

# BEETS ME!



**Finally, an answer to the question:  
“What in the world are we going to eat?”**

A collaboration project of easy, kid-friendly  
and adult approved recipes by:

Jill Bucaro and Simon Campbell

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# Welcome!

We are SO glad you want to get cookin' and especially with your kiddos!

These are recipes that we make regularly at our house. They are easy and yummy and most importantly, there are steps in each recipe where kids can easily jump in and lend a hand. When Simon started "helping" in the kitchen, there was a definite change in his desire to eat the final product. How much he ate was directly proportional to how involved he was in the preparation.

Keep in mind, flour WILL get all over the counter, something WILL spill, you WILL use every utensil you have for one recipe. But gosh darn it, isn't it worth having a few pleasant and argument-free meals??

We truly hope you enjoy both the process of making as well as enjoying the flavor of these recipes.

Jill Bucaro, NBC-HWC | Integrative Health Practitioner & Coach | Mom  
Simon Campbell, Sous Chef | Kid



To my dad, "Poppa"  
My favorite, yet toughest recipe taster.  
I miss you every day.



Beans and Greens Soup – page 13

## Before We Get Started

Here is some information that may come in handy as you make the recipes in this book

### *What the heck is that?*

Most of the ingredients in this book are familiar, accessible and affordable. My goal is to make these recipes available to anyone that wants to make them. With that said, here are a few of the lesser known ingredients that make an appearance. They can all be found at a natural grocer and most of them at a standard grocery store.

- **Nooch (nutritional yeast):** A deactivated yeast that gives a cheesy, nutty flavor to dishes. You may see it as powder or flakes, it can be found in the spice aisle or bulk section of the grocery store.
- **Liquid aminos:** An alternative to traditional soy sauce, this version is gluten and alcohol free and a bit lower in sodium than soy sauce. Use it just as you would soy sauce in recipes or as a condiment.
- **Coconut aminos:** Another alternative to soy sauce made from the aged sap of coconut blossoms and salt. It is low-glycemic, vegan, and gluten-free and contains far less sodium than traditional soy sauce. All by itself, it is one of my favorite condiments as it blends salty and sweet just perfectly, but also works great in recipes.
- **Coconut nectar:** The syrup derived from the sap of the flowers of the coconut palm and is comparable to maple syrup or agave. Coconut nectar is natural and minimally processed.
- **Goji berries:** Bright red berries, usually eaten dried (like a raisin). They are high in protein and also contain fiber, over 20 different vitamins and minerals and lots of antioxidants.



# BREAKFAST



feeding yourself and your family sugary cereals and pastries for breakfast!

Please. I'm begging you.

According to the U.S. Department of Agriculture, the average child under 12 consumes 49 pounds of sugar annually. Which seems surprising until you learn that the average kids breakfast cereal contains about 15 g of sugar per serving. But wait! A serving can be as little as a half or three quarters of a cup, so if you or your child eats an actual bowl of cereal, you're packin' upwards of 30 grams of sugar before you even change out of your PJs.

OK, so we consume some sugar in the morning, what's the big deal?

I'm so glad you asked.

Studies have shown that when children consume sugar, it can affect their ability to sit quietly, process and retain information and stay on task. This is NOT how we want to send our kiddos to school (their teachers have my back on this one!).

For adults, increased sugar intake affects liver function, appetite, energy levels, mood, inflammation and weight...and none of this in a good way.

Soooo, check out these super tasty and super healthy breakfasts...



CHOCOLATE  
PEANUT BUTTER  
BANANA  
*Smoothie*

Makes one 16 oz. smoothie

We love this smoothie and have it almost every morning. It's quick, easy and made with healthful ingredients – perfect for school mornings. But most importantly, it tastes awesome!

