



## Zucchini & Lemon White Bean Skillet

**3 servings**  
**25 minutes**

### Ingredients

- 1/4 cup Walnuts
- 3 tbsps Nutritional Yeast
- 2 tbsps Sunflower Seeds
- 1/2 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 1 Leeks (medium, trimmed, chopped)
- 1 Zucchini (medium, chopped)
- 1/3 cup Vegetable Broth (divided)
- 1 1/2 cups Cannellini Beans (cooked)
- 1/2 Lemon (medium, juiced)

### Nutrition

Amount per serving	
Calories	275
Fat	10g
Carbs	34g
Fiber	11g
Protein	14g
Calcium	69mg

### Directions

- 1 In a food processor, add the walnuts, nutritional yeast, sunflower seeds, garlic powder, salt, and pepper. Process until it resembles a breadcrumb-like consistency. Set aside.
- 2 Heat a large oven-safe pan over medium heat. Add the leeks, zucchini, salt, pepper, and a splash of broth. Sauté for seven to nine minutes or until the vegetables have softened.
- 3 Stir in the beans, remaining broth, lemon juice, and about 1/4 of the nut and seed mixture. Cook for another few minutes or until most of the liquid has reduced.
- 4 Sprinkle the remaining nut and seed mixture all over. Place in the oven under broil for three to four minutes or until slightly browned on top.
- 5 Divide evenly between bowls and enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup.

**Additional Toppings:** Top with lemon, parsley and/or dill.



# Portuguese Sardines with salsa verde.

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## Ingredients

- 1 can of sardines in olive oil
- 1 large handful fresh flat-leaf parsley leaves
- 1 medium handful fresh cilantro leaves
- 2 Tbsp. capers
- 1 garlic clove
- Juice of 1 lemon

## Directions

In a blender (or in a jar with an immersion blender), combine the parsley, cilantro, capers, garlic, lemon juice, and olive oil.

Pulse for about 30 seconds to 1 minute, until the sauce has the consistency of pesto. You can taste for seasoning at this point.

Pour the salsa verde into a shallow bowl or a rimmed plate.

Heat a small skillet over medium heat and pour the oil from the sardines into it.

When the oil is hot, about 1 minute, gently place each sardine into the skillet. Cook for about 2 minutes on each side, flipping the sardines over gently, until slightly browned.

With a spatula or slotted spoon, carefully transfer the sardines to the prepared bed of salsa verde. Eat while warm.



# Portuguese Chocolate Salami ~ Salame de Chocolate (healthier alternative recipe )

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## Ingredients

- 120g unsalted butter, room temperature
- 1 cup confectioners' sugar (plus more for sprinkling.)
- 1/2 teaspoon fine sea salt.
- 1 cup cocoa powder, preferably 1/2 cup Dutch-process and 1/2 cup natural cocoa (or just use Dutch-process cocoa powder.)
- 100g chopped nuts (pistachios, almonds, hazlenuts)
- A couple of chopped dates
- 3 to 4 tablespoons of Port wine, preferably tawny.
- 1-2 Tbsps arrow root/rice flour for sprinkling

## Directions

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In a large mixing bowl mix the butter, coconut sugar, and salt until everything is well combined.

Add the cocoa powder and continue to mix until combined.

Add the nuts and mix. Pour in 3 tablespoons Port. Continue mixing until the mixture comes together. If needed, add the remaining 1 tablespoon Port to help everything stick together.

Drop the chocolate mixture onto a large piece of plastic wrap. Use your hands to shape it into a log about 9 to 12 inches (23 to 30 cm) in length and wrap it with the plastic.

Roll the wrapped log back and forth along the counter several times to create smooth sides. Twist the ends of the plastic wrap tightly to round the ends, just like a real salami. Wrap the chocolate log in foil.

Refrigerate the chocolate salami for at least 1 1/2 hours and up to a couple of days.

Just before serving, remove the salami from the fridge, unwrap it, and generously coat it with rice flour or arrowroot.

Thinly slice it. (This is easiest when it's cold.)

You may need to let it rest at room temperature to soften slightly and let the flavours unfold.