



## About Your Sampler Recipe Pack

Some of us have a basket of genes that can interfere with how our body manages carbohydrates.

- Sometimes this means having higher blood sugar levels
- Or a sluggish insulin hormone that helps regulate our blood sugar

Either way, one of the things you can do is lower your intake of carbohydrates. By doing this you lower the demand on insulin to regulate or balance your blood sugar.

- This does NOT mean excluding carbohydrates from your diet.
- It DOES mean being prudent about which carbohydrates you choose (including some of the yummy ones you find in cakes, cookies, candy, snacks for example)!
- For some of us, it might also mean changing your eating window, something we call Time Restricted Eating (ask your practitioner about this)
- For others it means choosing your carbs wisely, even reducing the number of starchy fruit and vegetables you eat (melons, pineapple, potatoes for example), and replacing them with lower "glycemic" versions such as berries, leafy greens and hearty vegetables like cabbage or cauliflower
- Glycemic refers to the impact a food has on your blood glucose levels. So choose your food wisely to smooth out your blood sugar

This Recipe Pack is designed to provide you with very basic recipes that illustrate a lower carbohydrate approach, without compromising on flavor. Use it as a visual guide for planning your meals, and also as a few extra recipes to try.

Enjoy!





## Salmon Nicoise Salad

4 servings

1 hour

### Ingredients

- 4 Egg
- 4 cups Mini Potatoes (halved)
- 4 cups Green Beans (trimmed)
- 1 lb Salmon Fillet
- 1 tbsp Dijon Mustard
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Apple Cider Vinegar
- 2 Garlic (cloves, minced)
- 1 tsp Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 2 cups Cherry Tomatoes (halved)
- 1 cup Pitted Kalamata Olives

### Nutrition

Amount per serving	
Calories	560
Fat	30g
Saturated	5g
Polyunsaturated	6g
Monounsaturated	17g
Carbs	39g
Fiber	7g
Protein	35g
Vitamin A	1740IU
Vitamin C	53mg
Calcium	138mg
Vitamin D	41IU
Vitamin K	61µg
Vitamin B6	1.7mg
Folate	119µg
Vitamin B12	4.1µg

### Directions

- 1 Hard boil the eggs by placing them in a small pot of cold water. Bring to a boil over high heat. Once boiling, remove them from heat. Cover and let stand for 12 minutes. Transfer to a bowl of ice water to cool. Once cool, peel and slice into quarters.
- 2 Preheat oven to 400°F (204°C) and line a baking sheet with parchment.
- 3 Toss the mini potatoes with a little olive oil to coat, and season with salt and pepper. Spread across the baking sheet and bake for 20 minutes.
- 4 While the potatoes are roasting, bring a medium saucepan of water to a boil and add the green beans. Boil for about 5 minutes, then drain and transfer the beans to a bowl of cold water to cool. Once cooled, drain and pat dry.
- 5 After the potatoes have been in the oven for 20 minutes, remove the baking sheet from the oven and move the potatoes to one side. Add the salmon fillets on the other side. Return to the oven for 15 to 20 more minutes, or until the salmon is cooked and the potatoes are tender.
- 6 To make the dressing, combine the dijon mustard, olive oil, apple cider vinegar, garlic, Italian seasoning, sea salt and black pepper in a small mason jar. Put the lid on and shake well.
- 7 To serve, divide the roasted potatoes, quartered eggs, green beans, cherry tomatoes and olives between plates. Top with salmon and drizzle with desired amount of dressing. Enjoy!

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Phosphorous	472mg
Magnesium	109mg



## Arugula Salad with Salmon

1 serving  
15 minutes

### Ingredients

- 6 ozs Salmon Fillet
- 1/8 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 2 cups Arugula
- 1/4 Cucumber (sliced)
- 1/2 Avocado (sliced)
- 1 Fig (optional, quartered)

### Nutrition

Amount per serving	
Calories	583
Fat	40g
Saturated	6g
Polyunsaturated	8g
Monounsaturated	23g
Carbs	23g
Fiber	9g
Protein	38g
Vitamin A	1315IU
Vitamin C	25mg
Calcium	127mg
Vitamin D	0IU
Vitamin K	87µg
Vitamin B6	1.8mg
Folate	174µg
Vitamin B12	5.4µg
Phosphorous	439mg
Magnesium	116mg

### Directions

- 1 Heat a skillet over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 2 In a small bowl, mix the oil and lemon juice together.
- 3 Add the arugula to a plate and top with the cucumber, avocado and fig, if using. Drizzle the dressing over top and place the salmon on top. Enjoy!





