



Next to Sulforaphane, quercetin is the most important phytochemical in the health toolbox. Like Sulforaphane, it can activate a switch to turn on our own antioxidant defense mechanisms. It can also shut down the pro-inflammatory Nf-kB molecule. Pretty handy!

Quercetin is found in many foods, but we're after the most nutrient-rich sources. We feature many (but not all!) of these in this recipe pack.

- Capers
- Alliums: shallots, onions, leeks, garlic
- Berries: elderberry (not in this pack), blueberries, blackberries, cranberries
- Cilantro
- Mediterranean herbs: oregano, rosemary, thyme
- Asparagus
- Radishes (and their leaves)!
- Watercress
- Radicchio



Roasted Garlic & Asparagus Soup

4 servings
50 minutes

Ingredients

- 4 cups Asparagus (trimmed, cut in half)
- 10 Garlic (cloves, peeled and cut in half)
- 1/2 Yellow Onion (cut into thick slices)
- 1/4 head Cauliflower (cut into florets)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt (divided)
- 2 1/2 cups Vegetable Broth
- 2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	93
Fat	4g
Saturated	1g
Polyunsaturated	0g
Monounsaturated	2g
Carbs	13g
Fiber	4g
Protein	5g
Vitamin A	2749IU
Vitamin C	32mg
Calcium	78mg
Vitamin D	0IU
Riboflavin	0.3mg
Niacin	2mg
Vitamin B6	0.3mg
Folate	120µg
Vitamin B12	0µg
Magnesium	39mg
Zinc	1mg

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Toss the asparagus, garlic, onion and cauliflower with the olive oil and arrange in an even layer on the baking sheet. Season the vegetables with half of the salt then bake for 35 to 40 minutes or until the vegetables have caramelized and the garlic is fork-tender. Flip everything halfway through to prevent burning.
- 3 When the vegetables are just about done, heat the vegetable broth in a pot on the stove to a simmer. Add the spinach to the broth and stir to allow it to wilt.
- 4 To make the soup, transfer the warmed broth and spinach, the roasted vegetables and the remaining salt to a blender. Blend until smooth and creamy, allowing space for the heat to escape. If the soup is too thick, add more broth until your desired consistency is reached.
- 5 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1 1/4 cups of soup.

More Flavor: Add fresh herbs or black pepper to the soup before blending.

Additional Toppings: Reserve a couple of spears of the roasted asparagus to chop and garnish the soup with.

No Spinach: Use kale instead.

No Blender: Use an immersion hand blender or food processor instead.



Lemon Pepper Asparagus

4 servings
20 minutes

Ingredients

- 3 cups Asparagus (trimmed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Lemon Juice (divided)
- 1/2 tsp Black Pepper
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	53
Fat	4g
Saturated	1g
Polyunsaturated	0g
Monounsaturated	2g
Carbs	5g
Fiber	2g
Protein	2g
Vitamin A	762IU
Vitamin C	9mg
Calcium	26mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	54µg
Vitamin B12	0µg
Magnesium	15mg
Zinc	1mg

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Toss the asparagus with the oil and half the lemon juice. Arrange in a single layer on the baking sheet and season with black pepper and salt. Bake for 13 to 15 minutes or until the asparagus are tender, flipping halfway through.
- 3 Remove from the oven and drizzle with the remaining lemon juice. Season with additional salt and pepper if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Serve leftover asparagus with additional lemon juice.

More Flavor: Add lemon zest or garlic powder.

Asparagus: Three cups of asparagus is approximately 1 lb or 454 grams. Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.



Classic Guacamole

5 servings

15 minutes

Ingredients

- 4 Avocado (pit removed)
- 3 tbsps Cilantro (finely chopped)
- 2 Garlic (cloves, minced)
- 1 Jalapeno Pepper (seeds removed, finely chopped)
- 1/4 cup Red Onion (chopped)
- 2 Tomato (diced)
- 1 Lime (juiced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper

Nutrition

Amount per serving	
Calories	273
Fat	24g
Saturated	3g
Polyunsaturated	3g
Monounsaturated	16g
Carbs	17g
Fiber	12g
Protein	4g
Vitamin A	975IU
Vitamin C	30mg
Calcium	28mg
Vitamin D	0IU
Riboflavin	0.2mg
Niacin	3mg
Vitamin B6	0.5mg
Folate	147µg
Vitamin B12	0µg
Magnesium	53mg
Zinc	1mg

Directions

- 1 Scoop the avocado flesh into a medium-sized bowl. Mash the avocado with a fork until you've reached your desired texture.
- 2 Add the remaining ingredients and fold in everything until well combined. Serve and enjoy!

