

Chili for Chilly Weather

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Ingredients:



- 2 cups chopped onion
- 1 cup chopped green pepper
- 8 chopped garlic cloves
- 6 oz spicy Italian chicken sausage
- 1 lb ground turkey
- 1 jalapeno pepper minced
- 2 tbsp chili powder
- 1 tbsp ground cumin
- 3 tbsp tomato paste
- 1 tsp dried oregano
- 1/2 tsp black pepper
- 2 bay leaves
- 1 1/4 cup Merlot
- 2, 28 oz cans whole fire roasted tomatoes
- 2, 15 oz cans kidney beans, drained

Directions:

1) Remove sausage from casing and cut into bite size pieces. Chop the onion, green pepper, garlic cloves and jalapeno. Heat a large Dutch oven over medium-high heat and add all the above prepared ingredients for a few minutes, then add the ground turkey. Cook until browned.

2) Add the chili powder, cumin, tomato paste, oregano, black pepper, and bay leaves, stirring constantly for a few moments. Then stir in wine, tomatoes, and kidney beans. Bring to a boil.

3) Then stir in wine, tomatoes, and kidney beans. Bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring every so often.

4) Uncover and cook for 30 minutes.

5) If you choose before serving sprinkle some sharp cheddar cheese and a dollop of sour cream. Stay warm!

Healthier Cookies for Santa

Ingredients:

- 1 cup dates, packed & pitted (soaked in warm water for 10 minutes & then drained)



- 1 medium ripe banana
- 2 tbsp salted creamy peanut butter
- 1 cup almond meal 1 cup rolled oats (gluten free if

wanted)

- 1/4 cup peanut butter chips
- 1/4 cup dairy free semisweet chocolate chips

Directions:

- 1) Add dates to a food processor and pulse until small bits remain.
- 2) Add banana and peanut butter and mix until combined.
- 3) Add the almond meal and rolled oats and pulse. The dough should be wet and sticky. If the dough is too wet to form into balls add another few tbsp of almond meal or oats and stir until they are able to be formed.
- 4) Add in chocolate and peanut butter chip, then chill dough for 10 minutes. Preheat oven to 350 degrees F.
- 5) Scoop 1 tbsp amount of cookie dough and form into loose disc and place on a parchment lined baking sheet.
- 6) Bake for 15-18 minutes or until golden brown and somewhat firm to the touch. Allow to cool slightly on the pan then move to a cooling rack.
- 7) Place on an adorable plate and set it by the fireplace for Santa. Don't forget a carrot for Rudolph!

Recipe: Minimalist Baker

Roasted Root Vegetable Medley

Ingredients:



- 2 small red beets
- 2 small golden beets
- 1 large sweet potato
- 1 parsnip
- 1-2 carrots (pick different colors if available)
- 3 tbsp olive, coconut or avocado oil
- salt and pepper

* If you'd like more veggies, rutabaga and turnip are great additions!

Directions:

1) Preheat oven to 425 and line a baking sheet with foil to prepare veggies for baking.

2) Chop all veggies to large bite size pieces. Place all veggies in a mixing bowl with the olive oil, salt and pepper. Feel free to be creative and use other spices that you love. We love rosemary and thyme! Toss all veggies in the oil and spices until they are all evenly coated.

3) Place all veggies on the baking sheet and roast for 35-45 minutes. Halfway through baking stir the veggies so they don't stick. Roast until soft.

4) These veggies are a colorful, nutrient-dense, and delicious

dish to add to your Thanksgiving spread or amazing to prep on a Sunday night to be eaten on salads and as a dinner side all week!

Roasted Butternut Squash Soup

Ingredients:

- 1 large butternut squash, peeled and diced
- 3 large carrots, dices
- 1/2 onion, cut into large cubes
- 1 tbsp olive oil
- 2 1/2 cups chicken broth (or vegetable broth if you prefer)
- 1/2 cup full-fat coconut milk (if you choose)



- 1/2 tbsp cinnamon
- 1/8 tsp ground sage
- 1/8 nutmeg
- salt and pepper

Directions:

1) Preheat oven to 375 and line a baking sheet with foil to prepare veggies for baking. Place squash, carrots and onion on the sheet, drizzle olive oil evenly and season with salt and pepper. Roast for 35-40 minutes until veggies are soft.

2) Allow veggies to cool.

3) In a blender or food processor, add veggies, stock of your choice, coconut milk (optional), cinnamon, sage, nutmeg and blend until smooth (about 3-4 minutes).

4) If the soup is too thick add more stock, if it isn't creamy enough add more coconut milk. Enjoy!

Apple “Cookies”

Ingredients:



- 1 apple
- 1/4 cup nut butter of your choice (we love chunky almond!)
- 1/4 cup walnuts
- 1/8 cup dark chocolate chips
- 1/8 cup shredded coconut

Directions:

1) Core and slice apple into thin rings.