## Tuna Chickpea Salad

4 servings

15 minutes

### Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (zest and juice)
- 1/4 tsp Sea Salt
- 2 cups Chickpeas (cooked)
- 1 can Tuna (drained)
- 5 stalks Green Onion (chopped)
- 1/2 cup Parsley (chopped)

### Nutrition

Amount per serving	
Calories	299
Fat	16g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	25g
Fiber	7g
Protein	16g
Vitamin A	1287IU
Vitamin C	18mg
Calcium	66mg
Vitamin D	19IU
Vitamin K	160µg
Vitamin B6	0.3mg
Folate	161µg
Vitamin B12	1.1µg
Phosphorous	204mg
Magnesium	56mg

### Directions

- 1 In a large mixing bowl whisk olive oil, lemon zest, lemon juice and salt. Fold in chickpeas, tuna, green onions and parsley. Season with additional salt or lemon juice if needed.
- 2 Serve immediately and enjoy!



## Spinach Salad with Tuna & Egg

2 servings

10 minutes

### Ingredients

- 2 Egg
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 5 cups Baby Spinach
- 1 can Tuna (flaked and drained)
- 1/2 cup Pitted Kalamata Olives
- 1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	320
Fat	23g
Saturated	4g
Polyunsaturated	3g
Monounsaturated	14g
Carbs	6g
Fiber	2g
Protein	25g
Vitamin A	7461IU
Vitamin C	24mg
Calcium	146mg
Vitamin D	80IU
Vitamin K	371µg
Vitamin B6	0.5mg
Folate	174µg
Vitamin B12	2.6µg
Phosphorous	252mg
Magnesium	86mg

### Directions

- 1 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 7 minutes for a soft boiled egg. Once the eggs are done, add them to a bowl of ice water.
- 2 In a small bowl, whisk together the extra virgin olive oil and lemon juice to create the dressing.
- 3 Add the spinach to a plate and top with tuna, olives and the egg. Drizzle with the dressing and season with sea salt. Serve and enjoy!



## Taco Salad with Beef

4 servings

25 minutes

### Ingredients

- 1 lb Extra Lean Ground Beef
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Sea Salt
- 1 cup Cherry Tomatoes (chopped)
- 1 Jalapeno Pepper (chopped)
- 2 stalks Green Onion (chopped)
- 3 tbsps Lime Juice (divided)
- 2 heads Romaine Hearts (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 2 Avocado (sliced)

### Nutrition

Amount per serving	
Calories	452
Fat	34g
Saturated	8g
Polyunsaturated	3g
Monounsaturated	20g
Carbs	15g
Fiber	9g
Protein	26g
Vitamin A	3182IU
Vitamin C	24mg
Calcium	67mg
Vitamin D	3IU
Vitamin K	58µg
Vitamin B6	0.8mg
Folate	118µg
Vitamin B12	2.5µg
Phosphorous	298mg
Magnesium	72mg

### Directions

- 1 In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
- 2 Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
- 3 In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
- 4 To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.





## Thai Chopped Chicken Salad with Peanut Sauce

3 servings

30 minutes

### Ingredients

- 8 ozs Chicken Breast (skinless and boneless)
- 1/8 tsp Chili Powder
- 1/8 tsp Smoked Paprika
- 1/8 tsp Sea Salt
- 3 tbsps All Natural Peanut Butter
- 1 tbsp Tamari
- 1 tsp Raw Honey
- 1 tbsp Lime Juice
- 1 Garlic (clove, minced)
- 1 tsp Ginger (minced)
- 2 tbsps Water
- 3 cups Green Cabbage (chopped)
- 2 Carrot (shredded)
- 1/2 Red Bell Pepper
- 1/2 Mango (cubed)
- 3 stalks Green Onion (chopped)

### Directions

- 1 Add the chicken to a small bowl and season with chili powder, smoked paprika and sea salt. In a skillet over medium heat, cook the chicken on both sides until cooked through, approximately 8 to 10 minutes. Remove, let cool slightly and then shred with two forks.
- 2 In a blender, add the peanut butter, tamari, honey, lime juice, garlic, ginger and water. Blend until smooth and creamy.
- 3 In a large bowl, add the cabbage, carrots, pepper, mango and green onions. Add the shredded chicken to the bowl and toss with the dressing. Serve and enjoy!