Notes

Leftovers: Refrigerate leftovers in an airtight container for up to three days.

Serving Size: One serving is roughly 1/4 cup of guacamole.

Additional Toppings: Chilli flakes or cayenne pepper for some heat.

Serve it With: Tortilla chips, on top of tacos, crackers, with vegetables or on top of salad.



Turkey Cranberry Squash Bowls

4 servings
40 minutes

Ingredients

- 2 Delicata Squash (small)
- 2 tbsps Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1 tbsp Poultry Seasoning
- 1 tsp Sea Salt
- 1/2 cup Frozen Cranberries (thawed, or use fresh)
- 4 cups Microgreens
- 2 tbsps Balsamic Vinegar

Nutrition

Amount per serving	
Calories	362
Fat	17g
Saturated	3g
Polyunsaturated	4g
Monounsaturated	8g
Carbs	32g
Fiber	6g
Protein	25g
Vitamin A	910IU
Vitamin C	47mg
Calcium	129mg
Vitamin D	16IU
Riboflavin	0.2mg
Niacin	8mg
Vitamin B6	0.8mg
Folate	46µg
Vitamin B12	1.4µg
Magnesium	97mg
Zinc	3mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Rinse the outside of the squash and slice in half lengthwise. Brush the flesh with a small amount of olive oil and place face-down on the baking sheet. Bake for 30 minutes.
- 3 Meanwhile, heat the remaining oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 4 Once the turkey is cooked through, stir in the poultry seasoning, sea salt and cranberries. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 5 Remove squash from oven and stuff each half with the turkey/cranberry mix. Serve with microgreens and a drizzle of balsamic vinegar. Enjoy!

Notes

Vegan & Vegetarian: Use lentils or chickpeas instead of ground meat.

No Microgreens: Use any leafy green like baby spinach, kale, or arugula.

Leftovers: Keeps well in the fridge up to 3 days.



Roasted Cranberry & Sweet Potato Quinoa Salad

6 servings

45 minutes

Ingredients

- 4 Sweet Potato (medium, peeled and cubed)
- 3 tbsps Avocado Oil (divided)
- 1/4 tsp Sea Salt
- 2 cups Frozen Cranberries (or fresh)
- 1 cup Quinoa (dry, uncooked)
- 2 cups Water
- 1 1/2 tbsps Apple Cider Vinegar
- 2 tps Dijon Mustard
- 1 tbsp Maple Syrup
- 1/2 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	317
Fat	13g
Saturated	2g
Polyunsaturated	3g
Monounsaturated	7g
Carbs	44g
Fiber	7g
Protein	8g
Vitamin A	12320IU
Vitamin C	7mg
Calcium	60mg
Vitamin D	0IU
Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.3mg
Folate	62µg
Vitamin B12	0µg
Magnesium	82mg

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 In a glass or foil-lined baking dish, toss the sweet potato with 1/3 of the avocado oil, and salt. Roast for 30 minutes, adding the cranberries midway.
- 3 Combine the quinoa and water in a saucepan over high heat. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid, turn off the heat and fluff with a fork.
- 4 In a large mixing bowl, whisk together the remaining avocado oil, apple cider vinegar, mustard and maple syrup. Add the roasted sweet potato, cranberries, quinoa and pumpkin seeds. Gently toss until well combined. Enjoy!

Notes

- No Sweet Potato:** Use carrots or butternut squash instead.
- Leftovers:** Refrigerate in an airtight container up to five days.
- No Quinoa:** Use rice or cauliflower rice instead.
- More Greens:** Add spinach or arugula.

