipe too!
This makes about 1 1/2 c aioli.

Salads

Rainbow Kale Salad

from Toña Aguilar

Prep Time: 15 minutes. Cook Time: N/A Oven Temp: N/A

Ingredients:

For salad:

- | | |
|---|---|
| -6 c lightly packed raw kale, stems removed | -1/4 c seeded and diced red bell pepper |
| -1/4 c seeded and diced yellow bell pepper | -1/2 c grated carrot |
| -1/2 c thinly sliced red cabbage | |

For dressing-

- | | |
|------------------------------------|-------------------------|
| -2 TB extra virgin olive oil | -1 TB lemon juice |
| -1 garlic clove, pressed or minced | -1 tsp pure maple syrup |
| -1 tsp tamari | |

Directions:

1. Chop the kale and toss in mixing bowl with bell peppers carrot and cabbage.
2. Whisk all dressing ingredients together in small bowl and pour over salad. Use hands to massage dressing into kale, making sure it's evenly distributed.
3. Either serve immediately, or chill for 10 minutes or more to allow the kale to soften.

Notes: This is a recipe Toña shared at the Market Fresh May cooking class.

Broccoli Yogurt Salad

from Maureen Caldwell

Prep Time: 15 minutes. Cook Time: N/A Oven Temp: N/A

Ingredients:

- | | |
|---|---|
| -1/2 cup full-fat Greek yogurt (can be swapped for olive oil-based mayonnaise as a dairy-free option) | -2 Tbs. apple-cider vinegar |
| -1/2 tsp. pepper | -1 tsp. honey |
| -1 to 2 ribs of celery ribs, diced | -1/2 tsp. salt |
| -1 cup red grapes, sliced in half | -1 large head of broccoli, cut into florets |
| | -1/2 small red onion, diced |
| | -1/2 cup chopped walnuts |

Directions:

1. In a small bowl, combine the yogurt (or mayonnaise), vinegar, honey, salt, and pepper. Mix until well-combined.
2. In a large bowl, toss the broccoli, celery, and red onion. Stir in the dressing and mix well. Add the grapes and walnuts. Toss until everything is well-coated with the yogurt mixture. Serve chilled.

Notes: The combo of nutrients and fiber from broccoli, red onions, walnuts, and apple-cider vinegar help reduce premenstrual pain and inflammation. Even better, the dish requires just two simple steps—easy peasy!

Recipe courtesy of Andrea Bemis, chef/writer of Dishing Up The Dirt and owner of Tumbleweed Farm, in Hood River, OR. Serves 4.

Salmon + Fennel Salad

from Maureen Caldwell

Prep Time: 15 minutes. Cook Time: 25 minutes. Oven Temp: 400 degrees

Ingredients:

- | | |
|--|---------------------------|
| -1/2 lb salmon fillet | -3 cups spinach (chopped) |
| -7 stalks asparagus (woody ends removed & chopped) | -5 pinches fennel |
| -3 strawberries (chopped) | -1 tsp olive oil |
| -1 tbsp apple cider vinegar | -1 shallot (chopped) |
| -2 basil leaves (chopped) | |

Directions:

1. Preheat oven to 400F.
2. Place salmon on parchment paper and squeeze lemon juice on top. Wrap the parchment paper around the salmon to make a sealed pocket around the fish.
3. Cook for 25 minutes.
4. Meanwhile, chop spinach finely. Lay out on a plate.
5. Top with chopped asparagus, and strawberries.
6. Melt coconut oil in a pan and add chopped shallot. Sauté for about 7 minutes.
7. Combine the shallots with apple cider vinegar, basil leaves, and olive oil. Stir well.
8. When salmon is done, serve it on top your spinach, asparagus and strawberries. Pour dressing over your salad and top with pinches of fennel. Enjoy!

Notes: Recipe courtesy of health coach Skylor Powell from Sprout Health Lifestyle. Serves 2.

Fava Bean Salad—Ensalada de Habas

from Pamela Pearce

Prep Time: 20 minutes. Cook Time: A few minutes. Oven Temp: N/A

Ingredients:

1-2 pounds fresh fava beans in pods
-1 juicy lemon (to taste)
-Sea Salt

-1 small sweet white onion
-1Tbl spoon olive oil (to taste)

*Optional ingredients:
-firm avocado and/or radishes

Directions:

1. Remove fava beans from pods and boil them until bright green and tender but NOT mushy (about 3-4 minutes)-test frequently!
2. Dump beans into collander and rinse with cold water.
3. Dice onion as fine as possible (gringos tend to chop onions very coarsely this is considered an uncivilized way to treat/eat onions in many other countries) optional treatment is to salt and then rinse diced onion with cold water- in Chile they believe this removes the "harshness" from the onion.
4. Now this will test your patience- remove the outer layer of skin from each fava bean before placing them into a bowl- you will get a groove after a while and it won't be that bad!
5. Toss diced onion to taste- (in Chile they use almost half and half onion to fava) and fava beans in the bowl. *If you do add something like avocado in small squares and/or radishes slice thinly this would be the time to add them in these additions are not traditional. I just discovered they taste great together and sometimes add them in
6. Salt generously with good sea salt (I love Maldon Flakes)
7. Squeeze lemon juice
8. Add olive oil and gently mix it all together so it spreads evenly over all ingredients.

Notes: This salad is traditional to Chile is somewhat labor intensive for a salad but well worth the work! I really love this salad; it symbolizes the start of warm weather and fresh food and the all meals I shared with friends and family in Chile. Maybe because you must peel every bean individually it feels special almost like a delicacy when you are eating it- hope you love it too! Vegan, vegetarian, gluten free, dairy free and nut free. Serves 4-5 people.

Tzatziki

from Tonia Aguilar

Prep Time: 10 minutes. Cook Time: N/A Oven Temp: N/A

Ingredients:

- 2 cups yogurt, preferably whole milk
- salt and pepper
- 2 garlic cloves, minced
- 1 Tbs minced dill
- 1 Tbs extra virgin olive oil
- 2 small or 1 large cucumber, peeled, seeded and small diced
- 1 Tbs minced mint
- 1 Tbs white wine vinegar

Directions:

1. Pound/mash garlic with a few pinches of salt.
2. Combine yogurt, cucumber, garlic, herbs and vinegar.
3. Taste and add salt and pepper as desired.
4. Drizzle oil over top and serve.

