

A person wearing a white short-sleeved shirt is shown from the chest down. They are holding a wooden brush in their right hand and a blue cloth in their left. They are pouring a golden-brown sauce from a light-colored pot onto a metal baking tray. The tray contains several pieces of salmon and green vegetables, likely fennel. The background is a blurred kitchen setting.

*the* **FRESH 20**

**20 SUBSCRIBER FAVORITES**

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## HEY THERE

*We compiled some of our most requested recipes for you to enjoy. It's great to have tried and true favorites in your back pocket when you run out of ideas. We'd love to be a part of your kitchen success! Don't be shy about what's cooking.*

*Tag us @thefresh20 and share your recipe snapshots.*



CLASSICS

# BAKED CHICKEN NUGGETS

OVEN TEMPERATURE: 375°F

## INGREDIENTS

1 Tablespoon olive oil (for pan)

2-3 large chicken breast halves  
(about 1 ½ pounds)

½ teaspoon kosher salt

¼ teaspoon black pepper

¼ cup water

1 egg

Bread crumbs, already made OR ½ whole  
wheat baguette, (14-18" in length) cut  
into thin slices, toasted and then ground  
into a meal

½ cup grated Parmesan

1 teaspoon dried oregano

⅛ teaspoon cayenne pepper

## INSTRUCTIONS

1. Preheat oven to 375°F. Lightly coat a baking dish or cookie sheet with olive oil.
2. Cut chicken into small even cubes. One breast should yield 12 pieces. They should be similar in size for even cooking.
3. Sprinkle chicken with salt and pepper.
4. In a small bowl, whisk together water and egg.
5. In medium dish, combine bread crumbs, Parmesan, oregano, and cayenne pepper.
6. Using a fork or chopsticks, one piece at a time, dip chicken into egg mix and then roll into crumb mix, making sure the chicken is evenly coated. Lay onto baking dish/cookie sheet.
7. Repeat with other pieces, making sure that the baking sheet is not overcrowded.
8. Place in oven for 15 minutes, or until chicken is no longer pink on inside.



CLASSICS

# MAPLE SOY SALMON

## INGREDIENTS

1 Tablespoon grapeseed oil  
½ cup organic maple syrup  
¼ cup reduced sodium soy sauce  
2 cloves garlic, minced  
1 Tablespoon fresh grated ginger  
¼ teaspoon cayenne pepper

Dash of kosher salt  
Dash of black pepper  
1¼ pounds salmon fillet  
1 pound bok choy  
1 Tablespoon olive oil  
2 cups brown rice (cooked)

## INSTRUCTIONS

1. Pre-heat the broiler on high and lightly coat a sheet of aluminum foil placed on top of a broil pan with the grapeseed oil. (This helps with cleanup!)
2. Whisk the syrup, soy sauce, garlic, ginger and cayenne in a small saucepot. Bring the liquid to a simmer over medium heat for 5 to 7 minutes until the sauce is thick like syrup again. Set aside to cool.
3. Arrange the salmon on the broil pan and season with the salt and pepper. Surround the fish with pieces of the bok choy. Place the pan 5 inches from the flame and broil for 5 minutes.
4. Brush the salmon with a small amount of reduced glaze from the stovetop.
5. Return the fish to the broiler for an additional 2 to 3 minutes.
6. NOTE: cooking time depends on thickness of the salmon. It is best to watch closely and avoid over cooking fish. In general, I remove the salmon just before I think it is done because it will continue to cook once removed from broiler.
7. Remove the salmon from the broiler and transfer to a serving dish. Cover the fish with the liquid glaze. Serve with brown rice.