### Nutrition

Amount per serving	
Calories	282
Fat	11g
Saturated	2g
Polyunsaturated	3g
Monounsaturated	5g
Carbs	26g
Fiber	6g
Protein	24g
Vitamin A	8693IU
Vitamin C	84mg

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Calcium	80mg
Vitamin D	1IU
Vitamin K	95µg
Vitamin B6	1.0mg
Folate	105µg
Vitamin B12	0.2µg
Phosphorous	279mg
Magnesium	78mg



## Lemon Chicken Salad with Cucumber Ribbons

2 servings

1 hour

### Ingredients

- 8 ozs Chicken Breast
- 1 1/2 tsps Avocado Oil
- 1/4 tsp Italian Seasoning
- 1/4 tsp Sea Salt (divided)
- 1/2 Cucumber (large)
- 2 tsbps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 1 tbsp Fresh Dill
- 1/2 Garlic (clove, minced)
- 1/2 stalk Celery (finely chopped)
- 2 tsbps Red Onion (finely chopped)

### Nutrition

Amount per serving	
Calories	305
Fat	20g
Saturated	3g
Polyunsaturated	2g
Monounsaturated	13g
Carbs	5g
Fiber	1g
Protein	26g
Vitamin A	180IU
Vitamin C	7mg
Calcium	27mg
Vitamin D	1IU
Vitamin K	23µg
Vitamin B6	1.0mg
Folate	23µg
Vitamin B12	0.2µg
Phosphorous	266mg
Magnesium	44mg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking dish with parchment paper. Place the chicken breasts in the prepared baking dish and drizzle with avocado oil. Season with Italian seasoning and half the salt. Bake for 25 minutes, or until the chicken is cooked through. Remove from the oven and immediately cover with a piece of aluminium foil for at least 10 minutes. Carefully remove the foil and let chicken cool before chopping into cubes.
- 2 Spiralize the cucumber using the ribbon blade. If you do not have a spiralizer, use a vegetable peeler or mandoline to create ribbons instead.
- 3 In a mixing bowl, whisk the olive oil, lemon juice, fresh dill, garlic and the remaining salt together. Add the chopped chicken, celery and onion to the dressing and mix well to combine. Season with additional salt if needed.
- 4 To serve, divide cucumber ribbons between plates and top with chicken salad. Enjoy!





## Turmeric Chicken Salad

2 servings

30 minutes

### Ingredients

- 1 lb Chicken Breast (skinless, boneless)
- 1 tbsp Avocado Oil
- 1 tsp Turmeric
- Sea Salt & Black Pepper (to taste)
- 2 cups Baby Spinach
- 1 cup Cherry Tomatoes
- 1/2 Cucumber (sliced)

### Nutrition

Amount per serving	
Calories	369
Fat	13g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	7g
Carbs	8g
Fiber	2g
Protein	53g
Vitamin A	3580IU
Vitamin C	21mg
Calcium	63mg
Vitamin D	2IU
Vitamin K	163µg
Vitamin B6	2.0mg
Folate	95µg
Vitamin B12	0.5µg
Phosphorous	537mg
Magnesium	108mg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Toss the chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until the chicken is cooked through.
- 3 Divide the spinach, cherry tomatoes, and cucumber between plates. Top with the chicken and enjoy!