Tomato & Pomegranate Salad

from Emily Swenson

Prep Time: 15 minutes. Cook Time: N/A Oven Temp: N/A

Ingredients:

- | | |
|--|--|
| -1 1/2 cups diced red cherry tomatoes | -1 1/2 cups diced yellow cherry tomatoes |
| -1 1/3 cups diced tiger or plum tomatoes | -1 lb diced medium tomatoes |
| -1 diced red pepper | -1 finely diced red onion |
| -2 cloves garlic, crushed | -1/2 tsp ground allspice |
| -2 tsp white wine vinegar | -1 1/2 tsp pomegranate molasses |
| -1/4 cup olive oil, plus extra to finish | -1 cup fresh pomegranate seeds |
| -1 tbsp small oregano leaves | -salt |

Directions:

1. Mix together all the tomatoes, the red pepper and the onion in a large bowl and set aside.
2. In a small bowl, whisk together the garlic, allspice, vinegar, pomegranate molasses, olive oil, and a scant 1/2 teaspoon salt until well combined. Pour this over the tomato mixture and gently mix.
3. Arrange the tomato mixture and its juices on a large, flat plate. Sprinkle the pomegranate seeds and oregano over the top. Finish with a drizzle of olive oil and serve.

Notes: This recipe is from *Plenty More* by Yotan Ottolenghi.

Soups* & Stews*

Lentil Soup

from Stacey Black

Prep Time: 20 minutes. Cook Time: 40 Minutes Oven Temp: N/A

Ingredients:

- | | |
|--------------------------------|-----------------------------------|
| -3 cups green lentils (rinsed) | -7 cups water |
| -2 cups onions | -6 to 8 cloves garlic |
| -2 celery sticks | -2 carrots |
| -2 cups diced tomatoes | -Salt |
| -Pepper | -Fresh spinach, or kale, or chard |

Directions:

1. Simmer lentils in water for 20 minutes.
2. As it is simmering cut up onions, garlic, celery and carrots.
3. Add vegetables to lentils and simmer for another 20 minutes
4. After, stir in remaining ingredients.
5. Serve immediately.
6. Add red wine vinegar to each bowl.

Notes: This is quick, easy, vegan, fat free, easy to modify and yummy!

Carrot Ginger Soup

from Alison Cantril

Prep Time: 10 minutes. Cook Time: 1 hour. Oven Temp: N/A

Ingredients:

- 10 Carrots (chunked)
- 4 to 6 Cups of Broth
- 3 to 4 Big Chunks of Ginger (peeled and minced)
- Olive Oil
- 2 Cups of Milk (cow, rice or almond)
- Parsley (garnish)
- 2 Small Potatoes (chunked)
- 1 Diced Onion
- 8 to 10 Cloves of Garlic (minced)
- Butter
- Salt to taste

Directions:

1. Cook carrots and potatoes in broth or in broth and water combo until tender.
2. Meanwhile sauté onion, ginger and garlic in some olive oil and butter.
3. Put all of the above in a blender or food processor. Add 1 to 2 cups of broth and 1 to 2 cups of heated milk. Blend until smooth.
4. Serve and garnish with minced parsley.

Notes: Sally Grimsrud shared this recipe to Alison Cantril. Servings: 9 Cups.

Garbanzo Stew

from Alison Cantrell

Prep Time: 45 minutes. Cook Time: 45 minutes. Oven Temp: N/A

Ingredients:

- | | |
|----------------------------------|----------------------------------|
| -1 to 2 Cans of Garbanzo Beans | -1 to 2 Carrots (sliced) |
| -1 Cup Mushrooms (sliced) | -1 Medium Onion (diced) |
| -6 Cloves Garlic (minced) | -1 to 2 Tbsps. Nutritional Yeast |
| -2 to 3 Medium to Large Potatoes | -1/2 Red Pepper (diced) |
| -1 Large Can Diced Tomatoes | -Red Wine to taste |
| -Curry to taste | -Cumin to taste |
| -Sage to taste | -Basil to taste |
| -Salt to taste | -Pepper to taste |

Directions:

1. Cook potatoes and carrots.
2. Meanwhile sauté onions and garlic until translucent.
3. Add mushrooms, pepper, curry and cumin. Cook until veggies are soft.
4. Combine all ingredients and cook together for about 45 minutes.
5. Taste and adjust spices/herbs to your own liking.

Notes: This recipe doesn't give measurements for spices and herbs so it is all to taste. Vegetarian and dairy free. Serves 4-6 people.

Lentil Soup

from Tonia Aguilar

Prep Time: 10 minutes. Cook Time: 30-35 minutes. Oven Temp: N/A

Ingredients:

- | | |
|--|---------------------------|
| - 2 cups French green lentils | -1 Tbs olive oil |
| -1 onion, small diced | -1 tsp salt |
| -1 quart roasted tomatoes or 1 28 oz can diced | -2 cups water |
| -2 cups chopped chard | -1-2 tsp red wine vinegar |

Directions:

1. Cook lentils in 6 cups water for about 20 minutes or until just tender.
2. Drain.
3. Sautee onions in oil with salt until soft.
4. Add tomatoes, lentils and water. Bring to a simmer.
5. Stir in chard. Remove from heat and let sit for 5 minutes.
6. Taste for seasoning. I always add 1-2 tsp of red wine vinegar to bring out flavor and sometimes a bit more salt.

Notes: Vegan, vegetarian, gluten free, dairy free, and nut free. Serves 4-6.

Kaiser Wilhelm's Lieblingsuppe

from Maureen Caldwell

Prep Time: 10 minutes. Cook Time: 45-60 minutes. Oven Temp: N/A

Ingredients:

- | | |
|--|--|
| -4 potatoes, peeled | -4 large carrots, peeled |
| -3 stalks celery | -4 large leeks or 2 medium onions |
| -5 cloves garlic | -1/4 c butter (or coconut oil for vegan) |
| -2 T flour (or alternate flour for GF) | -Sea salt & freshly ground pepper to taste |
| -1 c half and half (omit for vegan) | -2 c sliced, cooked sausages or hot dogs (or chickpeas for vegetarian) |
| -1/2 c chopped parsley | |

Directions:

- 1) Slice potatoes, carrots, celery, leeks/onions, and garlic, and place in a large pot.
- 2) Add water to cover and bring to a boil. Reduce heat to a simmer and let cook until vegetables are very tender.
- 3) Process vegetables and most of the water in a blender until smooth, adding more of the cooking water until the soup is your desired consistency. Dump any extra water.
- 4) In the empty pot, melt the butter until it boils and just starts to brown. Add the flour and stir well until your roux is tan and smells toasted.
- 5) Off of the heat, pour the blended vegetables back into the pot (watch out--it likes to splatter). Add salt and pepper to taste and the half and half. Stir until thickened, bringing back to a boil.
- 6) Stir in the sausages and parsley. Serve once sausages are warm.

