

Revolution

RECIPES

SPRING INTO HEALTH



COOKBOOK

Introduction

Congratulations on being a part of the Healthy Living Revolution!

This cookbook is a collection of plant-based meal ideas that are tried and proven favorites. Healthy should taste good, too! All of these recipes are clean (meaning no refined sugars, preservatives, food dyes or processed-food ingredients), gluten-free, dairy-free, and mostly oil-free, too! Whether you describe your lifestyle as vegan, paleo, vegetarian, Mediterranean, pescatarian, or straight-up "flexitarian," the common goal for optimal health is to eat MORE VEGETABLES – so there are plenty of recipes in here for everyone!

We want to thank Chef Penny Shack and her team for graciously assembling these recipes and Dawn Williamson for designing and assembling this cookbook.

*From our family to yours,
The Healthy Living Revolution Team*

"THE MORE **PLANT FOODS**
YOU EAT, THE

healthier

YOU WILL BE." - DR. MITRA RAY

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PANTRY STAPLES

SEASONINGS

Sea Salt, Black Pepper, Cumin, Curry Powder, Chili Powder, Turmeric

GARLIC

A fresh clove of garlic is at the heart of most flavorful recipes! It is not only tasty but has many anti-inflammatory and anti-microbial properties. If you are out of fresh garlic, here are some substitutes for 1 clove: ½ tsp. minced garlic, ⅛ tsp. garlic powder, or ½ tsp. garlic flakes.

ONIONS

Onions are not only full of great health benefits, they are also full of flavor so they are used as the base for many of these recipes. If you are in a hurry or out of onions, you can substitute 1 Tbsp. of dried onion flakes or 1 tsp. onion powder in place of a small onion. (Small onion is approx. ⅓ cup chopped and a medium onion is approx. ⅔ cup chopped.) If you use onion powder, add it toward the end of the cooking rather than adding it at the beginning like fresh onions.

GINGER

Ginger is a powerful nutritional herb that supports digestion health plus can reduce pain and inflammation! Fresh ginger root is the best way to add flavor and spice to these dishes - it should be peeled and then grated with a microplane grater. Store fresh ginger root in a tightly wrapped bag in the fridge or freezer. If fresh ginger isn't available, substituted ⅛ tsp. ground ginger.

FRESH HERBS

Fresh herbs have that ability to make a dish go from "blah" to ZING! Growing your own on your backyard Tower Garden is the best way to have fresh herbs for cooking! Just cut what you need and eliminate all the herbs wasting away in your fridge. Some that grow great on the tower and commonly used in these recipes are basil, cilantro, parsley, dill, rosemary, and thyme.

BRAGGS LIQUID AMINOS / COCONUT AMINOS / TAMARI

Soy sauce is a common staple and a tasty addition to vegetable dishes and salads. Most people don't realize that soy sauce is not gluten-free though. We recommend that you try one of these listed substitutions: Braggs liquid aminos, coconut aminos, or tamari.

FULL-FAT CANNED COCONUT MILK

With its creamy texture and natural sweetness, coconut milk might taste like it should be bad for you, but it's not! It can build up the body's immune system, help with weight loss, increase energy, plus lower cholesterol, and blood pressure. It is a base for many Thai dishes and is an excellent dairy substitute. When buying a can of full-fat coconut milk, look for BPA free and read the label to make sure it is organic with no added sugars.

ORGANIC VEGETABLE BROTH

BALSAMIC / RED WINE VINEGAR

PUREED PARSNIPS

3-4 large parsnips

1-2 Tbsp. non-dairy spread such as Earth Balance Olive Oil

1-2 Tbsp. unsweetened almond milk

Salt and pepper

*Additional seasoning optional

1. Boil parsnips until tender/soft. (When you stick a knife in them it should come right out.)
2. In a blender or pot using an immersion blender, add non-dairy spread, almond milk, salt and pepper. Blend to desired consistency. For creamier consistency, add more butter or almond milk.

Makes approximately 2-4 servings.



FENNEL AND BOK CHOY

1 fennel bulb
1½ tsp. sesame oil
3 cloves garlic, thinly sliced
1 shallot, finely diced
1 small head bok choy, chopped
1 tsp. ginger, minced
½ cup vegetable broth
1 tsp. soy sauce
½ orange, juiced
Salt and pepper

1. Chop fennel into small pieces, discarding the stem and leaves. Chop bok choy into similar size pieces.
2. In a large skillet, heat sesame oil over medium heat. Add garlic, shallot, and bok choy. Cook, stirring often, until garlic starts to color and vegetables begin to soften, about 5 minutes.
3. Stir in fennel and ginger.
4. Add broth, reduce heat to low, and simmer for 10 minutes.
5. Stir in soy sauce and orange juice. Let macerate for about 3 more minutes to immerse the flavors together.
6. Serve alone or over rice.