**Ingredients:**

- 1 frozen banana**
- 1 c. unsweetened nondairy milk**
- 1/4 c. peanut butter**
- 3 t. unsweetened cacao powder**
- 1/2 c. spinach leaves**
- 1 pinch salt if peanut butter is unsalted**
- 1/2 – 1 scoop vanilla protein powder**

**Directions:**

**Combine all ingredients in high powered blender, blend until smooth.**

**Simon says:**

- Sometimes we add cinnamon, coconut or frozen berries to jazz it up!
- Use almond or cashew butter for peanut allergies or sunflower seed butter for all nut allergies
- We use unsweetened vanilla almond milk, but use the milk you like best
- If your bananas are nice and ripe, you probably won't need a sweetener, but you can add 1 - 2 tsp honey or coconut nectar or 1 – 2 dates



# Quinoa Meal

Makes 4 servings

I love oatmeal, but quinoa takes center bowl for this breakfast treat. Why call it a treat? Dates, cinnamon and peanut butter? Sounds like a treat to us! And quinoa is a great source of high-quality protein, so you can greet the rest of your day with a big high five.

## Ingredients:

- 1 c. quinoa
- 3 c. water
- 1 t cinnamon
- 1/3 c dates, chopped
- ¼ t salt
- ½ c peanut butter
- Vanilla almond milk, chopped walnuts and raisins for serving (optional)

## Directions:

Add quinoa to a colander and rinse under cool water for about 20 – 30 seconds. Add water, quinoa, cinnamon, dates and salt to medium saucepan and turn heat to medium high. Bring to low boil, then reduce heat and simmer for 15 minutes or until quinoa is tender. Stir in peanut butter until well combined. Divide into bowls and top with almond milk, walnuts and raisins, if desired.

### Simon says:

- Try using almond, cashew or sunflower seed butter for nut allergies
- Make a big batch of this and keep it in the fridge, then just heat a serving as needed on busy school mornings



When I first made granola, I was in shock at how good and how easy it was. It just seemed like it would be complicated. I love making granola at home because I can monitor the amount and type of sweetener used. Many of the packaged products are just jammed with refined sugar and that is no way to start (or end) your day.

### Ingredients:

- 3 c rolled oats
- 1 c unsweetened coconut flakes
- 1 ½ mixed nuts (we use almonds, walnuts, cashews and pecans)
- ¼ c pure maple syrup
- ¼ c coconut nectar or honey
- ¼ c coconut oil
- 1 T orange juice
- 1 t cinnamon
- ¼ t salt
- 1/3 c goji berries or raisins

### Directions

Preheat oven to 300°. Spray a baking sheet with cooking spray.

Combine oats, nuts, coconut flakes, cinnamon and salt in a large bowl. In a small saucepan over low heat, combine syrup, coconut nectar or honey, coconut oil and orange juice until coconut oil melts and all ingredients are combined. Add the warm liquid to the dry ingredients and combine. Pour onto baking sheet and spread in an even layer. Bake 30 minutes, stirring every 10 minutes. Allow to cool, store in an airtight container.

#### Simon says:

- Mix it up! Experiment with other ingredients like sunflower seeds, pumpkin seeds, dried cranberries or cacao nibs
- Serve with nondairy milk or yogurt and fresh berries to level up your breakfast





## Italian Veggie Scramble

Serves 4 - 6

Do not. I repeat. Do NOT panic about making a dish with tofu. We are about to turn this underappreciated and humble ingredient into the best breakfast scramble ever. If you don't give the secret away, your friends and family will swear they are eating eggs. Also, this is a great kitchen cleanout dish, this recipe leans Italian, but add whatever veggies you have lying around. Peppers, broccoli, shredded carrots, potatoes all work wonderfully.

### Ingredients:

1 package firm tofu, drained and patted dry  
1 cup cherry or grape tomatoes, halved  
8 oz. mushrooms, sliced  
2 c greens, chopped (spinach, baby kale or Swiss chard work great)  
½ yellow onion, finely chopped  
¼ c. nutritional yeast  
1 t garlic powder  
1 T liquid aminos  
½ t black pepper  
½ t ground turmeric  
½ t oregano  
2 T fresh basil, torn into small pieces  
½. t salt  
2 T. coconut oil

### Directions:

Add tofu, nutritional yeast, garlic powder, liquid aminos, black pepper, oregano and turmeric to medium bowl. Use fork or potato masher to combine ingredients. Mixture should look crumbly. Set aside.

Add 1 T. coconut oil to large skillet on medium high heat. Once hot, add mushrooms and sauté until brown, about 5 – 7 minutes. Remove mushrooms from skillet and set aside. Lower heat to medium, add remaining 1 T. coconut oil to skillet, add onion and salt and sauté until translucent, about 3 – 4 minutes. Add tomatoes and heat until soft, the skins will look like they are starting to separate from the body of the tomato. Add in tofu mixture and chard or kale. Stir until combined, then cover and let cook for 3 – 4 minutes. Uncover, add cooked mushrooms and basil and continue to cook for another 2 – 3 minutes.