Notes: This recipe has been passed down for generations from my great grandmother's Prussian family. It was my mom's favorite method to get us to eat our vegetables, and now I make it in my own home. It's especially delicious with garlic bread. Guten Appetit! Serves 8-10.

Side Dishes

Honey Cumin Baked Carrots

from Toña Aguilar

Prep Time: 10 minutes. Cook Time: 15-20 minutes Oven Temp: 350 degree

Ingredients:

- 1 bunch new carrots
- Pinch of salt
- Drizzle of honey
- Pinch of cumin
- Dash of olive oil

Directions:

1. Preheat oven to 350 degrees.
2. Wash and cut carrots in half length-wise.
3. Rub the bottom of a pretty oven-safe dish with olive oil.
4. Place carrots flat side down in dish. Sprinkle with ground cumin and salt. Drizzle honey over.
5. Bake for 15 – 20 minutes.
6. For garnish, use chopped carrot greens if you have them.

Notes: This is a recipe Toña shared at the Market Fresh May cooking class.

Cauliflower Couscous

from Maureen Caldwell via Lascaux Paleo

Prep Time: 15 minutes. Cook Time: 1-1.5 hours Oven Temp: N/A

Ingredients:

- 1 large head cauliflower
- 1/4 c shallots (or onions), finely chopped
- 1 T sea salt
- 2 T coconut oil (or grass-fed ghee or butter)
- 1 T chopped parsley (or cilantro)

Directions:

1. In a food processor, or using a box grater, rice the cauliflower florets. If you are using a food processor, put the cauliflower in the base of the bowl with the blade and pulse until the cauliflower resembles couscous. Careful to not overdo it--you don't want puree. (If you do overdo it though, just switch gears and make a cauliflower puree instead). You will probably need to do this in batches.
2. Heat a large skillet and melt coconut oil. Sauté shallots until they are soft, then stir in 1 T parsley and 1 T sea salt. Add the cauliflower couscous, stirring often, until it is no longer crunchy (5-8 minutes).
3. Serve warm and enjoy!

Notes: This recipe can be found online at: <http://lascauxpaleo.blogspot.com/p/cauliflower-couscous.html>
It is Autoimmune Paleo diet friendly recipe. It's a great side dish that is a great replacement for true couscous or rice. You won't be able to tell that it's cauliflower! This serves 4.

Roasted Cauliflower with Tahini Sauce

from Maureen Caldwell

Prep Time: 10 minutes. Cook Time: 25-30 minutes. Oven Temp: 500 degrees

Ingredients:

- 1/4 cup extra-virgin olive oil
- 2 heads cauliflower, cored and cut into 1 1/2" florets
- 1/2 cup tahini
- 3 cloves garlic, smashed and minced into a paste
- 4 tsp. ground cumin
- Kosher salt and freshly ground
- black pepper, to taste
- Juice of 1 lemon

Directions:

1. Heat oven to 500°. Toss together oil, cumin, cauliflower, and salt and pepper in a large bowl. Transfer to 2 rimmed baking sheets; spread out evenly. Bake, rotating pans from top to bottom and front to back, until cauliflower is browned and tender, 25—30 minutes.
2. Meanwhile, combine tahini, garlic, lemon juice, and 1/2 cup water in a small bowl and season with salt. Serve cauliflower hot or at room temperature with tahini sauce.

Notes: This recipe is courtesy of Saveur.com. Roasting cauliflower in a very hot oven gives it an appealing crisp-tender texture and toasty flavor that pairs perfectly with the tart tahini dipping sauce in this dish.

Veggie White Pot

from Justin Boe

Prep Time: 15 minutes. Cook Time: 40+ minutes Oven Temp: 425 degrees

Ingredients:

- | | |
|--|----------------------------------|
| -1 Yam | -1 Large Onion |
| -1 Head Broccoli | -2 to 3 Carrots |
| -1 Delicate Squash (or Butternut Squash) | -1 Pepper (Green/Red) |
| -1 Cup Raisins | -5 Cloves of Garlic |
| -1/2 to 1 Cup Olive Oil | -1/4 to 1/2 Cup Balsamic Vinegar |
| -2 Tbs Cummin | -1 Tbs Curry Powder |
| -Salt/Pepper to taste | |

Sometimes Add:

- Nutritional Yeast, Tahini, Soy Sauce, Sesame Seeds, Tofu

Directions:

1. Chop all vegetables small to medium.
2. Put all spices, oil, vinegar, garlic in blender and mix.
3. Pour yummy flavor onto vegetables and stir.
4. Put into a white pot and bake on 425 degrees for 40+ minutes or until done.
5. I usually cover with foil for 1st 2/3rds of time then remove for remainder.

Notes: I have made this countless times for family and friends. They always demand the recipe. The problem is, it is never exactly the same. But, play with it. It is good. This is how I wooed Kristina!
Vegan, vegetarian, gluten free, nut free and dairy free.

Easy Mac and Cheese

from Donna Crispin

Prep Time: 15 minutes. Cook Time: 30 minutes. Oven Temp: 375 degrees

Ingredients:

- | | |
|------------------------------------|---|
| -8 oz. macaroni or any other pasta | -8 oz. reduced fat sour cream or yogurt |
| -1 cup cooked quinoa | -8 oz. low fat cottage cheese |
| -8 oz. cheese of your choice | -1/4 c. grated parmesan cheese |
| -1/2 c. milk or substitute | -spices |

Directions:

1. Heat oven to 375 degrees.
2. Cook pasta and drain
3. While pasta cooks, mix remaining ingredients in a large bowl. Oil a casserole dish
4. Stir pasta and quinoa into the cheese mixture, spread into casserole dish.
5. Bake uncovered for 30 min. in preheated oven.
6. Stir before serving.

Notes: In college, eons ago, I was hooked on quick and easy Kraft Mac and Cheese. Here's a better alternative. Serves 5.