Makes approximately 4 servings.



ROASTED ROMANESCO OVER EGGPLANT PUREE

¼ cup almonds, chopped
6 tsp. olive oil, divided
2 tsp. drained capers, patted dry and divided
1 head of romanesco, cut into small florets
1 medium eggplant, cut in half lengthwise
1 tsp. kosher salt, plus more to taste
Black pepper, Freshly ground
½ lemon, juiced
1 tsp. honey
1 tsp. tahini
1 tsp. chili flakes
1 Tbsp. minced garlic
Kosher salt

1. Preheat oven to 425°F.
2. Cook almonds, olive oil, and capers in a small saucepan over medium-low heat, swirling pan occasionally, until capers burst and almonds are golden brown and smell toasty, about 5 minutes. Season with salt and set aside.
3. On a baking sheet, toss romanesco with 2 Tbsp. olive oil, salt and pepper. Brush eggplant with 2 Tbsp. olive oil, salt and pepper and place on another baking sheet. Roast, tossing romanesco flipping eggplant halfway through, until golden brown and tender, approximately 25-30 minutes.
4. Once eggplant is cool enough to touch, remove skins and place in a blender or food processor with lemon juice, honey, tahini, chili flakes and minced garlic. Blend until creamy.
5. Plate eggplant puree topped with caper mixture and romanesco around the plate or however you'd prefer.

Makes approximately 2 servings.



RADISH CHIPS

20 radishes (approximately), cleaned and ends trimmed

1 Tbsp. olive oil

1 tsp. curry powder

¼ tsp. turmeric powder

¼ tsp. garlic powder

¼ tsp. paprika

Generous pinch of salt

Pinch of cracked black pepper

1. Preheat oven to 350°F.
2. Slice radishes approximately ¼ inch thick. (Use can use a mandolin for ease and uniformity.)
3. Mix seasonings together.
4. In a bowl or ziploc bag, toss radishes with olive oil and seasonings. Mix well. Place on a baking sheet lined with parchment paper.
5. Cook for approximately 15 minutes. Remove radishes from the oven, flip, and return to the oven. Reduce heat to 225°F and cook for an additional 20 minutes.
4. Monitor the texture as they cook. Once they are crispy, remove from the oven, plate and serve.

Makes approximately 1-2 servings.



ROASTED RED BEET HUMMUS

- 1 small red beet, roasted
(you can roast or purchase pre-roasted)
- 1 can (15 oz.) cooked chickpeas, mostly drained
(save some liquid)
- Zest of 1 large lemon
- Juice of ½ a large lemon
- Salt
- Black pepper
- 2 large cloves garlic, minced
- 2 heaping Tbsp. tahini
- ¼ cup extra virgin olive oil



1. Preheat oven to 375°F.
 2. Remove the stem and root from beets. Wash and scrub underwater until clean. Do not peel yet. (If you have pre-roasted beets, skip to step 4.)
 3. Place beets in foil. Drizzle with a bit of olive oil. Wrap tightly and roast for one hour or until an inserted knife falls out without resistance. Beets should be tender. Bring to room temperature.
 4. Once beets are cooled, peel and quarter them and place in food processor. Blend until only small bits remain.
 5. Add remaining ingredients, except for olive oil, and blend until smooth. Drizzle in olive oil as the hummus is mixing.
 6. Taste and add more salt, lemon juice, or olive oil if needed. If hummus is too thick, add a bit of water.
- * Hummus will keep in the refrigerator for up to 1 week.

Makes approximately 4-8 servings.

JICIMA AND HEARTS OF PALM SALAD

DRESSING INGREDIENTS

- 6 Tbsp. extra virgin olive oil
- 3 Tbsp. lemon juice, freshly squeezed
- 2 Tbsp. dijon mustard
- 1 large garlic clove, minced
- ½ tsp. kosher salt
- ¼ tsp. freshly ground black pepper

SALAD INGREDIENTS

- 1 jicama
- 1 pint of grape tomatoes
- 1 can (14 oz.) whole artichoke hearts in water
(Quartered artichoke hearts will work also)
- 1 can (14 oz.) whole hearts of palm
- 6 radishes
- 2 ripe but firm avocados
- Salt
- Black pepper, freshly ground
- Lettuce (optional)



1. Whisk dressing ingredients together in a bowl. Set aside.
2. Peel jicama and shred using a grater. Slice tomatoes and hearts of palm. Quarter radishes and artichokes. Cube avocados last, right before you toss the salad with dressing, to make sure they don't discolor.
3. Toss all ingredients together with the dressing, in a large bowl. Season to taste with salt and pepper.
4. Serve alone or atop a bed of lettuce.