Serve with grilled ciabatta or in a wrap for an (Italian) breakfast burrito

## Spiced pumpkin

# Bread

Makes 1 loaf

Pumpkin pie spice is usually something you buy before Thanksgiving, use once and shove in the back of the cabinet until next year. Not anymore! It really comes to the rescue here – and saves from opening 4 different spice jars. And as often as you will make this yummy recipe, that'll add up!

### Ingredients:

- 1 c pumpkin puree
- ½ c pure maple syrup or honey
- 2 flax eggs (2 T ground flax seed + 4 T water, let sit for 5 minutes)
- 1 t vanilla
- ¾ t baking soda
- 2 t baking powder
- ¼ t salt
- 2 t pumpkin pie spice OR ½ t each: ground ginger, ground cloves, cinnamon and nutmeg
- 1 c almond flour
- 1 c gluten free flour
- ½ c chopped dates
- ¼ c pumpkin seeds

### Directions:

Preheat oven to 350°.

In a large bowl, mix almond flour, gluten free flour, baking soda, baking powder, pumpkin pie spice and salt. When combined, add chopped dates and mix until dates are coated with flour mixture.

In small bowl, mix pumpkin puree, syrup, flax eggs and vanilla. Add wet mixture to dry and mix gently until fully combined.

Line loaf pan with parchment paper and spray with oil. Pour batter into pan and smooth out until even. Top with pumpkin seeds. Bake 40 – 45 minutes. Let cool in pan for 10 min, then remove from pan and finish cooling on rack



I made these because I wanted to bring something to Simon's school that all kids could enjoy. They are nut free, gluten free and vegan (if you double the syrup and eliminate the honey) and are about as tasty as it gets for bars. This is one of my most requested recipes, from kids and adults alike!

**Ingredients:**

- 1 1/2 c gluten free rolled oats
- 2 c gluten free crispy brown rice cereal
- 1/2 c raw sunflower seeds
- 1/3 c raw pumpkin seeds
- 1/4 c raw unsweetened cacao nibs
- 1/4 c. chia seeds
- 3/4 c sunflower seed butter (could use any nut butter, I use sunbutter so it's school-friendly)
- 1/4 c pure maple syrup
- 1/4 c honey
- 1/3 c coconut oil
- 1 t vanilla
- 1/4 t salt

**Directions**

Heat oven to 350°.

In small saucepan on low, heat sunbutter, maple syrup, honey and coconut oil. Stir until well mixed. Remove from heat and add vanilla, stir. Set aside.

In a large mixing bowl, combine all dry ingredients. Pour the heated mixture over the dry ingredients and stir to combine.

Line a 9 x 13 pan with parchment paper, then spray lightly with spray oil. Pour mixture into pan and press firmly into pan. Bake 15 - 18 minutes or until edges are golden brown (I like to use a spatula to press down on the bars after I take them out of the oven, they seem to end up less crumbly when I do this).

Let cool completely in pan. Remove bars by lifting parchment paper and cut into bar shapes. Keep in refrigerator (that darn coconut oil doesn't hold up too well in the heat 😊)



# MEALS

To make it into this book, a meal had to fit the following criteria:

1. Taste good (like really good)
2. Easy to make
3. Include ingredients that are good for our bodies (that's really only my criteria, but we all live by it 😊)

And believe it or not, this CAN happen. In addition to the list above, I like to make meals that average \$5 per person or less. Why five dollars? Because that is less than a “meal” at most fast food restaurants and expense is a common (but often unfounded) reason people cite as to why they can't eat healthy.



I know a lot of parents that feel mealtime is overwhelming because nobody in the family will eat the same thing, so they make 3 or 4 different meals every night. I'd be overwhelmed, too! It is our job as parents to provide our kids with delicious and nutritious meals, not to be a short order cook that offers a menu full of selections every meal.

My favorite tip for this situation is to turn meals into a “build your own”. Prep parts of a meal, then have everyone put together their own custom dish. Tacos, pasta, sandwiches and salads can all be made to be “build your own” and therefore make everyone a little bit happier at mealtime. The following recipes can all be customized to fit your family's tastes and I encourage you to do so!