Zinc

1mg



Blueberry Overnight Steel Cut Oats

3 servings

8 hours

Ingredients

- 1 cup Steel Cut Oats
- 3 cups Water (boiling)
- 2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 3/4 cup Blueberries

Nutrition

Amount per serving	
Calories	307
Fat	9g
Saturated	1g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	51g
Fiber	9g
Protein	8g
Vitamin A	353IU
Vitamin C	4mg
Calcium	390mg
Vitamin D	67IU
Riboflavin	0.1mg
Niacin	0mg
Vitamin B6	0mg
Folate	2µg
Vitamin B12	0µg
Magnesium	42mg
Zinc	0mg

Directions

- 1 Place the steel cut oats in a large bowl and cover with boiling water. Let it sit for 10 to 15 minutes.
- 2 Drain and rinse the oats. Add to a large container along with the almond milk and chia seeds. Stir and place in the fridge overnight or for at least 8 hours.
- 3 When ready to eat, top with blueberries. Serve and enjoy!

Notes

Leftovers: Overnight steel cut oats taste better the longer they sit, so make a big batch and keep it in the fridge for up to three days.

Nut-Free: Use coconut milk or hemp milk instead of almond milk.

More Flavor: Add cinnamon or maple syrup if you like it sweeter.

Additional Toppings: Top with coconut flakes, strawberries, raspberries or banana.

More Protein: Stir in your favorite protein powder when adding the milk.



Pear Blackberry Smoothie

1 serving
10 minutes

Ingredients

1 Pear
1 cup Blackberries
2 tbsps Ground Flax Seed
1/2 tsp Cinnamon
1 cup Baby Spinach
1 cup Water
6 Ice Cubes

Directions

1 Add all ingredients to your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Ground Flax Seed: Use chia seeds instead.

No Blackberries: Use blueberries instead.

Nutrition

Amount per serving	
Calories	243
Fat	6g
Saturated	0g
Polyunsaturated	4g
Monounsaturated	1g
Carbs	47g
Fiber	18g
Protein	7g
Vitamin A	3170IU
Vitamin C	46mg
Calcium	144mg
Vitamin D	0IU
Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	107µg
Vitamin B12	0µg
Magnesium	70mg
Zinc	1mg



Fennel, Radicchio & Grapefruit Salad

4 servings
25 minutes

Ingredients

- 1 bulb Fennel (cored and thinly sliced)
- 3 cups Radicchio (thinly sliced)
- 2 tbsps Shallot (thinly sliced)
- 2 tbsps Grapefruit Juice
- 1/4 cup Extra Virgin Olive Oil
- 1 tsp Raw Honey
- 1/8 tsp Sea Salt
- 2 Grapefruit (peeled and pulled apart into pieces)
- 1/4 cup Mint Leaves (thinly sliced)
- 1/3 cup Hazelnuts (toasted and chopped)

Nutrition

Amount per serving	
Calories	269
Fat	21g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	15g
Carbs	21g
Fiber	5g
Protein	4g
Vitamin A	1862IU
Vitamin C	58mg
Calcium	69mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	64µg
Vitamin B12	0µg

Directions

- 1 Add the sliced fennel, radicchio and shallot to a large salad bowl.
- 2 In a small bowl, combine the grapefruit juice, extra virgin olive oil, honey, and sea salt. Mix well.
- 3 Add the grapefruit slices, mint and hazelnuts to the salad bowl and drizzle with the dressing. Enjoy!

Notes

- No Radicchio:** Use endive or romaine lettuce instead.
- No Grapefruit:** Use navel orange instead.
- No Honey:** Use maple syrup instead.

Magnesium	46mg
Zinc	1mg



Grilled Mediterranean Chicken Kabobs

4 servings

30 minutes

Ingredients

- 1 Lemon (juiced)
- 1 tbsp Red Wine Vinegar
- 1 tbsp Oregano (dried)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 lb Chicken Breast (boneless, skinless, diced into cubes)
- 1 Zucchini (large)
- 1 Yellow Bell Pepper
- 1 cup Red Onion
- 2 cups Cherry Tomatoes
- 8 Barbecue Skewers

Nutrition

Amount per serving	
Calories	251
Fat	10g
Saturated	2g
Polyunsaturated	1g
Monounsaturated	6g
Carbs	12g
Fiber	3g
Protein	28g
Vitamin A	860IU
Vitamin C	112mg
Calcium	48mg
Vitamin D	1IU
Riboflavin	0.3mg
Niacin	12mg
Vitamin B6	1.2mg
Folate	57µg
Vitamin B12	0.2µg
Magnesium	61mg

Directions

- 1 Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
- 2 Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
- 3 Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
- 4 Preheat the grill to medium heat.
- 5 Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
- 6 Remove the kabobs from the grill and divide onto plates. Enjoy!