2) Spread thin layer of almond butter over each slice.

3) Sprinkle on the walnuts, dark chocolate chips, and shredded coconut as toppings on your ‘cookies’.

4) Be creative! You can use any toppings you like. Maybe you're more of an oatmeal raisin cookie fan, so top with raisins, oats, maple syrup and cinnamon!

Lemon Rosemary Hummus

Ingredients:



- 115 oz can of chickpeas, rinsed and drained
- 2 tbsp fresh lemon juice and 1 tbsp lemon zest
- 1- 1 1/2 tbsp freshly chopped rosemary
- 1 tbsp tahini
- 1 large clove garlic minced
- 1/4 tsp salt
- 1/4 cup extra virgin olive oil

Directions:

1) Place the chickpeas, lemon juice, zest, rosemary, tahini, garlic, and salt in the bowl of a food processor and process until coarsely chopped. Remove the lid and scrape down the sides of the bowl.

2) Replace the lid and add the oil through the feed tube while processing until the oil is incorporated and the hummus has reached the desired consistency. Scrape down the sides of the bowl as needed and add more salt if desired.

3) Serve as an appetizer with veggies or as a spread for wraps or sandwiches. Enjoy!

Baked Halibut with Bell Pepper Salsa

Ingredients:



- 1 large sweet red pepper, seeded & diced
- 1 small yellow pepper seeded & diced
- 1 small orange pepper seeded & diced
- 2 medium scallions minced
- 1 tbsp balsamic vinegar
- 3 green onions, sliced
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tbsp fresh cilantro

- 1 1/2 lb halibut steak
- 1 tsp fresh lemon juice

Directions:

- 1) Pre-heat oven 300 degrees F.
- 2) In a medium bowl combine red pepper, yellow pepper, orange pepper, scallions, vinegar, salt, pepper, and cilantro; set aside to allow flavors to blend.
- 3) Place halibut on a large sheet of aluminum foil. Drizzle with olive oil and lemon juice and season with salt and pepper to taste.
- 4) Bring sides of the aluminum foil together and seal into a tent leaving space for air on top.
- 5) Place the tent onto a baking sheet and bake for 20-25 minutes or until the fish is opaque.
- 6) Take your salsa and drizzle over the top for a deliciously light summer meal!

3 Ingredient Pumpkin Spice Cookies

Ingredients:



- 1 15 oz can of cooked pumpkin puree

- 1 box spice cake mix
- 1 cup mini semi-sweet chocolate chips

Directions:

- 1) Preheat oven to 350 degrees
- 2) Combine the spice mix and the pumpkin puree with a mixer, add chocolate chips and mix well
- 3) Use a tablespoon to scoop equal amounts of the dough onto a greased cookie sheet
- 4) Bake for 10-12 minutes or until a toothpick inserted into the center of the cookie comes out clean

Gnocchi in Sage Butter Sauce

Ingredients:

- 1 pkg Potato gnocchi (gluten free available at Whole Foods)



- 1/2 stick butter
- 8-10 sage leaves
- 1/2 pkg freeze dried assorted mushrooms

Directions:

- 1) Mushrooms need to soak for 30 minutes before adding to butter.
- 2) Boil gnocchi for 3-5 minutes until al dente.

- 3) Heat butter in small frying pan on medium to low heat until it browns. Be careful not to burn the mixture.
 - 4) Add sage leaves as soon as the butter is heated and allow them to crisp up as the butter browns.
 - 5) Add garlic powder, salt, pepper and mushrooms.
 - 6) Drain gnocchi and save some of the water.
 - 7) Put gnocchi into large fry pan and add butter sage mushroom sauce.
 - 8) Cook until the gnocchi soaks in the essence of the sauce (3-5 minutes). Add some of the gnocchi water to keep gnocchi from sticking and to create a thicker more plentiful sauce.
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Chilled Quinoa Salad

Cool, fresh, and easy!

Ingredients:



- 1 cup uncooked quinoa
- 2 cups water
- pinch of salt
- 1 large mango, diced
- 2 large tomatoes, diced
- 3 green onions, sliced
- 1/2 cup chopped cilantro

- 2 medium avocados, diced
- 1/4 cup fresh lime juice
- 1 tbsp olive oil
- 1/2 tsp cumin
- Salt & pepper to taste

Directions:

- 1) Rinse quinoa under cold water
- 2) Boil quinoa for 5 minutes over medium heat with a pinch of salt. Turn heat to low and simmer for 15 minutes or so until water is absorbed.
- 3) Remove quinoa from heat, fluff with a fork, and allow to cool.
- 4) In a large bowl combine quinoa, mango, tomatoes, green onions, cilantro, and avocados.
- 5) In a small bowl combine lime juice, olive oil, cumin, salt & pepper.
- 6) Pour the dressing over the quinoa salad and gently stir until well combined. Serve to friends and family at room temperature or chilled!