## Soup

This soup is warm and cozy, full of flavor and packed with veggies. Soups also tend to be very forgiving, which is why I love them. Everyone in our family enjoys this soup, it's big enough to be a main meal or can be paired with a salad, sandwich or wrap (like the Bean & Veggie Wrap on page 14) for a tasty combo.

### Ingredients:

- 2 cans or 3 c cannellini beans, drained and rinsed
- 1 bunch Swiss chard, finely chopped
- 5 cups vegetable stock
- 2 carrots, diced
- 1 medium onion, diced
- 3 stalks celery, diced
- 2 cloves garlic, minced
- 2 T tomato paste
- ¼ c fresh basil, chopped
- 2 T olive oil
- 1 t salt
- ¼ t white pepper

### Directions:

In blender, puree 1 can (or 1 ½ c) of beans with 1 cup of vegetable stock. Set aside.

Heat 2 T olive oil in large pot over medium high heat, add onion, celery, carrot, salt and white pepper and sauté until onions are translucent, about 5 – 7 minutes. Add garlic, stir for 1 minute. Add tomato paste and stir 1 more minute. Add bean puree, remaining beans and remaining vegetable stock. Bring to boil, lower heat and simmer for 15 minutes. Add Swiss chard and simmer 5 more minutes. Add basil and simmer 3 – 5 more minutes. Salt and pepper to taste.

#### Simon says:

- Feel free to swap out or add veggies. Soups are a great way to clean out your fridge!
- This is soooo good with a crusty piece of garlic bread (page 21)



## Wrap

I find it an inspiring challenge to try to recreate my favorite restaurant dishes at home. And it's a bonus when the re-creation turns out better than the original! To make this wrap totally family friendly, prep the ingredients, then have your kiddos build their own. The more involved they are, the more they eat. I'm sure there is a math equation in there somewhere, but how about we just start with eating some veggies?

### Ingredients:

- 2 large flour tortillas
- ½ c hummus
- ½ c white beans (navy, Northern or cannellini will all work)
- ½ cup diced cucumber
- ½ c diced tomato
- 1 medium avocado, diced
- ¼ c sunflower seeds
- 1 cup greens (like spinach or arugula)
- 2 T roasted red pepper dressing (optional)

### Directions:

Warm tortillas, so they are pliable. I like running them over a gas stove burner on high for a minute to get some toasty char marks, you can also place them between a damp dish towel and microwave for 20 seconds.

Spread half of the hummus in a stripe on each tortilla. Add the rest of the ingredients on top of the hummus, dividing all ingredients between both tortillas. Fold one end of the tortilla (at one end of the hummus stripe) up about an inch, then fold in each side to make an open-ended burrito shape.

#### Simon says:

- Watch out for tortillas with added ingredients. Tortillas should be flour (organic, whenever possible), water and seasonings
- This is great served with a cup of soup like the Beans & Greens on page 13



## Marinara

This recipe transports me right to my mom and dad's every time I make it. I love how easy and quick this marinara recipe is and I happen to think it is just the best tasting as well. Serving this with the Garlicky Bread from page 21 and the Roasty Toasty Veggies from page 22 is a meal everyone can get behind

### Ingredients:

- 1 package pasta (16 oz)
- 1 24 oz can whole tomatoes
- 1/3 c olive oil
- 1/2 t dried oregano
- 1/2 t salt
- 1/4 t pepper
- 5 cloves garlic, finely chopped
- 1/4 c fresh parsley

### Directions:

Add canned tomatoes, oregano, salt, pepper and parsley to blender. Blend until smooth.

In a large pan, add olive oil and garlic over medium high heat. Just as the garlic starts browning, add tomato mixture and stand back for a second as it might splatter. Stir gently to combine oil and tomatoes (it won't completely combine and that's OK), then stir occasionally for 15 minutes. If you have a splatter screen, now would be a great time to use it!

While the marinara is cooking away, cook pasta according to directions. Drain and drizzle with a little olive oil to prevent sticking.

You can either add the pasta to a big bowl and pour marinara over it, then serve or add pasta to individual bowls and have everyone add their own sauce.