Makes approximately 4 servings.

ARUGULA KALE HARVEST SALAD

8 cups kale and arugula, mixed (or mixed greens)

2 avocados

6 radishes

2 blood oranges

½ cup almonds, sliced

3 Tbsp. olive oil

Salt and pepper

1. Using your hands, lightly massage kale with olive oil. Toss in arugula.
2. Slice radishes, section blood oranges, and dice avocado. Toss all together.
3. Season with salt and pepper.
4. Plate and garnish with sliced almonds.

Makes approximately 2-4 servings.



PRESSURE COOKER WINTER SQUASH AND LENTIL STEW

- 2 medium shallots, thinly sliced
- 1 Tbsp. fresh ginger, peeled and finely chopped
- 1 Tbsp. olive oil
- 1 small butternut squash,
peeled, seeded and cut into 1½" chunks
- 1 lb. green lentils
- 6 cups vegetable broth
- 5 cups packed baby spinach
- 1 Tbsp. apple cider vinegar
- ¼ tsp. salt and pepper

1. In a pressure-cooker pot on medium, cook shallots and ginger in oil for 5 minutes or until shallots are golden; stirring throughout. Add squash, lentils, broth and ¼ tsp. salt.
2. Cover, lock and bring up to pressure on high. Reduce heat to medium-low. Cook 12 minutes. Release pressure by using quick-release function.
3. Stir in spinach, apple cider vinegar and ½ tsp. each of salt and pepper. Serve warm.

Makes approximately 4-6 servings.



CAULIFLOWER RICE LETTUCE CUPS WITH SRIRACHA PEANUT SAUCE

1 Tbsp. coconut oil
2 cloves garlic, minced
5 green onions, sliced
1 small pepper (color of your choice), diced
5 oz. shiitake mushrooms, chopped
2 large carrots, shredded (about 2 cups)
1 lime, juiced
2 Tbsp. Braggs liquid amino acids
½ tsp. salt
1 head cauliflower, shredded
Iceberg or Bibb lettuce for serving

SRIRACHA PEANUT SAUCE

½ cup no sugar added peanut butter
1 cup light coconut milk
1 Tbsp. honey (or to taste)
½ tsp. sea salt
1 Tbsp. brown rice vinegar
1 Tbsp. sriracha (or more to taste)



1. Melt coconut oil in a large nonstick skillet. Add garlic and cook for 1 minute until fragrant. Add onions and cook for 3-4 minutes until soft.
2. Stir in peppers, mushrooms, and carrots. Squeeze on the lime. Add Braggs liquid amino acids and salt. Cook, stirring frequently, for 7 minutes.
3. Add shredded cauliflower and cook for another 5 minutes, stirring frequently.
4. Combine all sauce ingredients in a saucepan over medium heat. Bring to a boil, and boil for about 5 minutes, until thickened and coats the back of a spoon.
5. Serve the cauliflower mixture in iceberg or bibb lettuce cups, and drizzle with peanut sauce. Add extra sriracha to taste.

Makes approximately 2-4 servings.

HARISSA-ROASTED BROCCOLI AND TOFU

1 pound extra-firm tofu, water removed
3 garlic cloves, grated
2 Tbsp. harissa (plus extra for garnishing)
4 Tbsp. olive oil, divided
2 Tbsp. apple cider vinegar, divided
1 large head of broccoli, cut into large florets
with some stalk attached
1 bunch of kale
½ red onion, cut into thin slices
Salt and pepper

1. Pre-heat oven to 425°F.
2. Whisk garlic, harissa, 2 Tbsp. olive oil, and apple cider vinegar in a large bowl; generously season with salt and pepper.
3. In a bowl or ziplock bag, toss broccoli and tofu in harissa mixture until coated.
4. Transfer mixture to a baking sheet. Spread out evenly and roast, rotating sheet halfway through, until broccoli is lightly browned and cooked through - approximately 30–40 minutes.
5. Meanwhile, heat 2 Tbsp. olive oil in frying pan and cook onions until soft, about 7 minutes.
6. Add in kale and cook until wilted. Season with salt and pepper.
7. When broccoli mixture is done, add to frying pan and toss together.
8. Serve on plates. Garnish with extra harissa (optional).

Makes approximately 2-4 servings.