Squash with Chile Yogurt and Cilantro Sauce

from Emily Swenson

Prep Time: 10 minutes. Cook Time: 40-50 minutes Oven Temp: 425 degree

Ingredients:

- 1 large butternut squash (3 lb/1.4 kg)
- 6 tbs/90 ml olive oil
- 1 small clove garlic, crushed
- Scant 2 1/2 tbs/ 20 g pumpkin seeds
- 1 1/2 tsp Sriracha or another savory chile sauce
- 1 tsp ground cinnamon
- 1 3/4 oz/50 g cilantro, leaves and stems (about 22 sprigs), plus extra leaves for garnish
- 1 cup/200 g Greek yogurt
- salt and black pepper

Directions:

1. Preheat the oven to 425°F/220°C.
2. Cut the squash in half lengthwise, remove and discard the seeds, and then cut into wedges 1/4-inch/2-cm wide and about 23/4-inches/7-cm long, leaving the skin on. Place in a large bowl with the cinnamon, 2 tablespoons of the olive oil, 3/4 teaspoon salt, and a good grind of pepper. Mix well so that the squash is evenly coated. Place the squash, skin side down, on 2 baking sheets and roast for 35 to 40 minutes, until soft and starting to color on top. Remove from the oven and set aside to cool.
3. To make the herb paste, place the cilantro, garlic, the remaining 4 tablespoons oil, and a generous pinch of salt in the bowl of a small food processor, blitz to form a fine paste, and set aside.
4. Turn down the oven temperature to 350°F/180°C. Lay the pumpkin seeds on a baking sheet and roast in the oven for 6 to 8 minutes. The outer skin will pop open and the seeds will become light and crispy. Remove from the oven and allow to cool.
5. When you are ready to serve, swirl together the yogurt and Sriracha sauce. Lay the squash wedges on a platter and drizzle the spicy yogurt sauce and then the herb paste over the top (you can also swirl the yogurt sauce and herb paste together, if you like). Scatter the pumpkin seeds on top, followed by the extra cilantro leaves, and serve.

Notes: This recipe is from *Plenty More* by Yotan Ottolenghi. Serves 4.

Main Dishes

Spring Chicken C^{*}oq au V^{*}in

from Maureen Caldwell via Lascoux Paleo

Prep Time: 15 minutes. Cook Time: 1-1.5 hours Oven Temp: N/A

Ingredients:

- 1 4-5 lb chicken
- 3 shallots, chopped
- 4 celery ribs, chopped
- 3 T arrowroot starch
- 1 c water
- 6 sprigs fresh parsley, plus 2 t minced
- 1 lb white mushrooms, cleaned and quartered
- Sea salt
- 2 slices of bacon, chopped
- 4 carrots, peeled and chopped
- 4 garlic cloves, peeled and crushed
- 2.5 c dry Riesling
- 2 bay leaves
- 6 sprigs fresh thyme
- 1/4 c coconut cream

Directions:

1. Cut chicken into 8 pieces (4 breast pieces, 2 drumsticks, 2 thighs). Reserve the wings and back on a large plate. Remove the skin from all of the pieces, and reserve the skin with the wings and back. Season the 8 chicken pieces with sea salt and set aside.
2. Begin to render the bacon in a large heavy pot, such as a Dutch oven, over medium-low heat for about 5 minutes. Bring the chicken skin, back, and wings to the party and raise the temperature to medium. Cook, stirring frequently, for about 15 minutes, until the bacon and skin are rendered and the chicken parts are browned.
3. Off of the heat, carefully ladle 2 T of the fat into a small bowl for later use.
4. Put the pot back on the burner at medium and add the shallots, carrots, celery, and garlic. Stir until softened.
5. Mix in the arrowroot starch until well integrated. Then add the wine, and deglaze the tasty browned bits on the bottom of the pot. Increase the heat to high and simmer for about 2-3 minutes, until the liquid has slightly thickened.
6. Add the water, bay leaves, and sprigs of parsley and thyme, then give a good stir.
7. Evenly distribute the 8 skinless chicken pieces around the pot. Reduce heat to low, cover, and cook until chicken is cooked, about 30 minutes. Because the chicken pieces will cook at different rates due to size and bones, transfer the cooked pieces to a plate as they come to temperature. This way none of the meat will overcook.
8. Discard the back, wings, bay leaves, and sprigs of herbs, and transfer the cooking liquid to a bowl. Remove any remaining pieces of chicken skin. Allow the liquid to settle for about 10 minutes. Then skim off any fat that sets at the surface and discard.

Spring Chicken Coq au Vin (cont.)

9. Meanwhile, take the reserved fat and heat it on medium in the now empty pot and add 1/4 t salt. Cook the mushrooms in the fat until browned, about 10 minutes.
10. Pour the liquid back into the pot and bring to a boil. Lower the heat to a simmer and allow to reduce and thicken until the consistency of cream, about 10 minutes. Add the coconut cream, parsley, and chicken pieces. Allow the chicken to re-heat in the liquid.
11. Season with salt to taste and serve!

Notes: This recipe can be found online at: <http://lascauxpaleo.blogspot.com/2015/04/spring-chicken-coq-au-vin.html>
It is Autoimmune Paleo diet friendly recipe. In the United States, we usually see coq au vin made with red wine. While coq au vin is best served with crusty bread or mashed potatoes, the meal is AIP compliant by pairing it with mashed cauliflower. This recipe serves 4 hungry people.

Moules Sweets

from Maureen Caldwell via Lascoux Paleo

Prep Time: 1 hour. Cook Time: 20-30 minutes. Oven Temp: 425 degrees.

Ingredients:

Sweet Frites

- 1 lb sweet potatoes
- 2 T duck fat
- Sea salt

Moules

- 1/4 c shallot, chopped finely
- 3 T coconut oil (or grass-fed ghee or butter)
- 2 T flat-leaf parsley, chopped finely (plus extra for garnish)
- 2 T garlic, minced
- 1/4 c dry white wine
- 2 lb mussels

Directions:

Sweet Frites

1. Fill a large bowl with several ice cubes, cold water, and a generous pinch of salt, leaving enough room to add the sweet potatoes when they're ready.
2. You can peel the sweet potatoes, or you can leave the peel on if you like more rustic frites. Note: if you leave the peel on, be sure to scrub the sweet potatoes well and cut out any blemishes.
3. Cut the sweet potatoes lengthwise into 1/4"-1"2" slices. Then turn the slices and again slice lengthwise 1/4"-1/2" slices.
4. Put your sliced sweet potatoes in the bowl of water, give a stir, and let sit for at least an hour. (Don't ask me the science behind it, but this magical hour of a cold water bath is what makes oven fries successful).
5. Heat your oven to 425F. If you are lucky enough to have a convection function on your oven, this is the time to use it!
6. After your fries have been soaking for at least an hour. drain them in a colander. Then grab a baking sheet and cover it in layers of paper towels or an absorbent kitchen towel (please make sure it's fresh and clean--icky kitchen towels don't taste good). Then place the fries in

Moules Sweets (cont.)

a single layer on the towels, and put a second layer of towels on top of them. Dry thoroughly. You want to get as much moisture as possible out of those sweet potatoes.

