

Table of Contents for Nourishing Foods (Vegetarian) - Winter 10

This menu plan contains the following recipes and the accompanying grocery list:

MAINS

Carrot Raisin Muffins
Vegetarian Grain-Free Mexican Casserole
Portobello Pizzas
Winter Veggie and Bean Soup
Nightshade-free Marinara Sauce with Spaghetti Squash

SIDES

Berry Chia Smoothie
Cauliflower Rice
Butternut Squash Fries
Sunflower Butter Bread
Lemony Green Beans
Toffee Candies

Please note that recipes in this menu plan contain the following ingredients/possible allergens:

Almond	Ginger
Apple Cider Vinegar	Green Beans
Arugula	Green Chillies
Avocado	Honey
Baking soda	Lemon
Basil	Lettuce
Beans	Mushroom
Beet	Navy bean
Bell Peppers	Olive
Black or White Pepper	Onion
Broccoli Rabe	Paprika
Butternut Squash	Pecan
Carrot	Raisins
Cashew	Strawberry
Cauliflower	Sunflower seed
Chia seed	Tomato
Cinnamon	Vanilla Extract
Coconut	Veggies: Squash
Egg	Zucchini
Garlic	

CARROT RAISIN MUFFINS

Servings = 12

1 hour

This recipe was adapted from www.ElanasPantry.com.

1/2 cup coconut flour	1/2 cup honey
1/2 teaspoon sea salt	1 tablespoon vanilla extract
1/2 teaspoon baking soda	2 cups carrot, grated
2 teaspoons cinnamon	1/2 cup raisins
6 eggs	14-15 muffin papers
1/2 cup coconut oil	

Steps:

1. Preheat oven to 375 F. Sift the coconut flour into a medium sized mixing bowl, and then add the baking soda, cinnamon and salt.
2. Melt the coconut oil in a small saucepan. Then combine the eggs, coconut oil, honey, vanilla, and grated carrots in another mixing bowl.
3. Fold the wet ingredients into the dry and mix until combined. If dry, add a little more melted oil or water to the mixture. Fold in the raisins.
4. Use muffin papers or grease 14-15 muffin tins with coconut oil. Place about 1/4 cup batter into each muffin tin.
5. Bake at 375 F. for about 20-25 minutes or until muffins are lightly browned, cooked through and a toothpick come out clean when inserted into the middle of a muffin.

NUTRITIONAL INFO: Per Serving: 232 Calories; 13g Fat (49.4% calories from fat); 5g Protein; 25g Carbohydrate; 5g Dietary Fiber; 106mg Cholesterol; 196mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 Fat; 1 Other Carbohydrates.

NOTE: This recipe contains the following ingredients/potential allergens:

Baking soda, Carrot, Cinnamon, Coconut, Egg, Honey, Raisins, Vanilla Extract



BERRY CHIA SMOOTHIE

Servings = 4

20 min

2 teaspoons chia seeds, soaked for 15 minutes
2 cups dairy-free or raw milk, *

1 1/2-2 cups frozen strawberries

Steps:

1. Soak chia seeds in the milk for at least 15 minutes.
2. Combine chia seeds, milk of your choice and strawberries or other fruit in a blender. Blend until smooth. Enjoy!

TIP: * Use homemade coconut milk for elimination/detox diet. Please see recipe for homemade coconut milk.

NUTRITIONAL INFO: Per Serving: 186 Calories; 5g Fat (22.1% calories from fat); 5g Protein; 34g Carbohydrate; 2g Dietary Fiber; 17mg Cholesterol; 62mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Fruit; 1/2 Non-Fat Milk; 1 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Chia seed, Strawberry

VEGETARIAN GRAIN-FREE MEXICAN CASSEROLE

Servings = 6
45 min

This recipe was adapted from <http://thehealingfork.blogspot.com/>. Most kids will love this!