Some might say this rice is crazy because it's more veggies than rice. If that's crazy, sign us up! A wild rice blend is a lovely change from the white rice that is usually used for fried rice

**Ingredients:**

- 2 c cooked and cooled wild blend rice
- 1/3 c celery, julienned
- 1/2 c broccoli, chopped small
- 1 c bok choy, julienned
- 1 c carrot, grated
- 1/2 c. snap peas, julienned
- 3 – 4 scallions, chopped. White and green parts divided
- 1 T coconut oil
- 2T liquid aminos or coconut aminos
- 1 t garlic powder
- 1 t toasted sesame oil
- 1/2 c cashews

**Directions:**

Heat coconut oil in wok or large frying pan on medium high heat. Add celery, white scallions and broccoli. Cook about 2 minutes, using a spatula to move veggies around pan. Add in carrot and bok choy, cook another 2 minutes. Add rice and snap peas, cook for 1 minute. Add in liquid aminos, garlic powder and sesame oil and stir until veggies and rice are coated. Remove from heat and top with green scallions and cashews.

**Simon says:**

- Julienned is a fancy way of saying sliced thin
- This veggie list is our favorite combo, but this recipe is GREAT for cleaning out your fridge. Red peppers, frozen peas, cauliflower, cabbage, and red onion are all good options





## Pasta with *Broccoli*

Makes 4 servings

This is our tasty version of macaroni and cheese. It's creamy, yummy and healthy...the only thing missing is the electric orange color, because we kicked that junk to the curb.

### Ingredients:

8 oz gluten free pasta  
2 c broccoli florets  
2 T olive oil  
2 T vegan butter  
2 T nooch (see Simon Says)  
1 t garlic powder  
¼ t salt

### Directions:

Boil pasta according to directions on package. About 3 minutes before it's done, ladle out about 1 cup of pasta water and set aside. Add broccoli to pasta pot and continue cooking about 3 minutes or until broccoli is just tender and pasta is al dente. Drain pasta and broccoli and return to pot. Add the remaining ingredients and ½ cup of the pasta water and gently stir. Add more pasta water if mixture is too dry.

#### Simon says:

- Nooch is a nickname for nutritional yeast and can be found in most health food stores either by the spices or in the bulk bins
- Mix it up by using carrots, cauliflower or peas
- Serve with Garlicky Bread from page 21



# Quinoa *Sliders*

Serves 4

I asked Simon what he wanted for his 4<sup>th</sup> birthday meal and he said these. And that's all I'm going to say about these being family friendly! I have also served the patties alone as an appetizer along with a yummy dipping sauce – a crowd pleaser every time.

## Ingredients:

- 2 ½ c cooked quinoa at room temperature
- 4 flax eggs (mix 4 T of ground flax seed + 8 T water in small bowl, let sit for 10 – 15 min)
- 1 yellow onion, finely chopped
- 3 cloves garlic, finely chopped
- ¾ c mixed veggies, cooked and finely chopped - kale, carrots, red bell pepper, broccoli & cauliflower work well (optional)
- ½ t sea salt
- ¼ c nutritional yeast
- 1 c whole grain bread crumbs (use gluten free for gluten free option)
- 1 T olive oil
- 12 whole wheat slider buns
- Toppings: we like vegan mayo, fresh spinach and pickles, but anything you put on a slider would work (ketchup, mustard, BBQ sauce, lettuce, tomato...)

## Directions:

Combine the quinoa, flax eggs, and salt in a medium bowl. Stir in the onion, nutritional yeast, mixed veggies, if using and garlic. Add the bread crumbs, stir, and let sit for a few minutes so the crumbs can absorb some of the moisture. You can add more breadcrumbs if mixture seems too moist or water if mixture seems dry. Use ¼ c measuring cup to portion out 10 patties or use a tablespoon to portion out smaller appetizer sized patties.

Heat the oil in a large, heavy skillet over medium-low heat, add as many patties as will fit with some room between each, cover, and cook for 6 – 7 minutes, until the bottoms are brown. Flip and cook the second sides for about 5 minutes, or until golden. Remove from the skillet and place on wire rack and keep in 175 degree oven while cooking the others.



# SNACKERS, SIDES & SAUCES

Simon could live on snacks...and I am almost always happy with side dishes, but this is where things can really go off the rails with regards to healthful eating. It's easy for sugar, salt, unhealthy fats and processed foods to take over the in between meal foods.