7. Put the dry sweet potatoes aside in a bowl as you melt the duck fat in a half-sheet pan in the heated oven.
8. When the duck fat is melted, make sure the sheet is evenly coated, then add your sweet potatoes and sprinkle with a pinch of sea salt. Try to get them all touching the metal and not overlapping. Easier said than done.
9. Bake for 20-30 minutes, flipping with a spatula and rotating the pan every so often.
10. When they are crispy, put the fries in the largest mixing bowl you have and toss with 1t sea salt. Assemble in a serving dish and set aside.

Moules

1. Rinse the mussels with cold water in a large colander. Sort through them, pulling off the beards, scrubbing off any sea debris, and tossing the duds. You will know you have a dud when the mussel is already open, and it doesn't close on its own when you gently knock it against another mussel.
2. In a large Dutch oven or pot over medium heat, melt the coconut oil. Then add the shallots, garlic, and a pinch of salt. Cook until soft 1-2 minutes.
3. Add the wine and parsley, and bring to a boil. Then bring the mussels to the party! Give them a good stir in the liquid, and put on the lid. Steam for 5 minutes, stirring partway through.
4. Pour mussels and liquid in a large serving bowl, garnish with extra parsley and serve with sweet frites.

Notes: This recipe can be found online at: <http://lascauxpaleo.blogspot.com/2015/03/moules-sweets.html> It is Autoimmune Paleo diet friendly recipe. This delicious dish is simple to prepare and is a lovely week-night dinner. A green salad makes a great first course. Increase the recipe, and it would be great for a small, casual dinner party. This recipe serves two. The website suggests 1/2 lb. sweet potatoes per person and 1 lb. mussels per person. It may seem like a lot of food, but remember that most of the weight of the muscles is shell. The sweet frites are so good, you'll be glad you made so many!

Spinach Lasagna

from Betsy Piddle

Prep Time: 15 minutes. Cook Time: 30 minutes. Oven Temp: 350-375 degrees

Ingredients:

- Lasagna Noodles
- 1 to 1 1/2 boxes of Frozen Spinach (Thawed)
- 1/4 cup Grated Parmesan (Optional)
- Spices to taste (i.e. parsley, oregano, celery salt, garlic)
- 5 cups Tomato Sauce
- 16 to 24 oz Cottage Cheese
- 2 cups Grated Mozzarella Cheese

Directions:

1. Preheat oven to 350-375 degrees.
2. Combine spinach, cottage cheese, mozzarella cheese, parmesan cheese.
3. Layer ingredients in a 9x13' pan as follows: sauce, noodles, cheese/spinach mixture, and repeat.
4. Sprinkle top with more parmesan cheese.
5. Cover with foil.
6. Bake 30 minutes.
7. Remove foil and cook for an additional 15 minutes.
8. Remove from oven and let sit 10-15 minutes before serving.

Notes: This recipe could be gluten free if rice noodles are used. It is a very easy recipe to make and could easily be doubled. Vegetarian. Serves 5-6 people.

Avocado Pasta

from Holly McRae

Prep Time: 10 minutes. Cook Time: 10 minutes. Oven Temp: N/A

Ingredients:

- | | |
|--------------------------------------|--|
| -12 ounces spaghetti | -2 ripe avocados, halved, seeded and peeled |
| -1/2 cup fresh basil leaves | -2 cloves garlic |
| -2 Tbls freshly squeezed lemon juice | -Kosher salt and freshly ground black pepper, to taste |
| -1/3 cup olive oil | -1 cup cherry tomatoes, halved |

Directions:

1. In a large pot of boiling salted water, cook pasta according to package instructions; drain well.
2. To make the avocado sauce, combine avocados, basil, garlic and lemon juice in the bowl of a food processor; season with salt and pepper, to taste. With the motor running, add olive oil in a slow stream until emulsified; set aside.
3. In a large bowl, combine pasta, avocado sauce and cherry tomatoes.
4. Serve immediately.

Notes: I think about all the health benefits of avocados when I make this, and Avery loves it! Serves 4-6 people. Vegetarian, vegan, nut free, dairy free.

Grain-Free Cauliflower Crust Pizza

from Sherré Marneau

Prep Time: 30 minutes. Cook Time: 15-20 minutes. Oven Temp: 450 degrees

Ingredients:

- 1 small to medium sized head of cauliflower
- 1/2 teaspoon crushed dried basil
- 1/2 teaspoon garlic powder
- 1/4 cup shredded parmesan cheese
- 1 egg
- desired amount of sauce & cheese for topping
- 1/4 teaspoon kosher salt
- 1/2 teaspoon crushed dried oregano
- optional*: a few shakes of crushed red pepper
- 1/4 cup mozzarella cheese
- optional*: 1 tablespoon almond meal

Directions:

1. Place a pizza stone in the oven, or baking sheet if you don't have a pizza stone. Preheat oven to 450 degrees. On a cutting board, place a large piece of parchment paper and spray it with nonstick cooking oil.
2. Wash and thoroughly dry a small head of cauliflower. Don't get one the size of your head unless you are planning on making 2 pizzas. Cut off the florets, you don't need much stem. Just stick with the florets. Pulse in your food processor for about 30 seconds, until you get powdery snow like cauliflower. You should end up with 2 to 3 cups cauliflower "snow". Place the cauliflower in a microwave safe bowl and cover. Microwave for 4 minutes. Dump cooked cauliflower onto a clean tea towel and allow it to cool for a bit before attempting the next step.
3. Once cauliflower is cool enough to handle, wrap it up in the dish towel and wring the heck out of it. You want to squeeze out as much water as possible. This will ensure you get a chewy pizza like crust instead of a crumbly mess.
4. Dumped cauliflower into a bowl. Now add 1/4 cup parmesan cheese, 1/4 cup mozzarella cheese, 1/4 teaspoon kosher salt, 1/2 teaspoon dried basil (crush up the leaves even more between your fingers before adding), 1/2 teaspoon dried oregano (crush up the leaves even more between your fingers before adding), 1/2 teaspoon garlic powder (not garlic salt), and a dash of red pepper if you want. I also added 1 tablespoon almond meal because my cauliflower yielded closer to 2 cups of cauliflower snow, this is optional and I would not add the almond meal if you have closer to 3 cups of cauliflower snow. Now

Grain-Free Cauliflower Crust Pizza (cont.)

add your egg and mix away. Hands tend to work best.