CLASSICS

# GUACAMOLE TOSTADAS

OVEN TEMPERATURE: 400°F

## INGREDIENTS

4 corn tortillas

2 Tablespoons olive oil

½ head butter lettuce, torn in small pieces

2 teaspoons fresh lime juice

¼ teaspoon kosher salt

1 Tablespoon finely chopped fresh flat-leaf parsley\*

2 avocados, halved and pitted

¼ medium red onion, finely chopped

1 garlic clove, minced or pressed

½ teaspoon fresh lime juice\*

kosher salt and black pepper

1 Tablespoon olive oil

4 large eggs

2 15oz cans kidney beans, drained and rinsed\*

1 cup shredded raw-milk cheddar cheese\*

1 red bell pepper, cored, seeded, and finely chopped (optional)\*

## INSTRUCTIONS

### FOR THE TORTILLAS:

Preheat oven to 400F. Brush the tortillas with olive oil on both sides. Arrange in a large baking sheet and bake, turning once, for about 6 minutes, or until slightly browned. Set aside.

### FOR THE LETTUCE:

In a small bowl, toss the lettuce with the lime juice, salt and parsley. Set aside.

### FOR THE GUACAMOLE:

Mash the avocados in a small bowl. Mix in the onion, garlic, and lime juice. Add salt and pepper to taste.

### FOR THE EGGS:

Heat the oil in a 10-12 inch skillet and fry the eggs to the desired doneness; I recommend over easy. Season the eggs.

### ASSEMBLY:

To assemble tostadas, layer the guacamole, kidney beans, and lettuce mixture on the tortillas, then top with the eggs, cheese and red peppers (optional).



CLASSICS

# CHICKEN ENCHILADAS

OVEN TEMPERATURE: 400°F

## INGREDIENTS

2 teaspoons olive oil  
8 ounces baby spinach leaves (6 cups)  
¼ cup tomato paste  
1 teaspoon ground cumin  
1 teaspoon dried oregano  
1 garlic clove, minced  
¼ teaspoon kosher salt  
¼ teaspoon black pepper

3 Tablespoons olive oil  
¼ cup arrowroot or cornstarch  
2 Tablespoons mild chili powder  
3½ cups gluten free low sodium chicken broth, warmed  
3 cups grilled chicken, shredded  
1½ cups Monterey jack cheese, shredded, divided  
12 (6") organic corn tortillas

## INSTRUCTIONS

Heat a large, nonstick sauté pan over medium heat and add 2 teaspoons oil. Once the oil is hot, add spinach and cook until wilted and most of the moisture has cooked out, about 4 - 6 minutes.

Remove the spinach from the pan and set aside on a plate lined with paper towels to absorb any remaining moisture. Once cooled give it a rough chop.

### MEANWHILE:

Preheat oven to 400 °F. Lightly oil a 9x13 baking dish and set aside.

In a small bowl, mix tomato paste, cumin, oregano, garlic, salt, and pepper; stir to combine and set aside.

Heat a large, nonstick sauté pan over medium heat. Add 3 Tablespoons oil, whole wheat flour, and chili powder; stir to combine until it becomes a thick paste. Add in tomato paste mixture and stir to combine.

Slowly add in hot broth while whisking to dissolve

the flour mixture. Continue whisking while adding in all the broth.

Reduce heat to a simmer and cook for 10 minutes. Remove from the heat and allow to cool slightly.

In a medium bowl, combine chicken, cooked spinach, 1 cup of cheese, and 1 cup of sauce.

Stack tortillas and wrap in damp paper towels or a clean dish towel; microwave on high until warm.

Spoon 1 cup of enchilada sauce on the bottom of the prepared baking dish.

Fill each tortilla with a heaping ¼ cup of filling; roll up tightly and arrange, seam side down, in prepared baking dish.

Pour remaining sauce over the top of the enchiladas and sprinkle with remaining ½ cup of cheese.

Cover with foil and place into the preheated oven for 10 minutes. Remove the foil and bake uncovered for 5 additional minutes to melt the cheese. Serve 2 enchiladas per person with a side of sliced mango.



