



Mixed Green Salad with Apple & Walnuts

3 servings

20 minutes

Ingredients

- 1/3 cup Walnuts (roughly chopped)
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Balsamic Vinegar
- 1 1/2 tsps Dijon Mustard
- 1 tbsp Raw Honey
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens
- 1/2 cup Red Onion (thinly sliced)
- 1 Apple (thinly sliced)
- 1/2 cup Feta Cheese (crumbled)

Directions

- 1 Preheat the oven to 325°F (165°C).
- 2 Place the walnuts on a baking sheet and transfer to the oven. Bake for seven to nine minutes, until toasted and fragrant. Set aside.
- 3 In a small jar or bowl, whisk together the oil, vinegar, mustard, honey, salt, and pepper. Set aside.
- 4 In a large salad bowl, combine the greens, red onion, and apple.
- 5 Drizzle the dressing over top and toss to combine. Garnish with the walnuts and feta cheese and toss gently to combine. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate the salad and dressing separately in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

Make it Vegan: Use dairy-free soft cheese or omit.

Additional Toppings: Add dried raisins or cranberries.



Cream Cheese & Cranberry Stuffed Mini Peppers

4 servings

25 minutes

Ingredients

- 1 cup Cream Cheese, Regular
- 1/4 cup Dried Unsweetened Cranberries
- 1/4 cup Walnuts (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 lb Mini Peppers (medium, halved and seeds removed)
- 2 tbsps Bread Crumbs
- 1 stalk Green Onion (chopped for garnish)

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix together the cream cheese, cranberries, and walnuts. Stir well and season with salt and pepper.
- 3 Stuff each pepper with the cream cheese mixture and place them on the baking sheet. Sprinkle bread crumbs on top and bake in the oven for 15 to 20 minutes or until the peppers are soft and the top is golden brown.
- 4 Garnish the stuffed peppers with green onion and enjoy!

Notes

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

Serving Size: One serving is equal to three to four stuffed peppers.

Make it Vegan: Use a plant-based cream cheese instead.

More Flavor: Add mozzarella to the cream cheese mixture.

Gluten-Free: Use a gluten-free bread crumbs instead.



Maple Hazelnut Carrots

2 servings
30 minutes

Ingredients

2 tsps Extra Virgin Olive Oil
1 Garlic (clove, small, minced)
1/4 tsp Sea Salt
1 tsp Maple Syrup
4 Carrot (large, chopped)
1/3 cup Hazelnuts

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a small bowl, mix the oil, garlic, salt, and maple syrup together. Toss with the carrots. Spread the carrots out on the baking sheet and bake for 25 minutes or until soft and browned.
- 3 In the final two minutes of cooking, add the hazelnuts to a baking sheet and toast. Remove, coarsely chop, and serve over the carrots. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

More Flavor: Add Dijon mustard to the glaze.

Additional Toppings: Chopped cilantro, dill and/or parsley.



Cranberry Pumpkin Muffins

6 servings

45 minutes

Ingredients

- 2/3 cup Extra Virgin Olive Oil
- 2 Egg (large)
- 2/3 cup Pureed Pumpkin
- 1/4 cup Coconut Sugar
- 1 1/2 cups Almond Flour
- 2 tsps Baking Powder
- 1/4 tsp Sea Salt
- 1 tsp Cinnamon
- 1 1/2 cups Frozen Cranberries (coarsely chopped in the food processor)

Directions

- 1 Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a medium bowl, add the oil, eggs, pumpkin, and sugar. Whisk well.
- 3 To the same bowl, add the almond flour, baking powder, sea salt, and cinnamon. Stir with a wooden spoon until combined. Gently fold in the cranberries.
- 4 Divide the batter evenly between the muffin cups. Bake for 30 to 35 minutes or until a toothpick inserted comes out clean. Enjoy!

Notes

Leftovers: Store in an airtight container for up to three days. Refrigerate for up to one week. Freeze for up to three months.

Serving Size: One serving is one muffin.

No Frozen Cranberries: Use fresh instead.



Stuffing Bites

6 servings
30 minutes

Ingredients

5 1/4 ozs Sourdough Bread (broken into pieces)
1 Egg (large)
2 tbsps Dried Unsweetened Cranberries
1 tsp Dried Rosemary
1 tsp Dried Thyme
1/2 tsp Sea Salt
1/3 cup Pecans
1 tbsp Extra Virgin Olive Oil

Directions

- 1 Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Add all of the ingredients to a food processor and process until you get a coarse texture.
- 3 Use a teaspoon to scoop out the mixture and roll into balls. Place them on the prepared baking sheet.
- 4 Bake for 15 to 20 minutes or until the stuffing bites have browned lightly. Enjoy!

Notes

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

Serving Size: One serving is two stuffing bites.

Gluten-Free: Use gluten-free bread.