5. Once mixed together, use your hands to form the dough into a crust on your oiled parchment paper. Pat it down thoroughly; you want it nice and tightly formed together. Don't make it too thick or thin either.
6. Using a cutting board slide the parchment paper onto your hot pizza stone or baking sheet in the oven. Bake for 10 - 15 minutes, until it starts to turn golden brown. Remove from oven.
7. Add however much sauce, cheese, and toppings you want. Slide parchment with topped pizza back in the hot oven and cook for another 5 to 7 minutes until the cheese is melted, bubbly, and slightly golden.
8. Test your patience and allow it to cool for a minute or two. Probably closer to two. Then using a pizza cutter and a spatula serve up your delicious grain-free cauliflower crust pizza!

Notes: If you are using a larger sized cauliflower, up the eggs to 1 egg plus 1 egg white. You want your "dough" to be sticky. When I make a bigger sized pizza (using more cauliflower) I up the seasonings and the egg, but often leave the amount of cheese the same. Make sure you pat the dough tightly together when forming your crust. It really helps to place the crust (on an oiled sheet of parchment paper) on a HOT pizza stone or baking sheet. Make sure the crust is golden in color before topping it and baking it again. I truly believe cooking it the proper length before topping it helps keep the crust together. Also I really like the addition of 1 to 2 tablespoons of almond meal to the crust mixture. The slices will still be kind of floppy, but they shouldn't be crumbly. Makes one 10-12 inch pizza.

Brown Rice—Vegetable Casserole with Salsa

from Julie Culbertson

Prep Time: About 1/2 hour. Cook Time: Bake uncovered, 20-30 min. Oven Temp: 350 degrees.

Ingredients:

- 2 1/2 cup water
- 1 cup long-grain brown rice
- 1 small head cauliflower
- 1/4 cup sliced celery
- 1/4 cup shredded carrot
- 1/2 tsp soy sauce
- about 20 cherry tomatoes, stems removed
in half
- 3 tbsp roasted sunflower seeds
- 2 chicken bouillon cubes (optional)
- 1 bunch broccoli
- 2 medium sized yellow squash or zucchini
- 1/4 lb. mushrooms, sliced
- 1/4 cup chopped green onion (tops included)
- 1 can (about 7 oz.) mild green chili salsa
- 3 sliced each jack and cheddar cheese, each cut
in half

Directions:

1. Bring water (with bouillon cubes) to a boil.
2. Add rice, turn to simmer for 45 minutes. Remove from heat and uncover.
3. Cut broccoli, cauliflower, celery and squash into bite-size pieces and steam for about 8 minutes.
4. Add sliced mushroom and steam about 2 more minutes, then remove from heat.
5. Add carrots, onions, and soy sauce to rice and toss lightly.
6. Spread rice mixture in greased, shallow 2-qt baking pan.
7. Spoon salsa evenly over rice and top with steamed veggies and tomatoes.
8. Cover with alternating slices of cheese.
9. Bake uncovered for 20-30 minutes.

Notes: Vegetarian. 6 servings, each with about 17 grams of protein and 325 calories.

Spring Market Frittata

from Toña Aguilar

Prep Time: 10 minutes. Cook Time: 35-40 minutes Oven Temp: 350 degree

Ingredients:

- 2 lbs new potatoes, thinly sliced
- 8 stalks asparagus, cut into short sticks if thin, or cut in half lengthwise and then into sticks
- Salt and pepper to taste
- 1 small bunch spring onions, sliced into thin rounds
- 6 market fresh eggs, beaten
- Soft goat cheese (optional)

Directions:

1. Preheat oven to 350 degrees.
2. Warm ¼ cup olive oil in a wide cast iron skillet or other pan that is oven safe. Add the potatoes and cook over medium heat, stirring frequently, until they are cooked through and golden, about 15 minutes. Transfer potatoes to bowl. Heat another tablespoon of oil in pan and add onion and asparagus. Sauté until slightly softened. Add them to the potatoes and season with salt and pepper. Pour in the beaten eggs.
3. Wipe out pan, return to stovetop with a bit more olive oil. Pour in the egg mixture, smooth down top and cook over low heat until golden on the bottom, about 10 minutes. Transfer pan to oven for another 10 minutes or until the top is golden and set. Remove from heat and serve with dollops of goat cheese on top.

Notes: This is a recipe Toña shared at the Market Fresh May cooking class.

Spring Market Risotto

from Toña Aguilar

Prep Time: 10 minutes. Cook Time: 15-20 minutes Oven Temp: N/A

Ingredients:

- 2 Tbs butter or olive oil
- 1 yellow onion, finely diced
- 1 ½ cups Arborio rice
- ½ cup dry white wine
- ½ cup minced parsley
- 6 cups vegetable broth
- 1 cup small diced market vegetable
(such as asparagus, squash, mushrooms)
- ½ cup cream and/or grated Parmigiano

Directions:

1. Heat the stock on the stove top and maintain at a simmer.
2. Heat butter or oil in a wide skillet, add the onion and cook over medium heat for a few minutes until onion softens but does not brown.
3. Add the rice and stir to coat.
4. Pour in the wine and simmer until the wine is absorbed, stirring once or twice.
5. Add 2 cups of broth and cook at a lively simmer until it is absorbed. Begin adding the stock in ½ cup increments, stirring constantly until each addition is absorbed before adding the next.
6. When the rice is al dente, stir in the chopped vegetables with the last ½ cup of broth.
7. Remove from heat and stir in cheese/cream.
8. Garnish with parsley and serve immediately.

Notes: This is a recipe Toña shared at the Market Fresh May cooking class.