## BLT Salad Bowls

2 servings

15 minutes

### Ingredients

- 2 Egg
- 4 slices Organic Bacon
- 4 cups Arugula
- 1 cup Cherry Tomatoes (halved)
- 1/2 Avocado (sliced)
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	515
Fat	47g
Saturated	12g
Polyunsaturated	7g
Monounsaturated	26g
Carbs	9g
Fiber	5g
Protein	17g
Vitamin A	1934IU
Vitamin C	21mg
Calcium	109mg
Vitamin D	50IU
Vitamin K	68µg
Vitamin B6	0.5mg
Folate	114µg
Vitamin B12	0.7µg
Phosphorous	257mg
Magnesium	55mg

### Directions

1

Hard boil your eggs by placing them in a small pot and fill with enough cold water to cover them by 1-inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place eggs in a bowl of ice-cold water for 10 minutes.

2

While the eggs are cooling, cook your bacon in a pan over medium heat until crispy. Remove from pan and pat excess oil away with paper towel. Once cool, chop it up.

3

To assemble the salads: divide arugula between bowls and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper, to taste. Enjoy!





## Spiralized Veggie Noodles with Peanut Sauce

3 servings

15 minutes

### Ingredients

- 1 Zucchini (medium)
- 1 Carrot (large, peeled)
- 1 Red Bell Pepper (thinly sliced)
- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1/4 cup All Natural Peanut Butter
- 2 tbsps Water
- 2 tbsps Lime Juice
- 1 tbsp Tamari
- 1 tbsp Maple Syrup
- 1 Garlic (clove, minced)
- 1 tsp Ginger (minced)
- 3 tbsps Hemp Seeds

### Directions

- 1 Spiralize the zucchini and the carrot and transfer to a large mixing bowl with the bell pepper and cabbage. If you do not have a spiralizer, use a box grater or vegetable peeler instead.
- 2 In a mixing bowl combine the peanut butter, water, lime juice, tamari, maple syrup, garlic and ginger. Mix well to combine.
- 3 To serve, toss the veggies in the peanut sauce and top with hemp seeds. Serve immediately and enjoy!

### Nutrition

Amount per serving	
Calories	253
Fat	16g
Saturated	3g
Polyunsaturated	7g
Monounsaturated	6g
Carbs	21g
Fiber	5g
Protein	11g
Vitamin A	5272IU
Vitamin C	92mg
Calcium	70mg
Vitamin D	0IU
Vitamin K	25µg
Vitamin B6	0.5mg
Folate	78µg



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Vitamin B12	0µg
Phosphorous	304mg
Magnesium	138mg



## One Pan Chicken & Radishes

2 servings

45 minutes

### Ingredients

10 ozs Chicken Leg, Bone-in (skin on)  
 1/4 tsp Ground Sumac (divided)  
 1/2 tsp Fennel Seed (ground)  
 Sea Salt & Black Pepper (to taste)  
 1 tsp Extra Virgin Olive Oil  
 1 Lemon (sliced, zest from half the lemon reserved)  
 2 cups Radishes (trimmed, halved, tops removed and washed/dried)  
 4 Garlic (cloves, skin on)  
 2 tbsps Fresh Oregano (divided)

### Nutrition

Amount per serving	
Calories	376
Fat	26g
Saturated	7g
Polyunsaturated	5g
Monounsaturated	12g
Carbs	10g
Fiber	4g
Protein	25g
Vitamin A	172IU
Vitamin C	29mg
Calcium	106mg
Vitamin D	4IU
Vitamin K	25µg
Vitamin B6	0.7mg
Folate	45µg
Vitamin B12	0.9µg
Phosphorous	265mg
Magnesium	51mg

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Season the chicken with half the sumac, ground fennel seed, salt and pepper. Heat a cast-iron pan over medium heat, and add the oil. Add the chicken, skin side down, and sear for 8 to 10 minutes, until lightly browned and crispy.
- 3 Add the lemon zest to the chicken. Add the radishes, garlic cloves and lemon slices to the pan. Season the radishes with salt, pepper, half the oregano and remaining sumac. Place in the oven and cook for 30 minutes, turning the chicken halfway.
- 4 Remove the skillet from the oven and take the chicken out. Add the radish tops and place back in the oven for 2 to 3 minutes, until just wilted.
- 5 Divide everything evenly between plates. Garnish with the remaining oregano. Enjoy!