CLASSICS

# WEEKNIGHT CHICKEN SOUP

## INGREDIENTS

- |   |  |
|---|--|
| 1 Tablespoon olive oil                      | 4 cups chicken or vegetable broth                    |
| ½ medium yellow onion, cut into small dice  | 1 cup warm water                                     |
| 3 carrots, peeled and cut into ¼ inch coins | 1 14.5 oz. can, cannellini beans, drained and rinsed |
| 2 celery stalks, cut into ¼ inch slices     | 2 shredded poached chicken breast                    |
| 2 garlic cloves, minced                     | 1½ teaspoons kosher salt                             |
| ½ teaspoon kosher salt                      | Pinch of black pepper                                |
| 1 Tablespoon Italian seasoning              |  |

## INSTRUCTIONS

1. Heat a soup pot over medium heat.
2. Once hot, add in oil, onion, carrots and celery.
3. Sprinkle with kosher salt and sweat the vegetables until the onions become soft and translucent, about 2-3 minutes.
4. Stir in garlic and cook until fragrant, about 1 minute.
5. Pour in broth and water, add in chicken and beans, and season with salt and pepper.
6. Stir to combine and reduce heat to a low simmer. Simmer for 10-15 minutes.



VEGAN

# VEGAN BOLOGNESE

## INGREDIENTS

### For vegan bolognese sauce

- 1 Tablespoon olive oil
- 1 medium yellow onion, cut into large chunks
- 1 green bell pepper, cut into large chunks
- 2 medium carrots, cut into 1" pieces
- 4 cloves garlic, peeled
- 4 cups low sodium vegetable broth
- 8 beefsteak tomatoes, cored, cut into large pieces
- 1 Tablespoon dried oregano
- ¼ teaspoon each kosher salt and black pepper

### For pasta with bolognese sauce

- 8 ounces dry whole wheat spaghetti
- 1 Tablespoon olive oil
- 10 ounces brown mushrooms, diced (about 3½ cups)
- ½ cup tomato paste
- 1½ (15 oz) cans white beans, drained and rinsed
- ¼ cup chopped parsley

## INSTRUCTIONS

### FOR VEGAN BOLOGNESE SAUCE

1. Heat olive oil in a large stockpot. Add onion, bell pepper, and carrots and cook 5 minutes until softened. Smash garlic cloves with flat side of knife and add to pot.
2. Stir in 2 cups of vegetable broth, cover, and simmer for 10 minutes.
3. Add tomatoes and oregano to stockpot with remaining 2 cups of broth. Lower heat and simmer for 20 minutes.
4. Remove pot from heat and cool slightly. In batches, add sauce to food processor or blender and puree until no large chunks remain.
5. Return pureed sauce to pot and add salt and pepper.

### FOR PASTA WITH BOLOGNESE SAUCE

1. Cook pasta according to package directions.
2. While pasta is cooking, brown mushrooms in olive oil allowing excess liquid to evaporate. Add tomato paste and beans and blend well; cook for a few minutes scraping the pan. Add bolognese sauce.
3. Cook over low heat while pasta finishes.
4. Divide pasta into four bowls and top with sauce and parsley.





VEGAN

# VEGAN CHOPPED SALAD

## INGREDIENTS

1 head cauliflower, finely chopped (use food processor for best results)  
½ head of red cabbage, finely chopped (use food processor for best results)  
1 bunch kale, finely chopped to yield about 2 cups  
2 carrots, peeled and chopped  
½ small red onion, finely chopped  
1 bunch fresh cilantro or parsley, finely chopped  
¼ cup raisins, chopped  
¼ cup sunflower seeds

## DRESSING

1 avocado, mashed  
¼ cup apple cider vinegar  
1 lemon, juiced  
2 cloves of garlic, minced  
1 Tablespoon fresh cilantro, finely chopped  
1 Tablespoon grated ginger  
½ teaspoon kosher salt  
black pepper to taste

## INSTRUCTIONS

1. Chop cauliflower, cabbage, carrots and onion in food processor or finely by hand.
2. In a large serving bowl, combine all salad ingredients.
3. Whisk all the dressing ingredients until well blended.
4. Stir dressing into salad and chill until serving.



