

NOVEMBER

RECIPES



1. Roasted Root Vegetables with Herbed Yogurt

Ingredients:

- 2 medium beets, peeled and cubed
- 2 medium Hakurei turnips, cubed
- 4 radishes, halved
- 2 carrots, sliced
- 1 potato, cubed
- 2 tbsp fresh rosemary, chopped
- 2 tbsp fresh thyme, chopped
- 1 tbsp olive oil
- 1 cup plain yogurt
- 1 tbsp fresh oregano, chopped
- Salt and pepper to taste

Steps:

1. Preheat oven to 400°F (200°C).
2. Toss cubed vegetables with olive oil, rosemary, thyme, salt, and pepper.
3. Spread evenly on a baking sheet and roast for 30-35 minutes until tender.
4. In a bowl, mix yogurt, oregano, salt, and pepper.
5. Serve roasted vegetables with a dollop of herbed yogurt on top.

Nutritional Benefits:

- Rich in fiber and antioxidants from root vegetables.
- Yogurt provides probiotics and protein, enhancing gut health.

2. Thyme-Roasted Fennel and Carrots with Yogurt Dressing

Ingredients:

- 2 fennel bulbs, quartered
- 4 carrots, peeled and sliced
- 2 tbsp fresh thyme, chopped
- 1 tbsp olive oil
- 1/2 cup plain yogurt
- 1 tbsp lemon juice
- Salt and pepper to taste

Steps:

1. Preheat oven to 400°F (200°C).
2. Toss fennel and carrots with olive oil, thyme, salt, and pepper.
3. Roast for 25-30 minutes until tender.
4. Mix yogurt and lemon juice, then drizzle over roasted vegetables.

Nutritional Benefits:

- High in fiber and vitamins A and C.
- Yogurt adds probiotics for digestive health.

3. Kale and Mushroom Frittata

Ingredients:

- 1 cup kale, chopped
- 1/2 cup spinach, chopped
- 1/2 cup king oyster mushrooms, sliced
- 1/2 cup blue oyster mushrooms, sliced
- 6 eggs
- 1/4 cup milk
- 1/2 tsp turmeric, grated
- 1/2 tsp fresh ginger, grated
- 1 tbsp olive oil
- Salt and pepper to taste

Steps:

1. Preheat oven to 375°F (190°C).
2. Sauté mushrooms in olive oil until tender. Add kale and spinach and cook for 2-3 minutes.
3. In a bowl, whisk eggs, milk, turmeric, ginger, salt, and pepper.
4. Pour egg mixture over vegetables and cook on the stove for 2 minutes, then transfer to the oven for 10-12 minutes until set.
5. Slice and serve.

Nutritional Benefits:

- High in protein and vitamin K. Antioxidants from turmeric and ginger support inflammation reduction.

4. Broccoli Greens and Kohlrabi Salad with Mustard Vinaigrette

Ingredients:

- 1 cup broccoli greens, chopped
- 1 cup kohlrabi, thinly sliced
- 2 radishes, sliced
- 1 cup arugula
- 1 tbsp Dijon mustard
- 1 tbsp lemon juice
- 2 tbsp olive oil
- 1 tsp fresh thyme, chopped
- Salt and pepper to taste

Steps:

1. In a bowl, combine broccoli greens, kohlrabi, radishes, and arugula.
2. In a small bowl, whisk together mustard, lemon juice, olive oil, thyme, salt, and pepper.
3. Drizzle the vinaigrette over the salad and toss to coat.

Nutritional Benefits:

- Excellent source of fiber, vitamins C and A, and iron from broccoli greens and arugula.
- Mustard provides a slight metabolic boost.

5. Turmeric Ginger Lentil Soup with Cabbage and Spinach

Ingredients:

- 1 cup red lentils
- 1 cup cabbage, chopped
- 1 cup spinach, chopped
- 1 carrot, diced
- 1 celery stalk, diced
- 1 tbsp fresh turmeric, grated
- 1 tbsp fresh ginger, grated
- 1 tsp cumin
- 1 tbsp olive oil
- 4 cups vegetable broth
- Salt and pepper to taste

Steps:

1. Heat olive oil in a pot and sauté turmeric, ginger, cumin, carrot, and celery for 5 minutes.
2. Add lentils, cabbage, spinach, and vegetable broth.
3. Simmer for 20-25 minutes until lentils are soft.
4. Season with salt and pepper before serving.

Nutritional Benefits:

- High in protein and fiber from lentils.
- Anti-inflammatory benefits from turmeric and ginger.