Not here.



In addition to the following recipes, you should always think whole foods (the actual food, not the store 😊) when it comes to snacks. Fruit, veggies and nuts are great options and won't leave you dragging through the day.

And you know what? When you start eating whole, unprocessed foods, your taste buds change. They will be more satisfied with less salt and less sugar and you will start enjoying the actual taste of food, exciting, right? Believe me, it WILL happen. Get through those first few days or weeks and you're on your way!



Baked

## Onion Rings

Serves 4 - 6

I was soooo skeptical that baked onion rings could actually turn out as crispy as the fried ones...and now I'm a believer! These are so crunchy, yet super light, your tummy will thank you instead of rebelling.

### Ingredients:

3 large onions  
1 c unsweetened non dairy milk  
1 t apple cider vinegar  
2 c rice crackers  
1 c panko bread crumbs  
½ c flour  
1 t salt  
1 t garlic powder  
½ t black pepper  
Spray oil

### Directions:

Preheat oven to 400°, spray 2 baking sheets with oil.

Add vinegar to milk in shallow bowl, stir and set aside. It will look curdled, which is fine – we are going for buttermilk here.

Add rice crackers to food processor and process until texture is fine. Add panko bread crumbs and pulse a few times to combine. Pour mixture into a second shallow bowl.

Add flour, salt, pepper and garlic powder to paper bag. Cut onions into ½ inch thick slices, then separate into rings. Add to paper bag, close bag and shake until onions are coated with flour. Remove onions and add to milk mixture until coated. Then add onions to crumb mixture and coat with crumbs. Add coated onions to baking sheet in a single layer. Spray rings with oil. Bake 10 minutes, flip and bake another 10 minutes.



# Garlicky Bread

Makes 6 – 8 servings

We don't think you need to be Italian to like garlic bread. In fact, I've never met a person who doesn't like garlic bread (or maybe they just didn't have the heart to tell me). This is a version that your tummy will like more than the standard greasy and heavy versions out there. But don't worry, we did not take away any flavor!

## Ingredients:

**1 small loaf ciabatta bread sliced in half horizontally**  
**2 T vegan butter**  
**1/3 c extra virgin olive oil**  
**5 cloves garlic**  
**1 t dried oregano**  
**½ t smoked paprika**  
**2 T nutritional yeast**  
**½ t salt**  
**¼ t black pepper**

## Directions:

**Preheat oven to 350°.**

**In a small food processor, add the garlic cloves and pulse until finely chopped. Add in all remaining ingredients except bread and process until blended well. Spread over bread, place bread (spread side up) on a baking sheet or directly on oven rack for a crispier bread. Bake 7 – 10 minutes. Remove from oven and slice into pieces.**

### Simon says:

- **Make a double batch of the spread and save it in the fridge for the next Italian night**
- **This spread also goes great on veggies or pasta**



# Veggies

I always tell people if they think they don't like vegetables, then they have never had them roasted. Served with rice and beans, these can be a meal all by themselves or they can be served on the side of almost anything.

### Ingredients:

- 5 cups mixed veggies, chopped. Here's what works best: Broccoli, cauliflower, cabbage, Brussels sprouts, carrots, sweet potatoes, and onions**
- 2 T olive or avocado oil**
- 1 t garlic powder**
- 1 t salt**
- ½ t black pepper**

### Directions:

**Preheat oven to 400°.**

**Add veggies to a large bowl and drizzle with oil. Sprinkle garlic powder, salt and pepper over mixture and toss with your hands until veggies are evenly coated with oil and spices.**

**Spread veggies onto 2 baking sheets in a single layer and roast in oven for 25 – 40 minutes, until veggies start to brown, stirring halfway.**



## Creamy Dreamy *Cole Slaw*

Makes 4 – 6 servings

Cole slaw can be the forgotten side dish, but this recipe doesn't play the forget me game. It's creamy, bright and a nice blend of salty and sweet. We always go back for seconds on this one.

### Ingredients:

½ head cabbage, sliced thinly  
3 carrots, peeled and grated  
2 scallions, finely chopped  
¼ c plant based mayo  
¾ t celery salt  
½ t black pepper  
1 t Worcestershire sauce  
1 t fresh lemon juice  
1 t coconut nectar or pure maple syrup

### Directions:

In a large bowl, combine cabbage and carrots.

