



SEASONAL RECIPES

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<http://www.nutritiontranslated.com>



White Bean & Lemon Kale Soup

4 servings
 30 minutes

Ingredients

3 cups Organic Vegetable Broth
 2 Carrot (chopped)
 2 Leeks (white parts only, chopped fine)
 2 Garlic (cloves, minced)
 1/2 tsp Oregano
 1 1/2 tsps Thyme (dried)
 1 3/4 cups Cannellini Beans (drained, rinsed)
 3 cups Water
 4 cups Kale Leaves (stem removed, chopped)
 3 tbsps Lemon Juice
 Sea Salt And Pepper (to taste)
 1/4 cup Parsley (chopped)

Directions

- 1 In a large pot over medium heat, add a splash of the vegetable broth, then add the carrots and leeks. Cook for 6 to 8 minutes, or until cooked through. Then add the garlic, oregano and thyme and cook for 1 to 2 minutes more.
- 2 Add the beans, water and remaining broth and bring to a low simmer over medium heat. Then reduce to medium-low and add the kale and lemon juice. Stir and continue cooking for 3 to 4 minutes, until the kale is wilted.
- 3 Season with salt and pepper. Ladle into bowls and top with parsley. Serve and enjoy!

Notes

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

Serving Size: One serving size is equal to about 1 1/2 cups.

Additional Toppings: Top with chili flakes and/or shredded parmesan.



Riced Parsnip & Chicken

2 servings
25 minutes

Ingredients

2 Parsnip (peeled, chopped)
 2 tsps Extra Virgin Olive Oil (divided)
 3/4 tsp Fresh Sage (loosely packed)
 12 ozs Chicken Breast (skinless and boneless)
 1/2 tsp Oregano (dried)
 1/4 tsp Garlic Powder
 4 cups Kale Leaves (roughly chopped)

Directions

- 1 Add the chopped parsnips to a blender or food processor and process until it resembles rice, about 30 seconds.
- 2 In a skillet over medium-low heat, add half the extra virgin olive oil and the sage. Fry until the sage leaves are crispy, about 3 to 4 minutes. Remove the sage, roughly chop it and set aside. Add the parsnip rice to the skillet and cook for about 5 to 7 minutes, until cooked through. Remove and set aside.
- 3 Season the chicken on all sides with the oregano and garlic. In the same skillet over medium heat, add the remaining extra virgin olive oil and the chicken. Cook for 8 to 10 minutes. Remove, slice the chicken, and add it back to the pan to cook for 1 to 2 minutes more, until cooked through. Remove and set aside.
- 4 Add the kale to the skillet and cook over medium low heat, until just wilted, about 1 to 2 minutes.
- 5 Plate the parsnip rice, and top with the kale, sliced chicken and sage. Enjoy!

Notes

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

No Kale: Use another leafy green such as Swiss chard or spinach.



Herb Roasted Turnip

4 servings
20 minutes

Ingredients

3 Turnip (peeled, diced)
 2 tbsps Avocado Oil
 2 tbsps Rosemary (chopped)
 2 tbsps Parsley (chopped, divided)
 1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 In a baking dish, coat the turnip in avocado oil, rosemary, half the parsley, and salt. Bake for 20 to 25 minutes, or until golden and tender.
- 3 Divide onto plates and garnish with remaining parsley. Enjoy!

Notes

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

Serving Size: One serving equals approximately 1/2 to 3/4 of a cup of roasted diced turnips.

Additional Toppings: Roast the turnips with onions, garlic, peppers, bacon or parmesan.



Sausage & Sauerkraut Skillet

4 servings

40 minutes

Ingredients

- 10 ozs Organic Chicken Sausage
- 1 tbsp Coconut Oil
- 1 Yellow Onion (diced)
- 2 Apple (peeled, cored and diced)
- 2 Garlic (cloves, minced)
- 4 cups Swiss Chard (washed, stems removed and chopped)
- 2 cups Sauerkraut (liquid drained off)

Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 2 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 3 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

Notes

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

Vegan and Vegetarian: Skip the sausage and use cooked lentils instead.

No Swiss Chard: Use kale or spinach instead.