Orange Cranberry Sauce

8 servings
20 minutes

Ingredients

- 2 cups Frozen Cranberries
- 1 Navel Orange (large, juiced, zested)
- 1/4 cup Maple Syrup
- 1/8 tsp Sea Salt
- 1 1/2 cups Water

Directions

- 1 Add all of the ingredients to a small pot over high heat. Bring to a boil and then reduce the heat to a simmer and cover. Cook for 12 minutes.
- 2 Gently mash the cranberries with a wooden spoon. Put the cranberry sauce into a jar and let it cool on the counter before storing. Enjoy!

Notes

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

Serving Size: One serving is approximately two tablespoons.

More Flavor: Add ground cloves.



Cranberry & Goat Cheese Stuffed Chicken

2 servings
25 minutes

Ingredients

8 ozs Chicken Breast (boneless, skinless)
1/4 cup Goat Cheese
3 tbsps Cranberry Sauce
2 tsps Extra Virgin Olive Oil
1 tsp Thyme (fresh)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 425°F (220°C). Line a small baking dish with parchment paper.
- 2 Butterfly the chicken breast by cutting lengthwise to just halfway through. Place the chicken in the baking dish. Stuff the chicken with the goat cheese and cranberry sauce.
- 3 Add oil to the top of the chicken. Season with thyme, salt, and pepper. Cook in the oven for 15 to 20 minutes or until the chicken is cooked through. Enjoy!

Notes

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

Serving Size: One serving is one chicken breast.

Dairy-Free: Use dairy-free cheese. Results may vary.



Cranberry Tahini Coleslaw

2 servings

10 minutes

Ingredients

2 tbsps Tahini
2 tbsps Water
1/2 Lemon (medium, juiced)
1 1/2 tpsps Maple Syrup
Sea Salt & Black Pepper (to taste)
2 cups Coleslaw Mix
1/4 cup Parsley (chopped)
1/3 cup Dried Unsweetened
Cranberries

Directions

- 1 In a large bowl, whisk together the tahini, water, lemon juice, and maple syrup. Season the dressing with salt and pepper.
- 2 Add the coleslaw mix, parsley, and cranberries to the bowl. Toss everything together and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 1/4 cups.

More Flavor: Add red onion.

No Parsley: Add cilantro or dill instead.



Prosciutto Pomegranate Flatbread

2 servings
15 minutes

Ingredients

- 2 pieces Naan
- 1/4 cup Goat Cheese
- 2 ozs Prosciutto (torn into slices)
- 1 cup Arugula
- 1/4 cup Pomegranate Seeds

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the naan onto the baking sheet. Spread the goat cheese evenly over top of the naan. Bake in the oven for eight to 10 minutes or until the bread is crispy.
- 3 Arrange the prosciutto and arugula on top. Sprinkle with pomegranate and enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to one naan.

Additional Toppings: Drizzle with balsamic glaze.

Naan: One piece of naan is 3.2 oz or 90 grams.



Miso Five Spice Turkey Breast with Cabbage

3 servings

1 hour 15 minutes

Ingredients

- 2 tbsps Miso Paste
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Chinese Five Spice
- 1 Garlic (clove, small, minced)
- 1 lb Turkey Breast (boneless, skinless)
- 3 cups Purple Cabbage (sliced into thin steaks)
- 2 tbsps Slivered Almonds
- 1 tsp Star Anise (optional, for garnish)

Directions

- 1 Preheat the oven to 325°F (160°C). Line a baking sheet with parchment paper.
- 2 Mix the miso paste, oil, five spice, and garlic together. Pat the turkey dry and spread 3/4 of the miso mixture all over the top. Spread the remaining miso mixture on the cabbage.
- 3 Place the cabbage on the baking sheet in a single layer and place the turkey breast on top of the cabbage. Cook for 60 minutes or until the turkey reaches an internal temperature of 330°F (165°C).
- 4 Let the turkey rest for five to ten minutes before slicing. Garnish with the almonds and star anise and serve with the cabbage. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/3 cups of turkey and one cup of cabbage.

Additional Toppings: Chopped cilantro.



Shaved Brussels Sprouts & Kale Salad

4 servings

15 minutes

Ingredients

- 3 tbsps Extra Virgin Olive Oil
- 1/4 cup Orange Juice (freshly squeezed)
- 2 tsps White Wine Vinegar
- 1 tsp Raw Honey
- 1/2 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 3 cups Brussels Sprouts (shaved)
- 2 cups Kale Leaves (finely chopped)
- 2 Navel Orange (small, segmented)
- 3/4 cup Pomegranate Seeds
- 1/2 cup Pecans (chopped)

Directions

- 1 In a jar with a lid, add the oil, orange juice, vinegar, honey, dijon, salt, and pepper. Close the lid tightly and shake well until combined and emulsified.
- 2 In a large bowl, add the Brussels sprouts and kale. Add a splash of the dressing and massage with your hands to soften the Brussels sprouts and kale. Add the orange pieces, pomegranate seeds, and pecans.
- 3 Add the remaining dressing all over and toss to combine. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add a smashed clove of garlic to the dressing. Discard when ready to serve.

No White Wine Vinegar: Use apple cider vinegar.