2 zucchinis, grated	1 teaspoon cumin
4 eggs	1 teaspoon paprika
1/2 teaspoon sea salt	1 cup salsa
1/4 teaspoon black pepper	1 can green chilies
1 tablespoon coconut oil	2 cups monterey jack cheese or dairy free cheese, shredded
1 onion, diced	1/3 cup olives
2 cups cooked black, pinto or white beans, *	1/2 cup avocado or guacamole
1/2 teaspoon sea salt	2 cups lettuce
1/4 teaspoon black pepper	1 tomato, chopped
1 teaspoon dried oregano	

Steps:

1. Preheat oven to 350 F. Shred zucchini with a hand shredder or with your food processor. Put into a large bowl. Place paper towels or absorbent hand towels over the zucchini and then press down firmly to remove extra moisture. Add the eggs, salt and pepper and stir until well combined.
2. Oil a 9x13 pan and pour zucchini mixture into it. (Or, use a 9 x 9 pan and bake for 5 minutes longer.) Press firmly into the pan to make an even crust. Bake for 15-20 minutes at 350 degrees.
3. While the crust is baking, sauté the onion over medium heat in a little olive oil for 5-8 minutes or until it is soft and translucent. Add the beans and herbs and spices. Cook for 5 or so minutes over medium-low heat.
4. Take the crust out of the oven. Make sure it is slightly browned and firm. Spread a layer of salsa on top of crust. Then top with beans, green chilies and cheese of your choice. Add black olives on top of the cheese if you're using them. Put it back in the oven for another 10 minutes, or until the cheese is melted and the casserole is heated through. You can increase the heat to 375 F. if you want the cheese more bubbly and crisp.
5. Take out of the oven and let cool for 5 minutes. Serve and top with avocado or guacamole, lettuce, sour cream, tomatoes or any other toppings that you prefer.

TIP: You can use a natural taco seasoning package if you are in a hurry.

For dairy-free, simply delete the cheese or use a dairy-free cheese of your choice. Or you can make your own cheese spread - check out the No-Cheese spread recipe.

To make guacamole, mash avocados with garlic powder, salt, cilantro and lime if you wish.

* For GAPS friendly, use white beans.

NUTRITIONAL INFO: Per Serving: 232 Calories; 10g Fat (37.0% calories from fat); 12g Protein; 26g Carbohydrate; 7g Dietary Fiber; 141mg Cholesterol; 686mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

NOTE: This recipe contains the following ingredients/potential allergens:

Avocado, Beans, Egg, Green Chilies, Lettuce, Olive, Onion, Paprika, Tomato, Zucchini

CAULIFLOWER RICE

Servings = 4

25 min

If you are making cauliflower pizza crust this week, add an extra head of cauliflower to this recipe.

1 head cauliflower, grated or chopped very finely in a
food processor

1-2 tablespoons coconut oil

sea salt, to taste

black pepper, to taste (optional)

1 teaspoon dried basil (optional)

Steps:

1. Heat a large skillet to medium heat. Add the oil and let it melt. Add the cauliflower, and saute on medium heat for about 12-15 minutes. Stir very frequently to prevent burning and for even cooking. Cook until soft but still firm, like the texture of rice. You can cover it for a while if you wish.

3. Add additional olive oil or butter, if desired, salt, pepper and dried or fresh herbs. Enjoy with curries or other favorite dishes that use rice.

TIP: Cauliflower heads vary in size so you may only need half of a very large one for this recipe.

NUTRITIONAL INFO: Per Serving: 67 Calories; 4g Fat; 3g Protein; 8g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 310mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1/2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Cauliflower

PORTOBELLO PIZZAS

Servings = 4

25 min

You can make these with cheese if you can eat dairy, or use the cashew cheese sauce in the recipe to make your own dairy-free cheese. If you need more protein, add some ground turkey, beef or chicken. This recipe was adapted from the recipe in the GAPS cookbook, *Eternal Bliss*.

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| 4 portobello mushrooms, stems removed, washed and dried | 1/2 cup raw cashews, soaked for 3 hours, drained |
| 1 cup tomato sauce, sugar free, use homemade recipe for GAPS | 1 1/3 cups water |
| 1/2 onion, diced | 1/4 teaspoon garlic powder |
| 1 red bell pepper, sliced | sea salt, to taste |
| 1 1/2 cups cheese or dairy-free cheese, grated, OR: | 1 tablespoon coconut oil |

Steps:

1. Preheat the broiler on the oven. On a greased baking pan, place the mushroom caps face down. Broil for 5 minutes.
2. Flip the mushrooms over and cook for another 3 minutes. Remove from oven.
3. Meanwhile, saute the onion in coconut oil over medium heat for about 8 minutes. Add the bell peppers or other preferred vegetables and saute until soft, about 10 minutes.
4. To the baked mushrooms, add tomato sauce, veggies, cheese or any other toppings to the pizzas. Put back into the oven until the cheese melts, about 5 more minutes.
5. To make the cashew cheese, combine the drained cashews, water, garlic and salt in a blender. Blend until very smooth.
6. Pour cashew mixture into a small saucepan and heat over medium high heat until it begins to boil. Reduce heat immediately and stir frequently. Cook over low heat until it thickens up. Remove from heat and let cool. It will continue to thicken as it cools. Enjoy on pizzas instead of regular cheese.