Notes

Serve Them With: Rice, quinoa, grilled potatoes and/or tzatziki sauce.

Leftovers: Store covered in an airtight container in the fridge up to three days.

Serving Size: One serving is equal to approximately two kabobs.

Vegan & Vegetarian: Omit the chicken and use marinated tofu or whole mushrooms instead.

Wooden Skewers: If grilling with wooden skewers, be sure to soak them in water before using to avoid them catching fire on the grill.

Turn Them Into a Salad: Slide the chicken and vegetables off the skewers after grilling and toss them with leafy greens like arugula, kale or spinach. Add extra toppings if desired like tzatziki sauce, sunflower seeds or feta cheese.

Zinc

1mg



Pico De Gallo

4 servings

15 minutes

Ingredients

- 5 Tomato (small, diced)
- 1/4 cup Cilantro (chopped)
- 1/3 cup Red Onion (diced)
- 1 Lime (juiced)
- Sea Salt & Black Pepper

Nutrition

Amount per serving	
Calories	31
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	7g
Fiber	2g
Protein	2g
Vitamin A	2149IU
Vitamin C	27mg
Calcium	12mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	44µg
Vitamin B12	0µg
Magnesium	14mg
Zinc	0mg

Directions

- 1 Combine all of the ingredients into a bowl. Mix until everything is well combined. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serve it With: Serve with tortilla chips, on top of tacos, as a salad topper or on a sandwich.

Serving Size: One serving is roughly 1/3 cup.

More Flavor: Add diced jalapeno or chilli flakes.



Crispy Prosciutto & Leek Soup

4 servings
30 minutes

Ingredients

- 1/2 tsp Avocado Oil
- 2 Leeks (trimmed, roughly chopped)
- 1/2 Yellow Onion (chopped)
- 1/2 head Cauliflower (cut into florets)
- 4 cups Chicken Broth
- 1/2 tsp Sea Salt
- 4 ozs Prosciutto (sliced into small pieces)
- 1 1/4 cups Canned Coconut Milk (full fat)
- 1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	266
Fat	18g
Saturated	14g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	15g
Fiber	3g
Protein	12g
Vitamin A	1067IU
Vitamin C	46mg
Calcium	66mg
Vitamin D	0IU
Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	76µg
Vitamin B12	0.1µg
Magnesium	28mg

Directions

- 1 In a large pot or dutch oven, heat the avocado oil over medium heat. Once hot, add the leeks and onion and sauté for 4 to 5 minutes. Add the cauliflower, chicken broth and sea salt. Bring to a boil, then reduce heat and let simmer for 15 to 18 minutes.
- 2 Meanwhile, heat a large non-stick skillet over medium heat. Add the prosciutto and cook for 3 minutes per side or until crisp. Remove from the pan and set aside.
- 3 Add the coconut milk to the soup and stir to incorporate. Blend the soup with a stick blender or in a blender. Ladle into bowls and top with crispy prosciutto and parsley. Serve and enjoy!

Notes

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 1.5 cups of soup.

More Flavor: Add black pepper or your favorite herbs and spices to the soup.

No Prosciutto: Omit, or use crispy bacon instead.

Make it Vegan: Use vegetable broth and omit the prosciutto.