Sweet Treats

barre3 Bar

from Maureen Caldwell

Prep Time: 10 minutes. Cook Time: N/A Oven Temp: N/A

Ingredients:

- 6 dates, pitted
- 1/4 cup sunflower butter or almond butter
- 1/4 cup coconut flakes, shredded
- 2 tsp ground cinnamon
- 1 cup almonds
- Handful cacao nibs or dark chocolate chips
- 2 tbsp coconut oil
- 1/4 cup goji berries (raisins work too)
- 1/4 cup ground flax
- A couple pinches sea salt (unless sunflower or almond butter is salted)

Directions:

1. Place the pitted dates and coconut oil in the base of your food processor. Add the seed or nut butter. Whirl these three ingredients until blended.
2. Add the goji berries or raisins, coconut flakes, ground flax, cinnamon and sea salt, and whirl in the food processor again, until the mixture is well incorporated. It's okay if it's a bit more chunky at this point.
3. Add the almonds and the cacao nibs or chocolate chips, and pulse your food processor until you have a chunky mass that looks like cookie dough.
4. Scoop dough-like mixture into an 8x8 glass container, and press the mixture down with the back of a spoon.
5. Cool in the fridge for at least one hour to harden. Cut into bars to grab-and-go to your barre3 class, and store extras in the fridge.

Notes: At barre3 they like to keep a healthy balance with our bodies and our food intake. We can do this by including a combination of our favorite food trio whenever we can: fat, fiber and protein. These bars contain all three! These bars are so easy to make that you can whip them up within minutes. They don't need to bake, and all you need is a glass dish and a food processor. Feel free to adapt the recipe to suit your needs. Sample before pressing into the dish and adapt anything to taste. Serves 15.

Easiest Ever Apple Compote

from Maureen Caldwell via Lascaux Paleo

Prep Time: 10 minutes. Cook Time: N/A Oven Temp: N/A

Ingredients:

- 1 1/2 lb. apples (Use sweet apples as the vinegar adds a sour note.)
- 2-3 T raw apple cider vinegar
- 2-3 T filtered water
- 2-3 T freshly squeezed lemon juice
- Pinch sea salt

Directions:

1. Peel and core apples. If AIP, take special care to remove all of the seeds. Discard peels and cores, and cut apples into rough 1 inch pieces and put in a large, heavy-bottomed pot.
2. Add 2 T raw apple cider vinegar, 2 T lemon juice, 2 T water, and a small pinch of sea salt to the pot, and bring to a boil.
3. Lower heat to a simmer and cover the pot. Cook for about 25-30 minutes, stirring about every 5 minutes. If the pot begins to dry out, add additional water or apple cider vinegar, 1/2 T at a time, until the apples are very soft. Take care to not add too much liquid. If your apples are cooked, but there's more than a couple tablespoons of liquid in the pot, keep the lid off, and let the liquid evaporate.
4. Using a potato masher, mash the apples until you get to a consistency you like. You can also use a food mill or a food processor.
5. Add additional lemon juice to taste. For a nice variation, you can add ground cinnamon at the end.

Notes: This recipe can be found online at: <http://lascauxpaleo.blogspot.com/2015/04/easiest-ever-apple-compote-aip-friendly.html> It is Autoimmune Paleo diet friendly recipe. Need a sweet treat? This apple compote is a simple and healthy way to satisfy your sweet tooth. It's nice as a dessert or as an accompaniment to pork dishes. Because there is some texture to the finished product, it's called compote, but you can puree it smooth and make apple sauce. It's so easy; you'll wonder why you ever bought apple sauce at the store. Consider making a double or triple batch and canning it or freezing it; then you can keep some on hand! An added benefit is the euphoric apple aromatherapy you will experience as the fragrance of cooking apples and lemons fill your house! This recipe yields about 2 cups.

Pumpkin Spiced Oatmeal Muffins

from Maureen Caldwell

Prep Time: 10 minutes. Cook Time: 25-30 minutes. Oven Temp: 375 degrees.

Ingredients:

- | | |
|--|-------------------------------|
| -2 cups rolled oats, gluten-free if possible | -1 large egg, beaten |
| -1 cup pumpkin purée | -1 large ripe banana, mashed |
| -1 1/2 cups unsweetened almond milk | -1/2 cup pure maple syrup |
| -1/4 cup almond butter, slightly melted | -1/4 cup walnuts, chopped |
| -1 tsp. baking powder | -3 tsp. ground cinnamon |
| -1 tsp. ground ginger | -1/2 tsp. ground allspice |
| -1/4 tsp. ground nutmeg | -Coconut oil for greasing pan |

Directions:

1. Preheat oven to 375F degrees. Grease muffin tin well with coconut oil.
2. In a small saucepan, add the 1/4 cup of almond butter and melt slightly. You can also do this in a microwave.
3. Combine all the ingredients for the muffins in a large bowl. Mix fully so the almond butter and banana are well incorporated.
4. Pour mixture into muffin tin and fill almost to the brim, leaving about 1/2 inch of room. Bake for 25-30 minutes or until edges begin to brown. Allow to cool for about 10 minutes before removing from the pan.

Notes: A barre3 team favorite, this healthy and powerful breakfast will help kick-start both the day and your digestion. Oats, bananas, and pumpkin are a gut-healing combination for sensitive stomachs. They recommend using gluten-free oats if you can find them at the grocery store.

Recipe courtesy of Andrea Bemis, chef/writer of Dishing Up The Dirt and owner of Tumbleweed Farm, in Hood River, OR. Serves 12.

Raw Carrot-Cake Energy Bites

from Maureen Caldwell

Prep Time: 10 minutes. Cook Time: N/A Oven Temp: N/A

Ingredients:

- | | |
|---|---------------------------------|
| -1 1/4 cup old-fashioned rolled oats (gluten-free, if possible) | -1/3 cup pecans, finely chopped |
| -2 Tbs. ground flax seeds | -3/4 cup sunflower-seed butter |
| -1/4 cup pure maple syrup | -1 tsp. vanilla extract |
| -1 tsp. ground cinnamon | -1/4 tsp. ground nutmeg |
| -1/8 tsp. ground cloves | -3/4 cup shredded carrots |
| -1/4 cup unsweetened shredded coconut | -1/2 cup raisins |

Directions:

1. In a large bowl, mix together the oats, pecans, and flax seeds. Stir in the sunflower-seed butter, maple syrup, vanilla extract, and spices. Mix until well-combined. (Don't be afraid to roll up your sleeves and do this with your hands!) Make sure everything is well-incorporated.
2. Stir in the grated carrots, coconut, and raisins.
3. Form the mixture into individual balls (about the size of a ping-pong ball).
4. The energy balls might be a bit crumbly when you form them into balls. It helps to spray a little cooking spray on your hands to help keep things together. Roll them firmly so they stick together. Once they're refrigerated, they firm up and hold their shape incredibly well.
5. Place the energy bites on a baking sheet and refrigerate for at least 1 hour (this will help firm them up.) Serve chilled or at room temperature.
6. Store the remaining energy bites in an airtight container in the refrigerator.