## Chicken Caesar Salad Wraps

4 servings

15 minutes

### Ingredients

- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 tbsps Tahini
- 2 tbsps Lemon Juice
- 1 tsp Dijon Mustard
- 2 tps Nutritional Yeast
- 1/4 tsp Sea Salt (divided)
- 2 tbsps Water
- 1 head Boston Lettuce
- 4 Brown Rice Tortilla
- 1 Tomato (chopped, seeds removed)
- 1 lb Chicken Breast, Cooked (chopped into cubes or slices)

### Nutrition

Amount per serving	
Calories	439
Fat	17g
Saturated	3g
Polyunsaturated	3g
Monounsaturated	8g
Carbs	31g
Fiber	4g
Protein	40g
Vitamin A	519IU
Vitamin C	7mg
Calcium	42mg
Vitamin D	1IU
Vitamin K	6µg
Vitamin B6	2.6mg
Folate	18µg
Vitamin B12	5.9µg

### Directions

- 1 Add the olive oil, tahini, lemon juice, mustard, nutritional yeast, sea salt and water to a jar. Shake vigorously to combine until smooth and creamy.
- 2 Place a few leaves of lettuce in a tortilla, and add the tomato. Place the chicken on top and drizzle with the tahini caesar dressing. Wrap and repeat until all the wraps are made. Enjoy!



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Phosphorous	357mg
Magnesium	49mg



## Veggie Skewers

4 servings

15 minutes

### Ingredients

- 4 Cremini Mushrooms (halved)
- 1 cup Red Onion (chopped)
- 1 Red Bell Pepper (seeds removed, chopped)
- 2 tbsps Extra Virgin Olive Oil
- 4 Barbecue Skewers
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	87
Fat	7g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	6g
Fiber	1g
Protein	1g
Vitamin A	932IU
Vitamin C	41mg
Calcium	12mg
Vitamin D	1IU
Vitamin K	6µg
Vitamin B6	0.1mg
Folate	24µg
Vitamin B12	0µg
Phosphorous	35mg
Magnesium	9mg

### Directions

- 1 Toss the mushrooms, onion and bell pepper in a bowl with the oil until well coated.
- 2 Pierce the mushrooms, onion and bell pepper onto the barbecue skewers. Season with salt and pepper.
- 3 Grill over medium heat, turning frequently until slightly charred and cooked through, about 15 minutes. Enjoy!



## Chickpea Breakfast Scramble With Radishes

3 servings

15 minutes

### Ingredients

- 1/4 cup Organic Vegetable Broth
- 1 1/2 cups Chickpeas (cooked, rinsed)
- 2 tbsps Nutritional Yeast
- 1 tsp Turmeric
- 1/4 tsp Sea Salt
- 1 cup Mixed Greens
- 1/3 cup Radishes (sliced)
- 1 tbsp Parsley (chopped)
- 1/2 stalk Green Onion (chopped)

### Nutrition

Amount per serving	
Calories	167
Fat	2g
Saturated	0g
Polyunsaturated	1g
Monounsaturated	0g
Carbs	26g
Fiber	8g
Protein	11g
Vitamin A	254IU
Vitamin C	6mg
Calcium	58mg
Vitamin D	0IU
Vitamin K	28µg
Vitamin B6	5.2mg
Folate	147µg
Vitamin B12	22.5µg
Phosphorous	145mg
Magnesium	44mg

### Directions

- 1 In a medium-sized pan, heat the vegetable broth over medium heat.
- 2 In a medium-sized bowl, add in the chickpeas and mash until they're soft. Add in the nutritional yeast, turmeric and sea salt and mix together until well combined.
- 3 Add the chickpea mixture into the pan and cook for about 10 minutes or until the scramble begins to turn golden. Continue to stir as it cooks.
- 4 Remove the chickpea scramble from the stove and let it cool. Divide the mixed greens, radishes, parsley and green onions onto plates. Top with the chickpea scramble and enjoy!