VEGAN

# RED LENTIL VEGETABLE CURRY

## INGREDIENTS

- |   |                                    |
|---|------------------------------------|
| 1 Tablespoons olive oil                   | 2 cups low sodium vegetable broth  |
| ½ yellow onion, sliced (½ cup)            | 1 (14 oz) can light coconut milk   |
| 1 red bell pepper, chopped (1 cup)        | ½ Tablespoon curry powder          |
| 2 carrots, chopped (1 cup)                | 1 teaspoon cumin                   |
| 1 clove garlic, minced                    | 1¼ teaspoon kosher salt            |
| ½ Tablespoon tomato paste                 | ½ teaspoon chili powder, optional  |
| 2 (6-8 oz) Yukon gold potatoes, chopped   | 2 cups cooked quinoa, warmed       |
| ¼ head cauliflower, small florets (1 cup) | 1½ Tablespoons lemon or lime juice |
| 1 cup dry red lentils                     | ¼ cup chopped parsley              |

## INSTRUCTIONS

**NOTE:** Slow cooking time is 6 hours, stovetop cooking time is 1½ hours.

1. Heat oil in medium skillet over medium heat. Add onion, bell pepper, carrots, and garlic and cook for 5 minutes. Add tomato paste and cook for 1 minute.
2. Transfer vegetable mixture to slow cooker. Add next nine ingredients (through chili powder). Cook on low for 6 hours\*.
3. Serve lentils over quinoa; garnish with lemon or lime juice, and parsley.



BREAKFAST

# ALMOND PANCAKES

## INGREDIENTS

1 cup whole wheat flour  
2 teaspoons baking powder  
dash of kosher salt  
1½ cups milk  
1 egg  
2 Tablespoons maple syrup

1 teaspoon vanilla  
1 Tablespoon grapeseed or coconut oil,  
melted  
½ cup almond butter (can sub any nut  
butter)  
3 apples, sliced

## INSTRUCTIONS

1. Heat milk slightly and whisk in nut butter until smooth, then add egg, syrup, vanilla and oil.
2. Whisk in whole wheat flour, baking powder and salt.
3. Heat a griddle to medium low heat. Pour about 3-4 Tablespoons of batter for each pancake and cook about 2 minutes per side under browned.
4. Serve with sliced apples and more syrup if desired.

## NOTES:

\*\*\* Can make an apple compote for topping of desired by cooking sliced apples over medium heat with ¼ cup water and 3 Tablespoons syrup until soft and thickened.

\*\* Don't over mix.

\*\* Made pancakes freeze well



BREAKFAST

# ITALIAN EGG TOASTS

## INGREDIENTS

1 Tablespoon olive oil (or butter)

2 slices whole wheat bakery bread (not sandwich loaf)

2 large eggs

¼ teaspoon kosher salt

dash of black pepper

1 teaspoon Italian seasoning

Optional: 4 leaves fresh garden basil or fresh garden herb

## INSTRUCTIONS

1. Press a hole in the center of each slice of bread using a 2-1/2 inch diameter drinking glass or a biscuit cutter.
2. Heat the oil in a 10-12" skillet over medium heat.
3. Arrange bread in bottom of pan. Brown on one side then flip.
4. Crack an egg into the bread hole without breaking the yolk.
5. Season with salt and black pepper.
6. Cook egg for two minutes and then flip, season with Italian seasoning and cook for one minute.
7. Remove and serve while yolk is a little soft. Serve with bread cut outs.



BREAKFAST

# OATMEAL TOPPINGS BAR

## INGREDIENTS

2 cups oatmeal

¼ teaspoon kosher salt

2½ cups water, milk or almond milk

## INSTRUCTIONS

1. In a 2-quart saucepan, bring water or milk to a boil
2. Stir in oats and salt
3. Cover and cook on low for 4-5 minutes.
4. Divide into bowls and add toppings as desired.

