



# KEYZU SALMON

*Delicious and Nutritious*

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

## INGREDIENTS

- 2 tablespoon avocado or olive oil
  - 1 tablespoon tamari sauce
  - 1 tablespoon rice vinegar
  - 1 tablespoon sesame oil
  - 1 tablespoon Honey or Pure Maple Syrup
  - 2 cloves garlic, pressed
  - 2 teaspoons freshly grated ginger
  - 2 teaspoons sesame seeds
  - 2 green onions, thinly sliced
  - 2 (6-ounce) salmon fillets
- FOR THE HONEY GINGER GLAZE
- 2 tablespoons honey
  - 1 tablespoons tamari sauce
  - 2 teaspoons sesame oil
  - 1/2 teaspoon Sriracha, or more, to taste
  - 1/2 teaspoon grated fresh ginger
  - 1/2 teaspoon sesame seeds

## DIRECTIONS

1. To make the glaze, whisk together honey, tamari sauce, sesame oil, Sriracha, ginger, and sesame seeds in a small bowl; set aside.
2. In a medium bowl, whisk together avocado oil, tamari sauce, rice vinegar, sesame oil, honey or maple, garlic, ginger, sesame seeds, and green onions.
3. In a medium shallow bowl, combine ginger marinade and salmon filets; marinate for at least 30 minutes to overnight, turning the salmon over occasionally.
4. Preheat oven to 400 degrees F. Lightly coats a 9×13 baking dish with nonstick spray.
5. Place salmon filets along with the marinade onto a prepared baking dish and bake until the fish flakes easily with a fork, about 20 minutes
6. Serve salmon immediately with honey-ginger glaze

## NOTES

The health benefits of salmon make it one of the most nutritious types of fish. Salmon is high in omega-3 fatty acids, vitamin B12, and other nutrients that are good for your hair and skin. One of the most popular fishes on the planet because of its taste and health benefits is salmon



# PARSNIP AND CARROT PUREE

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

## INGREDIENTS

- 4 parsnips, peeled and cut into 2-inch pieces
- 2 carrots, peeled and cut into 2-inch pieces
- 2 tbs snipped chives divided
- 3 tbs Ghee butter
- Add sea salt and freshly ground black pepper to taste

## DIRECTIONS

### Step 1

- Place the parsnips and carrots into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, 10 to 20 minutes. Drain; return vegetables to pot. Turn heat to low, stir in the 3 tablespoons of ghee butter.

### Step 2

- Begin to puree the mixture using a hand blender until the mixture is smooth. Stir in 1 tbs of the chives. Season with salt and pepper to taste. Garnish with remaining chives

## NOTES

Carrots are loaded with fiber, calcium, vitamin A, K, and beta-carotene, which are important for bone health and there's evidence to suggest they can lower your diabetes risk. Parsnips are high in health-boosting vitamin C and potassium, which may act as a vasodilator as well as reduce blood pressure and stress on the heart.



# GINGER CITRUS HEART BEET SALAD

SERVINGS: 2

PREPPING TIME: 10 MIN

## INGREDIENTS

- 1 green salad mix of your choice.
- 2 baked or roasted beets

### ORANGE - GINGER DRESSING

- 1/4 cup freshly squeezed orange juice
- 1/4 cup cider vinegar
- 1/4 cup sesame oil or olive oil
- 2 Tablespoons raw honey
- 2 teaspoons Dijon mustard
- 1 teaspoon finely minced fresh ginger root
- 1/4 teaspoon orange zest
- 1/4 teaspoon Himalayan sea salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon celery seeds

## DIRECTIONS

- Whisk the vinegar, orange juice, and mustard in a medium bowl until smooth. Slowly drizzle in the olive oil, whisking constantly, until well combined and thick, and season with salt and pepper.
- Mix the salad greens in a large bowl. Slice the beets into heart shapes and add to the greens.
- Pour the vinaigrette over top and toss gently to combine.
- Refrigerate leftover dressing

## NOTES

Beets contain lots of dietary nitrates, which is converted to nitric oxide in the body. By relaxing and dilating the blood vessels, nitric oxide lowers blood pressure and prevents hypertension. Researchers found that plant-based foods contain antioxidants (polyphenols) that may improve blood sugar levels in diabetics and those at risk for heart disease.



## HERE'S HOW TO COOK BEETS WITH A PRESSURE COOKER (INSTANT POT)

SERVINGS: 1

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

### DIRECTIONS

- Scrub the beets well but do not peel. Trim off any large root “hairs”. Once your beets are cooked and cool enough to handle, you'll need just your fingers to easily slip off the skins.
- Place a steamer basket in the pressure cooker and add a little more than a cup of water. Arrange the beets on the rack. Lock the lid in place and bring to pressure.
- In the Instant Pot, press Manual and adjust the timer for 15 minutes.
- In a stovetop cooker, bring to pressure on high heat. Once the pressure gauge hisses and zizzles, it is at pressure. Lower the heat just enough to maintain high pressure for 15 minutes.
- If you have a few extra minutes, allow the pressure to come down naturally. The Instant Pot will do that all on its own because you set the timer. With stovetop pressure cookers, remove from the heat to let the pressure come down naturally.
- To quick-release, the pressure in Instant Pots, turn the top tab to Vent, and let all the steam escape.
- To quick-release stovetop pressure cookers, place the pressure cooker in the sink and let cold water run over the edge. (Check your owner's manual for more precise directions—various models operate differently.)
- Beets should be tender all the way through when pierced with a metal carving fork. When they are cool enough to handle, slip off the skins and slice and dice as you wish.

### NOTES

Cooking time increases with beet size. A friend once told me that she had 10 ounces of beets that took 20 minutes to cook!





# QUINOA LOVE BROWNIES

SERVINGS: 24

PREPPING TIME: 20 MIN

COOKING TIME: 40 MIN

## INGREDIENTS

- 1 1/2 cups uncooked quinoa, or 3 cups of cooked quinoa
- 1- 1/2 cup water for cooking the quinoa
- 1 cup almond or coconut milk
- 5 small or 4 large eggs
- 1 teaspoon pure vanilla extract
- 1 cup butter or coconut oil, melted and cooled
- 1 cup coconut or date sugar
- 1 cup unsweetened cocoa powder
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon sea salt

## DIRECTIONS

### Quinoa:

- Place the quinoa in a fine-mesh strainer, and rinse thoroughly with cool water. Rub and swish the quinoa with your hand while rinsing, and rinse for at least 1 min. under the running water. Bring the quinoa and water to a boil in a saucepan and cover. Reduce to a simmer and cook for 15 minutes. Turn the heat off and leave covered on the burner for another 5 minutes. Fluff with a fork and allow to cool.

### Cake:

- Preheat oven to 350 degrees. Lightly grease with coconut oil, or line an 8x12 pan with parchment paper. Combine milk eggs and vanilla in a blender or food processor. Add 3 cups of cooked quinoa and butter or coconut oil. Continue to blend 'til smooth. Whisk together the sugar, cocoa, baking powder, baking soda, and salt in a medium bowl. Add the contents of the blender and mix well. Pour the batter evenly into the pan and bake on a center oven rack for 30-40 minutes or until a knife inserted in a center comes out clean. Remove cake from oven and allow to cool in pan.

## NOTES

In addition to reducing cholesterol and blood sugar levels, quinoa fiber can also lower your risk of diabetes and heart disease. Quinoa is high in antioxidants, which may prevent heart and other organ damage. Dark chocolate contains health-boosting compounds and micronutrients, making it an excellent choice as part of a balanced diet.