TIP: Another dairy free option would be to sprinkle nutritional yeast on top of the pizzas. Or add some meat for added protein if not using cheese or non- dairy cheese.

NUTRITIONAL INFO: Per Serving: 242 Calories; 15g Fat (52.5% calories from fat); 15g Protein; 15g Carbohydrate; 4g Dietary Fiber; 45mg Cholesterol; 642mg Sodium. Exchanges: 1 1/2 Lean Meat; 3 Vegetable; 2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Bell Peppers, Cashew, Garlic, Mushroom, Onion, Tomato

BUTTERNUT SQUASH FRIES

Servings = 4

45 min

1-2 butternut squashes, peeled, seeded and cut into slices or sticks
2 tablespoons olive oil
1 teaspoon sea salt

Steps:

1. Preheat oven to 425 F. Peel the squash with a good vegetable peeler or knife. Cut in half and remove the seeds. Cut squash into long thin slices (about ¼ inch thick by 2 inches long). Or, simply cut into thin slices to make it easier.
2. Place squash in a large bowl and generously coat with olive oil. Sprinkle with salt and toss.
3. Lay squash fries onto 2 or 3 large baking sheets, making sure they are not overlapping. Roast in the oven for about 20-35 minutes (depending upon how crispy you like them).
4. Midway through, take fries out and turn them over with a spatula. You may need to rotate the baking sheets so that all get equally cooked and browned. Squash fries should be golden and partially crispy when done.

NUTRITIONAL INFO: Per Serving: 201 Calories; 6g Fat (23.0% calories from fat); 3g Protein; 40g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 440mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Butternut Squash

WINTER VEGGIE AND BEAN SOUP

Servings = 6

40 min

This recipe is adapted from *Delicious Living Magazine*.

2 cups arugula, about 3 oz.
1 clove garlic
2 tablespoons olive oil
sea salt
black pepper
1-2 tablespoons coconut oil
1 onion, diced

2 cloves garlic, thinly sliced
1 1/2 cups butternut squash, cut into small chunks
1 bunch broccoli rabe, or broccoli, tough ends trimmed,
roughly chopped
4-5 cups vegetable stock
2 cups cooked white beans or chickpeas, use navy
beans for GAPS
1/2 cup green beans, stems removed, cut into 1 inch
pieces

Steps:

1. Blanch arugula in hot water for 1 minute. Drain and rinse in cold water. In a blender or food processor, grind arugula, 1 clove garlic, and 2 tablespoons olive oil. Season with salt and pepper and set aside.
2. In a large soup pot, heat the coconut oil and add onions and sliced garlic. Cook over medium-low heat until translucent, 10 minutes. Add squash and broccoli rabe. Cook until greens are wilted, about 8 minutes. Add stock or broth and bring to a simmer; cook about 10 minutes.
3. Once flavors have blended, add navy or garbanzo beans and green beans. Return to a simmer, cook for about 5 minutes or until veggies are cooked, then remove from heat. Add arugula paste and stir. Season with salt and pepper. Ladle soup into bowls and serve.

NUTRITIONAL INFO: Per Serving: 277 Calories; 12g Fat (37.8% calories from fat); 9g Protein; 35g Carbohydrate; 6g Dietary Fiber; 2mg Cholesterol; 1089mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Arugula, Black or White Pepper, Broccoli Rabe, Butternut Squash, Garlic, Green Beans, Navy bean, Onion



SUNFLOWER BUTTER BREAD

Servings = 12

1 hour

Great for nut-free and dairy-free diets. If you can eat nuts, you can use any kind of nut butter to make this bread. Enjoy!