## BEST OATMEAL TOPPINGS

### NUTS

- Walnuts
- Macadamia nuts
- Raw almonds
- Hazelnuts

### FRESH BREAKFAST FRUIT

- blueberries
- bananas
- raspberry
- blackberry
- strawberry

### DRIED FRUIT

- pineapple
- raisins
- cranberries
- apricot

### SPICES

- ground cinnamon
- ground nutmeg
- nutmeg

### SWEET TOPPINGS

- shredded coconut
- honey or maple syrup
- chocolate chips

- sautéed apples or applesauce

### MY KIDS' FAVORITE COMBINATION FOR THE WORLD'S BEST OATMEAL TOPPINGS:

- 1 Tablespoon chocolate chips
- 1 Tablespoon raw almonds
- ¼ cup fresh blueberries
- 1 Tablespoon dried cranberries
- 1 Tablespoon golden raisins
- ½ medium banana, sliced



BREAKFAST

# STRAWBERRY CREAM SMOOTHIE

SERVES 2

## INGREDIENTS

2 cups unsweetened almond milk

½ cup raw unsalted cashews, soaked

¼ cup firmly packed chopped pitted dates

1 teaspoon natural vanilla extract

Pinch of natural salt

2 cups frozen strawberries

## INSTRUCTIONS

Throw everything into your blender, and blast on high for 30 to 60 seconds until smooth and creamy.



DIY

# HOMEMADE CHICKEN BROTH

## INGREDIENTS

2 Tablespoons olive oil

1 medium chopped onion

4 medium carrots

3 medium celery stalks

8 cups filtered water

1 teaspoon kosher salt

1 four pound chicken cut into pieces

## INSTRUCTIONS

1. In a large stockpot, heat the oil over medium-high heat. Add onion, carrots and celery and saute for 5 minutes until edges start to brown.
2. Add chicken and water, bring to simmer and cover.
3. Simmer 45 minutes to an hour, skimming any foam or fat off the top.
4. Remove chicken, let cool and remove meat. You can add the bones back into broth and simmer an additional 30 minutes. Strain thru fine mesh strainer or cheesecloth.



DIY

# HOMEMADE KETCHUP

## INGREDIENTS

2 Tablespoons olive oil

1 medium yellow onion

3 celery ribs/stalks

6 ounces organic tomato paste

3 pounds tomatoes, stems removed

2 Tablespoons 100% maple syrup

$\frac{3}{4}$  cup white wine vinegar

$\frac{3}{4}$  cup water, used as needed

1 teaspoon ground cumin

1 teaspoon Kosher salt

1 teaspoon black pepper

$\frac{1}{2}$  teaspoon chili powder

## INSTRUCTIONS

1. Heat olive oil in a 5 quart saucepan or Dutch oven over medium-high heat.
2. Add onions and celery and cook until tender, about 5 minutes.
3. Stir in tomato paste to coat onions.
4. Add tomatoes, maple syrup, white wine vinegar, and spices.
5. Bring to a boil. Add fresh tomatoes and cook for 15 minutes.
6. Strain liquid into a 2 quart saucepan over medium heat.
7. Simmer for 15 minutes until ketchup starts to thicken.
8. Reduce heat and continue to simmer until the liquid coats the back of a spoon without dripping off.
9. Let cool then transfer to an airtight jar and refrigerate for up to a month.





DIY

# HOMEMADE PESTO

MAKES 1 CUP

## INGREDIENTS

1 cup walnuts (we use walnuts for home cook's budget)

4 garlic cloves

2 Tablespoon fresh lemon juice

1/8 teaspoon cayenne pepper

2 cups packed fresh basil leaves

1 cup grated parmesan

1 teaspoon kosher salt

1/2 teaspoon black pepper

1/2 cup olive oil

## INSTRUCTIONS

Pulse ingredients (except olive oil) in the bowl of a food processor until well combined. Slowly drizzle in olive oil with processor running for about a minute. Add add'l olive oil (or water) a Tablespoon at a time for desired thickness.