In a small bowl, combine mayo, celery salt, black pepper, Worcestershire, lemon juice and coconut nectar or agave.

Add sauce mixture to cabbage, carrots and scallions. Stir all ingredients together until the veggies are well coated with the sauce.



#### Simon says:

- This goes great with the Bean & Veggie Wrap from page 14 or Quinoa Sliders from page 18

## Crispy Chunky Steak Fries

Serves 4 - 6

I made these in a moment of desperation. I needed something to accompany a sandwich and only 1 Russet potato in the house. So, I cut it into wedges, tossed it in a bit of olive oil, a few spices and oven baked it. And holy moly, our favorite potato dish was born!

### Ingredients:

2 lbs potatoes (I've used Russet, Yukon golds, reds – use what ya got)  
2 T olive oil  
1 t salt  
1 t garlic powder  
½ t black pepper  
½ t smoked paprika

### Directions:

Preheat oven to 400°

In a small bowl, mix salt, pepper, garlic powder and paprika. Set aside.

Cut potatoes into wedges, you'll get 6 – 8 wedges per potato depending on size. Add wedges to a large bowl. Drizzle with olive oil and sprinkle with dry seasoning. Toss until wedges are evenly coated with oil and seasonings.

Place wedges on baking sheet in single layer. Bake for 20 minutes. Flip and bake another 15 – 20 min until potatoes are golden brown.

#### Simon says:

- These are delicious served with the easy peasy mayo + horseradish dipping sauce. Just add 3 parts mayo to 1 part horseradish mustard and voila! A fancy pants dipping sauce.





We almost can't call this a recipe, it's so easy. A great alternative to deep fried commercial chips, these pack the same crunch without all the guilt.

### Ingredients:

8 corn tortillas  
Spray oil  
1 t salt

### Directions:

Preheat oven to 375°

Place tortillas on a cutting board 2 or 3 at a time, cut into 8 triangles (like a pizza).

Spray 2 baking sheets with oil and spread tortilla triangles on the sheets in a single layer. Spray the triangles evenly with the spray oil, then sprinkle with salt.

Bake for 6 – 8 minutes. For extra crispy chips, turn over halfway through baking.

#### Simon says:

- Experiment with spices like garlic powder, cumin, chili powder or even a squeeze of lime
- These are a perfect companion for our holy guacamole recipe
- These will keep in a sealed container for a week (if they last that long!)



holly

## Guacamole

Makes 4 to 6 servings

It's hard to find a guacamole we don't like, but some are just better than others. After many iterations, this has become a household favorite. A big thank you to California for always having avocados at the ready!

### Ingredients:

4 med – large avocados  
½ c chopped tomatoes (seeds & liquid removed)  
the juice from ½ a lime  
¼ c finely chopped onion  
½ t garlic powder  
½ t salt

### Directions:

Halve the avocados, remove pit and scoop into a bowl. Add lime juice, salt and garlic powder and mash (a potato masher works great, but a fork will do too). Stir in remaining ingredients and gently stir until combined.

#### Simon says:

- To add some color, use a red onion
- Roma tomatoes work great here, because they aren't as watery as other tomatoes
- When storing, place a piece of plastic wrap directly on the guacamole before putting the lid on the container. This will keep air out and keep your guacamole nice and bright green



# SWEET TREATS

Ay yi yi, where do I start with the sweet treats??

As I mentioned on the breakfast page: According to the U.S. Department of Agriculture, the average child under 12 consumes 49 pounds of sugar annually. Yikes!

Now, I'm not of the opinion that you should never have sweets, but we need to take a really close look at how often we are eating them and how they are sweetened. Processed sugar, like high fructose corn syrup, does an absolute number on our bodies. It can give us a really high "high", then make us come crashing down as it leaves our system. Sugar can also affect our immune system, sleep, hormone health and moods...and not in a good way.

When you select naturally sweet foods like fruit, dates and honey, you are giving your body not just the sugar content, but fiber, minerals and nutrients, so it's much easier for your body to process.



Chocolate  
Peanut butter  
*Mousse*

Makes 4 servings

Who would have thought that avocados would play a major role in our favorite dessert? It's like pudding, but SO much better!