1 cup sunflower butter, or any other nut butter such as almond butter	1/2 teaspoon baking soda
1/8 cup honey	1 dash sea salt
3 eggs	1 tablespoon apple cider vinegar, or lemon juice

Steps:

1. Preheat oven to 350 F. Into a medium mixing bowl, add the sunflower butter, eggs, honey, baking soda and salt. Using an electric mixer, mix well until all ingredients are combined. Add the vinegar or lemon juice, and mix well. Grease an 8 1/2 x 4 1/2 x 2 1/2 size loaf pan with coconut oil, and then pour the mixture into it.
2. Bake for 35 - 40 minutes or until a knife inserted into the center comes out clean.

NUTRITIONAL INFO: Per Serving: 165 Calories; 14g Fat (72.7% calories from fat); 5g Protein; 6g Carbohydrate; 1g Dietary Fiber; 53mg Cholesterol; 111mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

NOTE: This recipe contains the following ingredients/potential allergens:

Apple Cider Vinegar, Baking soda, Egg, Honey, Sunflower seed

NIGHTSHADE-FREE MARINARA SAUCE WITH SPAGHETTI SQUASH

Servings = 4
45 min

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| 1 tablespoon coconut oil | 1/2 teaspoon dried oregano |
| 1 onion, diced | 1/2 teaspoon dried thyme |
| 5 carrots, diced | 1 teaspoon lemon juice, or apple cider vinegar |
| 2 beets, medium, diced | 1/2 teaspoon sea salt |
| 2 cloves garlic, minced | 1/4 teaspoon black pepper |
| 2-3 cups broth, or water, or more depending upon
desire consistency | 1 spaghetti squash, cut in half and seeded |
| 1 teaspoon dried parsley | 2 tablespoons butter, coconut oil or olive oil |
| 1 teaspoon dried basil | |

Steps:

1. Cut the squash in half and spoon out the seeds. Cut each piece in half again. In a large soup pot, place a steamer basket and a few inches of water with the squash pieces skin-side up.
2. Cover and steam for 20-30 minutes or until squash is soft. You can also slow cook the squash in a slow cooker for about 3 hours ahead of time or bake it in the oven at 350 F with a little water for about an hour and a half.
3. Saute the onions in coconut oil in a medium to large saute pan. It helps to have something that has a lid. Cook onions until soft, about 5-8 minutes. Add the carrots, beet chunks and add enough broth to just cover the veggies, about 2 cups. The smaller you make the beets, the faster they will cook.
4. Bring to a boil and then cover and cook veggies over medium-low heat or at a simmer. Cook until the beets are soft, about 20-25 minutes.
5. When beets are cooked through, add herbs, salt and pepper. Using a hand blender (or transferring to a blender), blend veggies with broth until smooth. Add more liquid if needed to make a marinara-like consistency. Add more herbs or salt to taste. If you would like some tang, add the lemon juice or apple cider vinegar to make it more acidic like tomato sauce.
6. When squash is finished cooking, scoop the squash out of the skin with a spoon into a bowl. Add salt, pepper and butter or oil to taste.
7. Serve squash with sauce on top like you would spaghetti.

NUTRITIONAL INFO: Per Serving: 140 Calories; 7g Fat (44.5% calories from fat); 2g Protein; 18g Carbohydrate; 5g Dietary Fiber; 16mg Cholesterol; 396mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 1/2 Vegetable; 1 1/2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Beet, Black or White Pepper, Carrot, Garlic, Onion, Veggies: Squash



LEMONY GREEN BEANS

Servings = 4

25 min

1 tablespoon coconut oil	1 lemon, squeezed
1/2 tablespoon ginger root, grated, or 1/2 tsp dried	1 teaspoon lemon zest
1-2 cloves garlic, minced	teaspoon sea salt, to taste
1 pound green beans, stems removed	

Steps:

1. In a cast iron skillet or nonstick pan, heat the coconut oil to medium-high heat. Add ginger and garlic and sauté briefly.
2. Add the green beans, lemon juice, zest and 1-2 tablespoons of water. Cover and sauté/steam over medium-low heat for 10 minutes, stirring occasionally.
3. Add the salt and continue cooking the beans until they are soft but not overcooked. Add a bit more water or oil if needed.

NUTRITIONAL INFO: Per Serving: 67 Calories; 4g Fat; 2g Protein; 10g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 273mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fruit; 1/2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Basil, Garlic, Ginger, Green Beans, Lemon

TOFFEE CANDIES

Servings = 15-18

20 min

This recipe is adapted from www.pecanbread.com by Jenny and Jodi.