6. Sautéed Kailaan and Lion's Mane Mushrooms with Garlic

Ingredients:

- 2 cups kailaan, chopped
- 1 cup lion's mane mushrooms, sliced
- 2 garlic cloves, minced
- 1 tbsp soy sauce
- 1 tbsp olive oil
- 1 tsp sesame oil
- Salt and pepper to taste

Steps:

1. Heat olive oil in a pan and sauté garlic until fragrant.
2. Add lion's mane mushrooms and cook until golden.
3. Stir in kailaan and cook until wilted, about 3-4 minutes.
4. Add soy sauce, sesame oil, salt, and pepper, and stir well.

Nutritional Benefits:

- Rich in vitamin A and C from kailaan.
- Lion's mane supports cognitive health.

7. Ginger-Turmeric Potato and Broccoli Hash

Ingredients:

- 2 potatoes, cubed
- 1 cup broccoli florets
- 1 tbsp fresh ginger, grated
- 1 tsp fresh turmeric, grated
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1/2 tsp paprika
- Salt and pepper to taste

Steps:

1. Heat olive oil in a skillet and sauté garlic, ginger, and turmeric for 1-2 minutes.
2. Add potatoes and cook for 8-10 minutes until crispy.
3. Add broccoli and paprika, then cook for another 5 minutes.
4. Season with salt and pepper before serving.

Nutritional Benefits:

- Potatoes provide energy-boosting carbohydrates.
- Broccoli is a great source of vitamin K and fiber.

8. Beet and Radish Salad with Arugula and Oregano Dressing

Ingredients:

- 2 medium beets, roasted and sliced
- 4 radishes, sliced
- 2 cups arugula
- 1 tbsp fresh oregano, chopped
- 1 tbsp balsamic vinegar
- 2 tbsp olive oil
- Salt and pepper to taste

Steps:

1. Arrange beets, radishes, and arugula on a plate.
2. In a small bowl, whisk oregano, balsamic vinegar, olive oil, salt, and pepper.
3. Drizzle the dressing over the salad and serve.

Nutritional Benefits:

- Rich in antioxidants and fiber.
- Beets support liver detoxification.

9. Kohlrabi and Mushroom Stir-fry with Sage

Ingredients:

- 1 cup kohlrabi, julienned
- 1 cup king oyster mushrooms, sliced
- 2 tbsp fresh sage, chopped
- 2 garlic cloves, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Steps:

1. Heat olive oil in a pan and sauté garlic for 1 minute.
2. Add mushrooms and cook until golden.
3. Stir in kohlrabi and sage, and cook for another 3-4 minutes.
4. Season with salt and pepper before serving.

Nutritional Benefits:

- High in vitamin C and potassium from kohlrabi.
- Mushrooms provide immune-boosting properties.

10. Shrimp and Perpetual Spinach Sauté with Garlic and Sage

Ingredients:

- 1 lb shrimp, peeled and deveined
- 2 cups perpetual spinach (or Swiss chard), chopped
- 2 garlic cloves, minced
- 1 tbsp fresh sage, chopped
- 1 tbsp olive oil
- Salt and pepper to taste

Steps:

1. Heat olive oil in a skillet and sauté garlic for 1 minute.
2. Add shrimp and cook for 2-3 minutes on each side until pink and opaque.
3. Stir in perpetual spinach and sage, cooking until wilted, about 3 minutes.
4. Season with salt and pepper before serving.

Nutritional Benefits:

- Shrimp is a low-calorie source of high-quality protein and omega-3s.
- Perpetual spinach is rich in vitamins A, C, and K, supporting eye and immune health.

11. Sautéed Broccoli, Mustard Greens, and Fennel with Poached Eggs

Ingredients:

- 1 cup broccoli florets
- 1 cup mustard greens, chopped
- 1 fennel bulb, thinly sliced
- 4 eggs
- 1 tbsp fresh thyme, chopped
- 1 tbsp fresh oregano, chopped
- 2 garlic cloves, minced
- 1 tbsp olive oil
- 1 tbsp apple cider vinegar
- Salt and pepper to taste
- Red pepper flakes (optional)

Steps:

1. Heat olive oil in a large pan and sauté garlic until fragrant.
2. Add fennel slices and cook for 3-4 minutes until they begin to soften.
3. Stir in broccoli and cook for another 5 minutes until tender.
4. Add mustard greens, thyme, oregano, salt, and pepper, and cook for 2-3 minutes until wilted.
5. In a separate pot, bring water with apple cider vinegar to a simmer. Crack each egg into a small bowl, then gently slip into the simmering water. Poach the eggs for about 3 minutes for a runny yolk or 5 minutes for a firmer yolk.
6. Serve the sautéed vegetables on plates, then top each with a poached egg. Sprinkle red pepper flakes if desired.