Zinc

0mg



Leek, Sweet Potato & Feta Flatbread

4 servings
20 minutes

Ingredients

- 1 Sweet Potato (cubed)
- 2 tbsps Extra Virgin Olive Oil
- 2 Leeks (trimmed and sliced)
- 1 cup Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Feta Cheese (crumbled)
- 1 tbsp Thyme
- 4 Brown Rice Tortilla

Nutrition

Amount per serving	
Calories	292
Fat	11g
Saturated	2g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	41g
Fiber	5g
Protein	6g
Vitamin A	6124IU
Vitamin C	9mg
Calcium	92mg
Vitamin D	2IU
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	50µg
Vitamin B12	0.2µg
Magnesium	29mg
Zinc	0mg

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Bring a pot of water to a boil and boil sweet potato until tender (about 10 minutes) and drain.
- 3 Heat olive oil in a frying pan over medium heat. Add the leeks and cook until soft (about 7 minutes).
- 4 Add the potatoes to the frying pan and season with sea salt and pepper to taste. Stir and cook for another 2 minutes. Add the handful of baby spinach and stir just until wilted. Remove from heat.
- 5 Spoon the sweet potato and leek mixture over brown rice tortillas. Sprinkle with feta and thyme. Place the tortillas on a pizza stone or cookie sheet and bake in oven for 12 minutes.
- 6 Either slice into pieces with a pizza cutter or pull apart and enjoy!



Radish & Cucumber Salad

2 servings

15 minutes

Ingredients

- 3 tbsps Hemp Seeds
- 2 tbsps Hemp Oil
- 2 tbsps Apple Cider Vinegar
- 3 tbsps Fresh Dill (divided)
- 1 1/2 Cucumber (sliced)
- 1 cup Radishes (sliced)

Nutrition

Amount per serving	
Calories	255
Fat	22g
Saturated	2g
Polyunsaturated	17g
Monounsaturated	3g
Carbs	12g
Fiber	3g
Protein	7g
Vitamin A	307IU
Vitamin C	16mg
Calcium	64mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	2mg
Vitamin B6	0.2mg
Folate	48µg
Vitamin B12	0µg
Magnesium	141mg
Zinc	2mg

Directions

- 1 To make the dressing, add the hemp seeds, hemp oil, apple cider vinegar and half of the fresh dill into a food processor or blender and blend until smooth.
- 2 Add the sliced cucumber and radishes into a bowl and toss together with the dressing.
- 3 Top with the remaining dill and enjoy!

Notes

Leftovers: Best enjoyed the same day. For longer-lasting leftovers, refrigerate the vegetables separate from the dressing in airtight containers for up to two days.

More Fiber: Serve over a bed of spinach, arugula, or kale.

More Flavor: Add salt and pepper to the dressing.

More Protein: Top with chicken breast or chickpeas.



Coconut Cod Tacos

4 servings

35 minutes

Ingredients

- 1 Egg
- 1/2 cup Unsweetened Shredded Coconut
- 1/4 cup Coconut Flour
- 1/2 tsp Paprika
- 1/4 tsp Sea Salt
- 2 Cod Fillet (cut into small pieces)
- 8 Corn Tortilla
- 1 Yellow Bell Pepper (sliced thinly)
- 1/4 cup Watermelon Radish (thinly sliced)
- 1 Lime (juiced)
- 1/4 cup Cilantro (optional, roughly chopped)
- 1 Avocado (cubed)

Nutrition

Amount per serving	
Calories	447
Fat	18g
Saturated	9g
Polyunsaturated	1g
Monounsaturated	6g
Carbs	43g
Fiber	10g
Protein	27g
Vitamin A	495IU
Vitamin C	97mg
Calcium	241mg
Vitamin D	52IU
Riboflavin	0.2mg

Directions

- 1 Preheat the oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Beat the egg in a bowl. Then in a separate bowl, mix together the unsweetened shredded coconut, coconut flour, paprika, and sea salt.
- 3 Dip each piece of cod into the egg mixture and then into the flour mixture, making sure to coat all sides of the fish. Transfer the cod onto the baking sheet. Place in the oven and bake for 5 minutes then flip and cook for an additional 5 minutes or until cooked through.
- 4 Remove the cod from the oven and divide between tortillas. Top with sliced bell pepper, radish, lime juice, cilantro (optional) and avocado. Enjoy!

Notes

Leftovers: Store leftover fish in the fridge separate from the veggies. Reheat the fish in the oven for a few minutes to warm before assembling tacos.

Serving Size: One serving is equal to two tacos.

Fillet Size: One fillet is equal to 231 grams or 8 ounces.

No Tortillas: Use lettuce as a wrap.

No Watermelon Radish: Omit or use regular radish.