1 cup almond butter	3/4 cup raw pecans, chopped
1/3- 1/2 cups honey	candy thermometer
1-2 tablespoons unsalted butter or coconut oil	mini muffin papers

Steps:

1. Boil honey until it reaches 275 degrees F (about 8 to 10 minutes).
2. Turn the heat off and add the rest of the ingredients. Combine well.
3. Plunge the pot of toffee into a bowl of cold water to help cool and stiffen it.
4. Place mini muffin papers in a mini muffin tin. Once the toffee is cooler, use a spoon or your fingers to drop balls of it in mini muffin papers or directly into mini muffin tins.
5. Put in the freezer or fridge to set and serve at room temperature.

TIP: Substitutions: Almond butter: cashew, sunflower, peanut or other nut butter. **Pecans:** sliced almonds, sunflower or pumpkin seeds, cashews, etc.

KID-FRIENDLY TIP: Safety Tip: If you have young children, it is best to make candy that involves heating the ingredients to high temperatures without them or when they are being supervised by another adult. It is very hot and can be dangerous.

NUTRITIONAL INFO: Per Serving: 164 Calories; 14g Fat (70.4% calories from fat); 3g Protein; 10g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 9mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 2 1/2 Fat; 1/2 Other Carbohydrates.

NOTE: This recipe contains the following ingredients/potential allergens:

Almond, Honey, Pecan

GROCERY LIST FOR Nourishing Foods (Vegetarian) - Winter 10

PRODUCE: VEGGIES

1 head cauliflower
1 bunch broccoli rabe
3 1/2 onions
5 + 2 cups carrot
2 beets
6-7 cloves garlic
1 spaghetti squash
1/2 cup + 1 pound green beans
1/2 tablespoon ginger root
4 portobello mushrooms
1 red bell pepper
2 zucchinis
2 cups lettuce
1 tomato
1-2 + 1 1/2 cups butternut squash
2 cups arugula
1/2 cup avocado or guacamole

PRODUCE: FRUITS

1 teaspoon lemon juice
1 lemon
1 teaspoon lemon zest

REFRIGERATED/FROZEN SECTION

13 eggs
1 cup salsa
1 1/2-2 cups frozen strawberries

DAIRY

2 cups monterey jack cheese or dairy free cheese
1 1/2 cups cheese or dairy-free cheese
1-2 tablespoons unsalted butter or coconut oil
2 cups dairy-free or raw milk

DRY GOODS

2-3 cups broth
1 cup tomato sauce
1/3 cup olives
4-5 cups vegetable stock

GRAIN, PASTA, BEANS

2 cups cooked black, pinto or white beans
2 cups cooked white beans or chickpeas

OILS, VINEGARS AND CONDIMENTS

4 tablespoons olive oil
1 tablespoon apple cider vinegar
2 tablespoons butter, coconut oil or olive oil

OILS, VINEGARS AND CONDIMENTS (CONT.)

1/2 cup + 6-8 tablespoons coconut oil

ETHNIC

1 can green chilies

NUTS AND DRIED FRUIT

1 cup sunflower butter
1/2 cup raw cashews
1/2 cup raisins
1 cup almond butter
3/4 cup raw pecans

BAKING

479/500-1 1/8 cups honey
1 teaspoon baking soda
1/2 cup coconut flour
1 tablespoon vanilla extract
2 teaspoons chia seeds
mini muffin papers
14-15 muffin papers

SPICES AND DRIED HERBS

+ 3 teaspoons + 1 dash sea salt
+ 3/4 teaspoon black pepper
2 teaspoons dried basil
1 teaspoon dried parsley
1 1/2 teaspoons dried oregano
1/2 teaspoon dried thyme
1/4 teaspoon garlic powder
1 teaspoon cumin
1 teaspoon paprika
2 teaspoons cinnamon

MISC.

candy thermometer

These ingredients will prepare the following recipes

Carrot Raisin Muffins

Berry Chia Smoothie

Vegetarian Grain-Free Mexican Casserole

Cauliflower Rice

Portobello Pizzas

Butternut Squash Fries

Winter Veggie and Bean Soup

Sunflower Butter Bread

Nightshade-free Marinara Sauce with Spaghetti Squash

Lemony Green Beans

Toffee Candies