INSTANT POT

# INSTANT DETOX

## INGREDIENTS

1 medium head of green cabbage  
(cut into eighths)  
4 medium carrots, peeled and sliced  
4 ribs celery, chopped  
1 red bell pepper, seeded and diced  
1 small onion, diced  
2 cloves garlic, minced or pressed  
4 cups low sodium vegetable or  
chicken broth

1 Tablespoon white wine vinegar  
½ teaspoon paprika  
½ teaspoon kosher salt  
½ teaspoon black pepper  
Optional: 1 teaspoon favorite spice  
Optional: 2 cups cooked diced lean ham  
or chicken **INSTRUCTIONS**

## INSTRUCTIONS

1. When the holiday food overload gets to be too much, this simple soup helps balance the scale. It's the perfect dish to have ready the morning after a big party.
2. Layer all the vegetables in the bottom of the Crock-Pot. Cover vegetables with broth.
3. Add paprika, salt, black pepper, optional spice of choice and white wine vinegar.
4. Cover and set on low for 6-8 hours or cook on high for 3-4 hours.



INSTANT POT

# SKINNY CHICKEN

## INGREDIENTS

3 pounds boneless, skinless chicken thighs  
1 medium onion, sliced  
8 whole garlic cloves, peeled  
1 small jalapeno, cut in half and seeds removed  
1 Tablespoon oregano (dried or fresh)  
1 14-ounce can diced tomatoes  
1 small can of roasted green chiles  
1 teaspoon black pepper

1 teaspoon kosher salt  
½ teaspoon paprika  
2 cups low sodium chicken or vegetable broth  
30-ounce can hominy or 2 cans (14 oz) garbanzo beans  
1 lime, cut into wedges for garnish  
1 bunch fresh cilantro, chopped

## INSTRUCTIONS

Dig into this healthy chicken recipe to satisfy a comfort food craving without any guilt. It's a low calorie, high protein meal that will keep you warmed up as the weather cools down. Slow Cooker instructions included. This quick and simple to prepare clean eating recipe is gluten-free, dairy free and sugar free.

### INSTANT POT INSTRUCTIONS

Set the Instant Pot to sauté mode. Heat 2 Tablespoons olive oil, then add sliced onion, garlic, and jalapeno. Stir occasionally, sautéing for 3 minutes.

Add chicken thighs. Cover chicken with oregano, green chiles, tomatoes and hominy/beans. Season with salt, pepper and paprika. Pour in broth.

Secure the lid on the Instant Pot, close the steam vent and set to HIGH pressure using the manual setting. When the timer goes off, carefully release the pressure using quick release.

Serve with lime wedges and fresh cilantro.

### CROCK POT INSTRUCTIONS

Layer sliced onion on the bottom of your Crock-Pot. Add chicken thighs over onions. Cover chicken with the garlic, jalapeno, oregano, green chiles and tomatoes.

Season with salt and pepper. Pour in broth.

Cover and set to high and cook for 4 hours or until meat is tender and pulls apart. Can also be set to low with cooking time of 8 hours.

Add in hominy or beans then cook for an additional half hour or until warmed through.

Serve with lime wedges and fresh cilantro.

**RECIPE NOTES:** If you're not familiar with hominy, it's made from corn kernels that are dried and then soaked in lime or lye to remove the outer hull. This is the key ingredient in many traditional South American soups and can be found in canned form in most markets. It's low in sugar, high in fiber and has about half the calories of rice.

**If you make this recipe, we'd love to see it on Instagram! Just use the hashtag #THEFRESH20 so we can see what's cooking in your kitchen.**



INSTANT POT

# ULTIMATE NACHOS

## INGREDIENTS

### FOR CARNE ASADA

- 1 pound flank or skirt steak
- 4 tablespoons olive oil
- 2 garlic cloves, minced
- 1 lime, juiced
- ½ teaspoon brown sugar
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- ½ teaspoon ground cumin
- ¼ cup fresh parsley leaves and stems, roughly chopped
- 1 Tablespoon olive oil (for cooking)

### FOR NACHOS

- 8 corn tortillas (for chips)
- 1 Tablespoon olive oil
- ½ teaspoon salt
- 1 cup white cheddar cheese, shredded
- 1 pound cooked steak, cut into bite sized cubes or shredded
- ¼ red onion, thinly sliced
- 1 cup salsa\*
- 1 avocado, pitted and sliced
- ¼ cup flat leaf parsley, chopped
- 1 cup plain Greek yogurt \*optional

## INSTRUCTIONS

### FOR CARNE ASADA

Flatten out the steak and slice in half lengthwise (with a very sharp knife) to yield two long pieces.