Likes it Spicy: Add hot sauce or cayenne pepper to the assembled tacos.

Likes it Saucy: Drizzle the assembled tacos with mayonnaise or sour cream.

Niacin	4mg
Vitamin B6	0.5mg
Folate	71µg
Vitamin B12	1.2µg
Magnesium	61mg
Zinc	1mg



Smoked Salmon & Avocado Cucumber Bites

2 servings

5 minutes

Ingredients

- 1/2 Cucumber (large)
- 1/2 Avocado (mashed)
- 6 ozs Smoked Salmon
- 1 tsp Capers
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	191
Fat	11g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	7g
Carbs	7g
Fiber	4g
Protein	17g
Vitamin A	228IU
Vitamin C	7mg
Calcium	28mg
Vitamin D	582IU
Riboflavin	0.2mg
Niacin	5mg
Vitamin B6	0.4mg
Folate	48µg
Vitamin B12	2.8µg
Magnesium	40mg
Zinc	1mg

Directions

- 1 Slice cucumber into 1/4-inch thick rounds.
- 2 In a small bowl, mash the avocado with a fork.
- 3 Top the cucumber with mashed avocado, smoked salmon, capers and sea salt. Serve and enjoy!

Notes

Leftovers: Each of these ingredients spoil quickly when exposed to air. This recipe is best enjoyed the same day.

More Flavor: Add spices like chili flakes, cayenne or black pepper.

Make it Vegan: Omit the smoked salmon and use hemp hearts on top instead.



Olive Tapenade with Crackers

8 servings

10 minutes

Ingredients

- 1 cup Black Olives (pitted)
- 2 tbsps Capers
- 1/4 cup Parsley
- 1/8 Lemon (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 14 1/8 ozs Whole Grain Crackers

Nutrition

Amount per serving	
Calories	292
Fat	15g
Saturated	3g
Polyunsaturated	6g
Monounsaturated	6g
Carbs	35g
Fiber	2g
Protein	4g
Vitamin A	221IU
Vitamin C	3mg
Calcium	25mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	2mg
Vitamin B6	0.1mg
Folate	55µg
Vitamin B12	0µg
Magnesium	17mg
Zinc	1mg

Directions

- 1 Combine the olives, capers, parsley, lemon juice, olive oil and sea salt in a food processor and blend until desired consistency is reached. Adjust salt and lemon juice to taste.
- 2 Top crackers with the olive tapenade and enjoy!

Notes

No Lemon Juice: Use apple cider vinegar instead.

No Olive Oil: Use avocado oil instead.

Storage: Refrigerate in an airtight container up to 7 days.



Classic Puttanesca Sauce

8 servings

40 minutes

Ingredients

3 tbsps Extra Virgin Olive Oil
 2 Garlic (cloves, chopped)
 5 Anchovy (fillets, whole)
 1/4 tsp Chili Flakes
 1 1/2 tbsps Tomato Paste
 4 cups Crushed Tomatoes (from the can)
 3 tbsps Pitted Kalamata Olives (chopped)
 1 tbsp Capers
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	96
Fat	6g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	4g
Carbs	10g
Fiber	3g
Protein	3g
Vitamin A	319IU
Vitamin C	12mg
Calcium	53mg
Vitamin D	2IU
Riboflavin	0.1mg
Niacin	2mg
Vitamin B6	0.2mg
Folate	17µg
Vitamin B12	0µg
Magnesium	28mg

Directions

- 1 In a medium-sized pot over medium heat, add the oil. Once hot, add the garlic, anchovy and chili flakes. Cook, stirring often until aromatic and slightly browned, about 4 to 5 minutes.
- 2 Add the tomato paste and cook for one minute more, while stirring. Add the tomatoes with their juices, olives and capers. Season with salt and pepper. Bring to a simmer and then reduce the heat to medium-low. Simmer for about 25 to 30 minutes, until thickened and reduced.
- 3 Remove from the heat. Store in a sealable glass container. Enjoy!

Notes

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

Serving Size: One serving is roughly 1/4 cup sauce.

Serving Suggestions: Use the sauce on top of any pasta or vegetable noodles.

More Flavor: Fresh herbs such as basil, parsley and/or oregano.

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