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Avocado Sweet Potato Toast with Poached Egg

2 servings

15 minutes

Ingredients

- 1 Sweet Potato (large)
- 4 Egg
- 1 Avocado
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	360
Fat	24g
Carbs	22g
Fiber	9g
Protein	16g
Calcium	88mg

Directions

- 1 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 2 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 3 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 4 Poach, fry or hardboil the eggs.
- 5 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens: Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover: Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free: Skip the eggs and top with hemp seeds instead.



Walnut Crusted Salmon with Asparagus

2 servings

20 minutes

Ingredients

- 1/4 cup Walnuts (very finely chopped)
- 1 stalk Green Onion (very finely chopped)
- 1/4 tsp Sea Salt
- 1/2 tsp Italian Seasoning
- 1/2 tsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil (divided)
- 227 grams Salmon Fillet
- 2 cups Asparagus (trimmed)

Nutrition

Amount per serving	
Calories	347
Fat	24g
Carbs	8g
Fiber	4g
Protein	28g
Calcium	64mg

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Combine the walnuts, green onion, salt and Italian seasoning. Add the lemon juice and 1/3 of the oil and stir to mix.
- 3 Rub another 1/3 of the oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
- 4 Toss the asparagus in the remaining oil and season with sea salt to taste. Place the seasoned asparagus in an even layer on the baking sheet with the salmon
- 5 Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily and asparagus is tender. Divide between plates and enjoy!

Notes

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

More Flavor: Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

No Green Onion: Use yellow or red onion instead.

Salmon: Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.

Asparagus: Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.



Chicken & Broccoli Slaw with Peanut Sauce

4 servings

35 minutes

Ingredients

567 grams Chicken Breast
 Sea Salt & Black Pepper (to taste)
 1/4 cup All Natural Peanut Butter
 1 tbsp Tamari
 1 Lime (juiced)
 1 tbsp Extra Virgin Olive Oil
 1 tbsp Ginger (peeled and grated)
 1 Garlic (clove, minced)
 1/4 cup Water
 4 cups Broccoli Slaw
 1 Red Bell Pepper (sliced)
 3 stalks Green Onion (chopped)
 1/4 cup Cilantro (chopped, optional)
 1/4 cup Raw Peanuts (chopped)

Nutrition

Amount per serving	
Calories	395
Fat	20g
Carbs	15g
Fiber	5g
Protein	41g
Calcium	57mg

Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Place the chicken breasts on the baking sheet and season with sea salt and black pepper. Place in the oven and bake for 30 minutes or until cooked through.
- 2 In a food processor, combine peanut butter, tamari, lime juice, olive oil, ginger, garlic and water. Blend until smooth and set aside.
- 3 In a large salad bowl, combine broccoli slaw, red pepper and green onion.
- 4 Remove chicken from oven. Dice and add it to the salad bowl. Drizzle with desired amount of peanut dressing and toss well. Divide into bowls and garnish with cilantro and chopped peanuts. Serve with hot sauce if you like it spicy. Enjoy!

Notes

Vegan & Vegetarian: Use roasted chickpeas instead of diced chicken.

Slow Cooker Version: Throw your chicken in a slow cooker with some onion and broth and cook on low for 8 hours. Shred the chicken with a fork before serving and add it to the salad.

Prep Ahead: The chicken, peanut sauce, and veggies can all be prepped ahead to save time.

Leftovers: Store in an airtight container in the fridge up to 3 days.



Butternut Squash Chili

3 servings
40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 4 cups Butternut Squash (peeled, chopped into 1/2-inch pieces)
- 1/2 cup Red Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 1/2 tsp Cumin
- 1 1/2 tsps Chili Powder
- 3/4 tsp Sea Salt
- 2 cups Black Beans (drained, rinsed)
- 3/4 cup Vegetable Broth
- 1 1/2 cups Diced Tomatoes

Nutrition

Amount per serving	
Calories	329
Fat	6g
Carbs	59g
Fiber	16g
Protein	14g
Calcium	159mg

Directions

- 1 Heat the oil in a large dutch oven or pot over medium heat. Once hot, add in the squash, onion, and bell pepper and saute for five minutes.
- 2 Reduce the heat to medium-low and add the cumin, chili powder, salt, beans, broth, and tomatoes. Simmer covered for 25 to 30 minutes, until the squash is cooked through and some of the liquid has reduced.
- 3 Season with salt to taste and divide into bowls, serve and enjoy!

Notes

Leftovers: Refrigerate in a sealed container for up to four days, or freeze for up to two months.

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

More Flavor: Add more spice such as cayenne.



Sweet Potato Soup

4 servings
50 minutes

Ingredients

- 1/2 Yellow Onion (large, chopped)
- 3 Garlic (large cloves, minced)
- 1 1/2 tbsps Ginger (fresh, minced or grated)
- 7 cups Water (divided)
- 1 tsp Sea Salt
- 1 1/2 tpsps Turmeric
- 2 Sweet Potato (large, peeled and cubed)
- 1/2 head Cauliflower (small, cut into florets)
- 2 Carrot (medium, peeled, and chopped)

Nutrition

Amount per serving	
Calories	101
Fat	0g
Carbs	23g
Fiber	5g
Protein	3g
Calcium	99mg

Directions

- 1 Heat a large pot over medium-high heat. Add the onion, garlic, and ginger along with enough water to cover the bottom of the pot. Cook for five to six minutes until the onions begin to soften. Stir in the salt and turmeric and continue to cook for another minute.
- 2 Add the sweet potato, cauliflower, carrot, and the remaining water to the pot and stir to combine. Increase the heat slightly to bring the soup to a gentle boil then reduce the heat and simmer for 25 to 30 minutes or until the vegetables are very tender.
- 3 Remove the pot from the heat and use an immersion blender to blend until smooth. Season the soup with additional salt if needed. Divide the soup between bowls and enjoy!

Notes

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

Serving Size: One serving is approximately equal to two cups of soup.

More Flavor: Use vegetable broth instead of water. Add other dried herbs and spices.

Sweet Potato: Two large sweet potatoes yields approximately five cups of sweet potato cubes.

Cauliflower: Half a small cauliflower yields approximately three cups of florets.