POTATO VEGGIE PANCAKE

1 can black beans
1 carrot, grated
½ onion, diced small
2 medium potatoes
4 scallions, chopped
1 cup corn
½ tsp. garlic salt
2 Tbsp. olive oil

1. Pre-heat oven to 425°F.
2. Drain beans. Mash them well with a fork or crush between fingers.
3. Add the remaining ingredients, except olive oil, and mix until well combined. The mixture will be thick. You may need to use your hands to help mix it all together.
4. Heat olive oil in a cast iron skillet. When glistening and hot, add potato mixture and cook until bottom is starting to set. About 5-7 minutes.
5. Place in the oven for another 7-8 minutes until fully cooked. Before you remove it from the oven, place under broiler (high) until the top is brown and crispy.

Makes approximately 4-6 servings.



SWEET POTATO AND GREEN BEAN SALAD

1 lb. green beans
1 cup corn
1 small red pepper
8 olives of choice
1 small red onion
3 sweet potatoes
¼ cup olive oil (plus extra for tossing)
3 Tbsp. balsamic vinegar
3 Tbsp. lemon juice
2 cloves garlic
Salt and pepper
Chopped basil (optional)



1. Preheat the oven to 425°F.
2. Peel and cube sweet potatoes. Cut off green bean tips. Toss in olive oil and season with salt and pepper. Put on separate baking sheets (as cooking times may differ) and roast until potatoes are cooked and green beans have some color to them. Approximately 25 minutes.
3. Dice red pepper and onions, slice olives, and mince garlic. Set aside.
4. Make dressing by mixing olive oil, lemon juice, balsamic vinegar and garlic. Season with salt and pepper.
5. When green beans and sweet potatoes are done, let them cool and mix everything in a bowl.
6. Toss with dressing, garnish with chopped basil (optional), and serve.

Makes approximately 2-4 servings.

SPAGHETTI SQUASH AND MUSHROOM

1 large spaghetti squash
2 Tbsp. olive oil
1 large leek
8 oz. mushrooms (of your choice), sliced
2 cloves garlic, minced
1 tsp. basil, chopped
Salt and pepper
½ cup vegetable broth
¼ cup basil or parsley, chopped



1. Pre-heat oven to 400°F and line a sheet pan with nonstick aluminum foil.
2. Cut squash in half lengthwise. Scoop out and discard the seeds and pulp. Drizzle with 1 Tbsp. olive oil and place, cut side down, on the sheet pan.
3. On a separate sheet tray, lined with nonstick aluminum foil, toss the mushrooms with the remaining olive oil and sprinkle with kosher salt.
4. Place squash and mushrooms in the oven. Roast mushrooms for about 15 minutes or until slightly browned. Set aside. Roast squash for about 30 minutes or until tender and can be easily pierced with a knife. Cool slightly and use a fork to shred the squash into spaghetti strands. Set aside.
5. While the squash and mushrooms are roasting, heat olive oil in a large saute pan. Add leeks and cook over medium heat until golden and tender. Add garlic and saute for 2 more minutes. Add vegetable broth and cook until warm.
6. Toss in the mushrooms before serving to give them some heat and pour on top of squash. Top with chopped basil.

Makes approximately 2 servings.

DIJON BRUSSEL SPROUTS

1 lb. brussel sprouts, trimmed
3 Tbsp. olive oil
2 Tbsp. dijon mustard
¼ cup apple cider vinegar
⅓ cup sunflower seeds
Salt and pepper

1. Preheat oven to 350°F.
2. Slice the sprouts in half. Toss with olive oil.
3. Whisk olive oil, mustard and apple cider vinegar together. Add sprouts and toss to coat. Place on baking sheet and season with salt and pepper.
4. Bake for 25-30 minutes.

Makes approximately 2-3 servings.



CARROT GINGER SOUP

1 Tbsp. extra-virgin olive oil
1 yellow onion, diced
4 cups vegetable broth
4 medium carrots, chopped
2 Tbsp. fresh ginger, minced
Salt and pepper to taste

1. In a medium saucepan, heat olive oil and sauté the onion with a pinch of salt for about 5 minutes, until soft and translucent.
2. Add the broth, carrots, and ginger. Increase the heat to high and bring the mixture to a boil. Reduce heat to medium-low and simmer for about 20 minutes, or until carrots are tender.
3. Transfer the soup to a blender (or keep in pot and use immersion blender.) Blend until smooth and creamy. Season with salt and pepper to taste.
4. Top with shredded carrots, hemp seeds or any herbs you like.

Makes approximately 4-6 servings.



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