## Ginger Miso Soba Noodle Soup With Bok Choy

2 servings  
25 minutes

### Ingredients

- 3 1/2 ozs Buckwheat Soba Noodles
- 2 tbsps Miso Paste
- 2 cups Water
- 1 tbsp Ginger (grated)
- 1 tbsp Tamari
- 1 tbsp Sesame Oil
- 1 cup Bok Choy (quartered)
- 1 Carrot (medium, julienned)
- 1 cup Snap Peas (or snow peas, sliced)
- 1/2 Lime

### Nutrition

Amount per serving	
Calories	365
Fat	9g
Saturated	1g
Polyunsaturated	3g
Monounsaturated	3g
Carbs	49g
Fiber	5g
Protein	11g
Vitamin A	7010IU
Vitamin C	27mg
Calcium	93mg
Vitamin D	0IU
Vitamin K	42µg
Vitamin B6	0.2mg
Folate	48µg
Vitamin B12	0µg
Phosphorous	57mg
Magnesium	33mg

### Directions

- 1 Bring a medium-sized pot of water to a boil. Add the soba noodles and cook for 6 to 7 minutes, until done. Drain and rinse with cold water until completely cooled. Set aside.
- 2 In a small bowl combine miso paste with just enough water to form a paste. Add the paste to a small saucepan along with the water, ginger, tamari and sesame oil. Bring to a gentle simmer, but be careful not to boil. Miso is a probiotic food, and should not be boiled.
- 3 While the broth is warming, divide the cooked noodles, bok choy, carrots, and snap peas between bowls. Pour the miso soup broth over the veggies to warm everything. Squeeze lime over each bowl and enjoy!



## Mushroom & Edamame Stir Fry

2 servings  
20 minutes

### Ingredients

- 1 1/2 tps Sesame Oil
- 10 Cremini Mushrooms (sliced)
- 1/2 Yellow Onion (small, sliced)
- 1 cup Kale Leaves (finely chopped)
- 2 cups Frozen Edamame (thawed)
- 2 cups Organic Vegetable Broth
- 2 tbsps Tamari
- 1 tbsp Ginger (fresh, finely grated)
- 2 Garlic (clove, minced)
- 2 cups Cauliflower Rice

### Nutrition

Amount per serving	
Calories	301
Fat	12g
Saturated	2g
Polyunsaturated	5g
Monounsaturated	3g
Carbs	29g
Fiber	12g
Protein	26g
Vitamin A	1493IU
Vitamin C	23mg
Calcium	172mg
Vitamin D	6IU
Vitamin K	84µg
Vitamin B6	0.4mg
Folate	508µg
Vitamin B12	0.1µg
Phosphorous	381mg
Magnesium	122mg

### Directions

- 1 Heat the sesame oil in a large pan or skillet over medium-high heat.
- 2 Add the mushrooms and onions to the pan and cook for 5 to 8 minutes or until the mushrooms and onions have started to brown.
- 3 Add the kale and stir to combine. Continue to cook until kale has wilted. Add in the edamame and cook for 2 to 3 minutes or until the edamame has warmed through.
- 4 Meanwhile, in a small bowl combine the vegetable broth, tamari, ginger and garlic.
- 5 Add the ginger and garlic sauce to the pan. Stir to combine and cook, stirring often, for 2 to 3 minutes more. Season the stir fry with additional tamari or sea salt if needed.
- 6 To serve, divide the cauliflower rice between plates and top with the mushroom and edamame stir fry. Enjoy!



## Smoked Paprika Cabbage

2 servings

10 minutes

### Ingredients

2 tbsps Extra Virgin Olive Oil  
 1 Garlic (clove, minced)  
 4 cups Green Cabbage (thinly sliced)  
 2 tsps Smoked Paprika  
 Sea Salt & Black Pepper (to taste)

### Directions

1

Heat olive oil in a pan over medium heat. Add garlic, cabbage, smoked paprika, salt and pepper. Cook for 7 to 8 minutes, stirring occasionally until cabbage is tender. Enjoy!

### Nutrition

Amount per serving	
Calories	173
Fat	14g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	12g
Fiber	5g
Protein	3g
Vitamin A	1307IU
Vitamin C	66mg
Calcium	79mg
Vitamin D	0IU
Vitamin K	145µg
Vitamin B6	0.3mg
Folate	78µg
Vitamin B12	0µg
Phosphorous	56mg
Magnesium	26mg