**Ingredients:**

- 2 ripe avocados
- 2 T coconut oil
- ¼ c. unsweetened cacao powder
- ¼ c. coconut nectar, honey or pure maple syrup
- 2 T nondairy milk
- ¼ c. peanut butter
- 1 t. vanilla
- 3 T mini chocolate chips (we like Good Life or Lily's brand)

**Directions:**

Halve the avocados, remove pit and place in food processor. Process until smooth. Add remaining ingredients except chocolate chips and process until incorporated. Pause and scrape sides of processor bowl as needed. Divide mousse into 4 bowls and top with chocolate chips. Best served immediately.

**Simon says:**

- For peanut allergies, sub almond butter or sunflower seed butter
- Try topping with dried cherries, berry jam, coconut flakes or coconut whipped topping
- We use almond milk, but use whatever non dairy milk you like
- Some vegans eat honey. If you do, feel free to sub it for the coconut nectar



# Chocolate Bark

Makes 6 – 8 servings

Chocolate bark always looked so fancy to me, it looked like it would take a lot of time and a lot of skill to master. It actually requires neither! This can come together in about 20 minutes and make you look like a pastry chef it's so darn beautiful. But honestly, even if it wasn't beautiful, it's chocolate, so everyone will like it.

## Ingredients:

- 8 oz. unsweetened chocolate
- 2 T honey
- 2 T cacao nibs
- 2 T sunflower seeds
- 2 T dried goji berries or raisins

## Directions:

Fill a medium saucepan with about 2 inches of water. Set a glass bowl on the pan, make sure the bowl does not touch the water. Turn the heat on medium. Add chocolate to the bowl. As the chocolate starts to melt, stir gently. Once chocolate is completely melted, turn off heat.

Cover a baking sheet with parchment paper. Pour the melted chocolate onto the parchment paper and spread into an even layer. The chocolate will not necessarily cover the whole baking sheet and it's perfectly fine if the edges are ragged. Sprinkle the sunflower seeds, goji berries or raisins and cacao nibs over the chocolate. Place in freezer to set for at least 10 minutes and up to an hour.

Remove from freezer and break into pieces. Store in an airtight container in the fridge for up to 3 weeks (good luck if it lasts that long!)

### Simon says:

- You will usually find unsweetened chocolate in bars in the baking aisle of the grocery store.
- This will work with chocolate chips, just find ones sweetened with stevia or other natural sweetener and omit the honey from the recipe
- Mix it up! Try pumpkin seeds, coconut flakes, crispy rice cereal, chopped almonds or dried fruit as bark toppings



# Fruit Salsa

Serves 6 - 8

A fruity version of chips and salsa, I have yet to bring this to a gathering where all guests aren't totally wowed. It is so fresh and light, it can pass as a snack or dessert.

## Ingredients:

1 cup strawberries, diced small  
1 ½ cup pineapple, diced small  
1 c mango, diced small  
½ c blueberries (if large, cut in half)  
2 T mint, chopped  
1 T honey  
2 T water  
1 tsp lime zest  
1 t diced ginger  
6 flour tortillas  
1 T cane or turbinado sugar  
1 t cinnamon  
Spray oil

## Directions:

Preheat oven to 350°.

For the chips, mix cinnamon and sugar in a small bowl, set aside. Spray 2 baking sheet with spray oil. Cut tortillas in half, then half again and again until you get 8 "slices" per tortilla. Lay on baking sheet, spray with oil. Sprinkle with cinnamon and sugar. Bake 6 – 8 minutes until just golden.

For the salsa, add water, honey, lime zest and ginger to small saucepot. Heat on low and stir for a few minutes. Let cool, then strain out ginger and zest.

In a medium bowl, add all fruit and 1 T mint. Pour cooled liquid over the fruit and combine gently. Top with remaining mint and serve with chips. Best enjoyed immediately.

### Simon says:

- You can chop all fruit ahead of time, just keep them separate from each other in containers to avoid color bleeding



• Pasta and Broccoli  
 80ZGF POSTU  
 2 C. BROCCOLI  
 OLIVE OIL  
 VEGAN BUTTER  
 herbs  
 GARLIC powder  
 SALT & PEPPER  
 PASTA WATER