Make marinade by combining olive oil, garlic, lime juice and brown sugar in a small bowl.

Season one side of the steaks with the salt, pepper and cumin and set in a large glass bowl or container. Cover with parsley and pour marinade over the steaks. Seal and let marinate in the refrigerator for up to 24 hours.

Preheat grill pan over high heat and brush with olive oil. Remove the steak from the marinade (discard any remaining liquid) and remove any parsley bits so they do not burn.

Arrange steak on hot grill pan and cook for 4 minutes each side. Cooking times is for ½" thick

cuts of meat. Remove from grill pan and allow to rest, covered in foil, for a few minutes.

### FOR NACHOS

Preheat oven to 350 degrees.

Brush tortillas with olive oil. Stack tortillas and cut into 6 wedges, yielding 48 pieces. Spread out onto a lightly greased baking sheet. Sprinkle with salt and bake for 5 minutes each side. Check frequently, careful not to burn.

Remove from oven. Toss into a pile on the same baking sheet. Sprinkle with cheese. Top with steak and onion slices. Place back into oven for 5 minutes or until cheese is melted.

Remove from oven and top nachos with salsa and avocado slices, sprinkle with parsley. Serve with a side of plain Greek yogurt (optional).



SWEETS

# RAW CHOCOLATE TRUFFLES

## INGREDIENTS

2 cups ground raw almonds (preferably sprouted then dried first)

½ cup raw organic honey

1 tablespoon organic coconut oil

¾ cup raw cacao (can be found in most health food stores and at whole foods)

pinch of celtic sea salt

1 cup shredded, dried unsweetened coconut flakes

## INSTRUCTIONS

1. Combine all the ingredients except for the coconut flakes in a large bowl and mix thoroughly.
2. Roll up your sleeves, take a small amount of the mixture, and roll small balls between your palms.
3. Add your love! Dip each ball in a separate smaller bowl containing the coconut flakes.
4. Freeze overnight to harden the truffles.



SWEETS

# HEALTHY COOKIE BITES

OVEN TEMPERATURE: 350°F

## INGREDIENTS

- |                                       |   |
|---------------------------------------|---|
| 1 cup raw almonds                     | ½ cup shredded unsweetened coconut                        |
| 10 dates (soaked in water)            | ½ cup chocolate chips or chopped<br>bittersweet chocolate |
| ½ medium banana (ripe)                | optional  |
| 2 tablespoons almond or peanut butter | ¼ dried cherries  |
| 1¼ cup gluten-free rolled oats        | ¼ dried cranberries                                       |
| ½ teaspoons kosher salt               |   |

## INSTRUCTIONS

1. Pre-heat oven to 350 degrees Fahrenheit.
2. Line a cookie sheet with un-waxed parchment paper. Set aside.
3. Put Almonds into food processor or high-power blender and process on High until they are ground to a meal-like consistency.
4. Drain Dates; add to Almonds; pulse until combined.
5. Add Banana and Almond/Peanut Butter. Pulse until combined, scraping down the sides as needed.
6. Add the salt, and ¾ cup of the Oats. Pulse to combine.
7. Transfer to mixing bowl, cover with plastic wrap and refrigerate for 15 minutes.
8. Remove from refrigerator and add Coconut, Chocolate Chips, and remaining ½ cup of Oats. Stir until combined.
9. Using a 1-2 Tbls cookie scoop, or a tablespoon, make small rounds with the dough and place on parchment paper, about 1 inch apart.
10. Bake for 15 minutes, or until the tops begin to brown.
11. Remove from oven and let stand for a few minutes before consuming or transferring to a container.