Notes: These yummy bites are complete nutrition power balls, balanced with protein, fat, fiber, and essential nutrients. Eat them as an energy-stabilizing snack or a meal substitution when you're on the go.

Recipe courtesy of Andrea Bemis, chef/writer of Dishing Up The Dirt and owner of Tumbleweed Farm, in Hood River, OR. Serves 20.

Pumpkin Pie Mousse

from Maureen Caldwell

Prep Time: 10 minutes. Cook Time: N/A Oven Temp: N/A

Ingredients:

- 1 1/2 cups coconut cream (2 cans) chilled overnight
- 5 Tbs. pure maple syrup
- 1 1/2 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1/4 cup pecans, toasted
- Drizzle of pure maple syrup
- 1 cup organic pumpkin puree
- 2 tsp. vanilla extract
- 1/4 tsp. ground allspice
- 1/4 tsp. ground ginger
- 1/4 cup pumpkin seeds, toasted
- Dash of cinnamon

Directions:

1. Scoop out coconut cream from two cans of coconut milk, and place in a large bowl. Use a hand whisk to whip the coconut cream until it's thick and creamy. Save liquid for smoothies or discard.
2. To complete the mousse, add the pumpkin puree, maple syrup, and spices. Whisk until well combined.
3. Divide mousse among four bowls. Place in the refrigerator for two hours.
4. While the mousse chills in the fridge, heat a skillet over medium high heat. Add the pecans and pumpkin seeds. Stir constantly until fragrant and lightly toasted, about 3 minutes. Remove from heat and set aside.
5. Once mousse has chilled completely, divide the pecans and seeds among the four bowls and top each bowl with a dash of cinnamon and a drizzle of pure maple syrup.

Notes: Try this healthier spin on our favorite Thanksgiving dessert. It's way easier, tastier, and not nearly as time-consuming as the real thing!

Recipe courtesy of Andrea Bemis, chef/writer of Dishing Up The Dirt and owner of Tumbleweed Farm, in Hood River, OR. Serves 4.

*Note on coconut cream: Buy full fat organic coconut milk in the can. Before you buy a can, shake it a little bit to make sure it isn't too watery. If you can feel a lot of liquid, look for another can. Chill the cans in the refrigerator overnight before making the recipe. You can save the liquid for smoothies.

Dark Chocolate Donut Holes

from Maureen Caldwell

Prep Time: 10 minutes. Cook Time: N/A Oven Temp: N/A

Ingredients:

- | | |
|--|--|
| -1 1/2 cups almonds (raw) or roasted hazelnuts | -5 tbsp cacao powder (raw) |
| -1 cup dates (pitted) | -1 tsp vanilla extract |
| -1/4 tsp salt | -Large handful coconut (finely shredded for rolling) |

Directions:

1. Place all ingredients in food processor and pulse until desired consistency is obtained. Go for a cookie-dough like texture with not a lot of large chunks. You may need to add a little water.
2. Scoop out rounded spoonfuls with something like a mini ice cream scoop or a melon-baller.
3. Roll the dough between your palms to make a sphere.
4. Roll that ball in the finely shredded coconut.
5. Place finished balls on a plate, cookie sheet, or glass storage container.
6. Let sit in freezer for an hour or so before eating.
7. Store in freezer or fridge.

Notes: Combat your sweet tooth with these Dark Chocolate Donut Holes created by functional nutritionist Andrea Nakayama. Serves 12.

Honey Cinnamon Roasted Chickpeas

from Sherr Marneau

Prep Time: 10 minutes. Cook Time: N/A Oven Temp: N/A

Ingredients:

- 1 (15 ounce can) chickpeas (garbanzo beans)
- 1 teaspoon ground cinnamon
- 1 tablespoon honey
- 2 teaspoons canola oil
- 1 tablespoon granulated sugar

Directions:

1. Preheat oven to 375 degrees F.
2. Drain chickpeas (garbanzo beans) and rinse them under cold water until starch is removed. Place chickpeas on a paper towel to dry. You can peel of the skins if you wish.
3. In a small bowl, whisk together the oil, cinnamon, and sugar. Place chickpeas in bowl and stir until all of the chickpeas are evenly coated. Spread out the chickpeas on a large baking sheet and bake for 35-40 minutes, or until chickpeas are crunchy and no longer soft in the middle.
4. Place hot, roasted chickpeas in a small bowl and coat evenly with honey. Spread chickpeas back out on baking sheet and allow to dry. Store in an airtight container at room temperature.

Notes: Sweet and crunchy Honey Cinnamon Roasted Chickpeas make a great healthy snack. They are simple to make and will remind you of your favorite roasted cinnamon nuts.

Strawberry Rose Fool

from Toña Aguilar

Prep Time: 10 minutes. Cook Time: N/A Oven Temp: N/A

Ingredients:

- | | |
|----------------------------------|---------------------|
| -2 cups sliced strawberries | -1 Tbs lemon juice |
| -Handful of fragrant rose petals | -2 cups heavy cream |
| -1/2 cup sugar | |

Directions:

1. Mix rose petals, sugar and lemon juice in a bowl. Stir until petals are thoroughly coated. Stir in strawberries. Allow to rest in the refrigerator for at least a few hours. Blend well.
2. Whip cream until stiff peaks form. Fold $\frac{1}{4}$ cup of whipped cream into strawberry mixture.
3. Layer cream with strawberry in a clear serving dish. Top with mint leaves or a couple of rose petals.
4. Serve immediately.

Notes: This is a recipe Toña shared at the Market Fresh May cooking class.

Enjoy!

Thank you to all the staff that shared their yummy healthy recipes with us. We hope you enjoy trying out everyone's recipes and are inspired to include more healthy meals in your lives.

With appreciation,

The Village School Wellness Team

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Wellness Program