Nutritional Benefits:

- High in fiber, vitamins A and C, and antioxidants from broccoli and mustard greens.
- Poached eggs provide lean protein without added fats.
- Fennel supports digestion and adds a delicate anise flavor.

12. Chicken and Kale Stir-fry with Ginger and Mustard Greens

Ingredients:

- 1 lb chicken breast, thinly sliced
- 1 cup kale, chopped
- 1 cup mustard greens, chopped
- 1 tbsp fresh ginger, grated
- 1 tbsp fresh turmeric, grated
- 2 garlic cloves, minced
- 1 tbsp soy sauce
- 1 tbsp olive oil
- Salt and pepper to taste

Steps:

1. Heat olive oil in a skillet and sauté garlic, ginger, and turmeric for 1 minute.
2. Add sliced chicken and cook until browned.
3. Stir in kale, mustard greens, and soy sauce. Cook for 5-6 minutes until greens are wilted and chicken is cooked through.
4. Season with salt and pepper before serving.

Nutritional Benefits:

- Lean protein from chicken supports muscle health.
- Kale and mustard greens are rich in vitamins A, C, and K.

13. Salmon with Fennel, Radish, and Broccoli Salad

Ingredients:

- 2 salmon fillets
- 1 fennel bulb, thinly sliced
- 4 radishes, thinly sliced
- 1 cup broccoli florets, steamed
- 1 tbsp fresh rosemary, chopped
- 1 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper to taste

Steps:

1. Preheat the oven to 375°F (190°C). Season salmon fillets with rosemary, salt, pepper, and olive oil.
2. Roast the salmon for 12-15 minutes until cooked through.
3. Toss fennel, radishes, and steamed broccoli with lemon juice, olive oil, salt, and pepper.
4. Serve the salmon on a bed of the fennel and radish salad.

Nutritional Benefits:

- Salmon provides omega-3 fatty acids for heart and brain health.
- Fennel aids digestion and has anti-inflammatory properties.

14. Cod Liver and Roasted Root Vegetable Salad

Ingredients:

- 4 tbsp cod liver (packed in oil)
- 2 medium beets, roasted and cubed
- 2 Hakurei turnips, roasted and cubed
- 4 radishes, sliced
- 2 cups arugula
- 1 tbsp fresh thyme, chopped
- 1 tbsp balsamic vinegar
- 2 tbsp olive oil
- Salt and pepper to taste

Steps:

1. Roast beets and Hakurei turnips in olive oil, salt, and pepper at 400°F (200°C) for 25-30 minutes.
2. In a bowl, toss arugula, radishes, roasted vegetables, and thyme.
3. Top the salad with cod liver and drizzle with balsamic vinegar and olive oil.

Nutritional Benefits:

- Cod liver is rich in vitamin D and omega-3 fatty acids, supporting bone health and reducing inflammation.
- Beets and turnips provide antioxidants and fiber.

15. Bone Broth Poached Chicken with Arugula and Broccoli

Ingredients:

- 2 chicken breasts
- 4 cups bone broth
- 2 cups arugula
- 1 cup broccoli florets
- 1 garlic clove, minced
- 1 tbsp fresh oregano, chopped
- Salt and pepper to taste

Steps:

1. Bring bone broth to a simmer and add garlic, oregano, salt, and pepper.
2. Add chicken breasts and poach for 12-15 minutes until cooked through.
3. Remove chicken and let rest before slicing.
4. In the same broth, blanch broccoli for 2 minutes, then toss with arugula and serve with the sliced chicken.

Nutritional Benefits:

- Bone broth contains collagen and minerals that support joint and gut health.
- Arugula and broccoli offer fiber and vitamins A and C.

16. Salmon and Kailaan Stir-fry with Ginger and Turmeric

Ingredients:

- 2 salmon fillets, cubed
- 2 cups kailaan, chopped
- 1 tbsp fresh ginger, grated
- 1 tsp fresh turmeric, grated
- 1 garlic clove, minced
- 1 tbsp soy sauce
- 1 tbsp sesame oil
- Salt and pepper to taste

Steps:

1. Heat sesame oil in a skillet and sauté garlic, ginger, and turmeric for 1 minute.
2. Add cubed salmon and cook until lightly browned.
3. Stir in kailaan and soy sauce, cooking until wilted.
4. Season with salt and pepper before serving.

Nutritional Benefits:

- Salmon is a great source of omega-3 fatty acids.
- Kailaan (Chinese broccoli) is rich in fiber, vitamins K and C.

17. Chicken and Kohlrabi Soup with Bone Broth

Ingredients:

- 1 lb chicken thighs, diced
- 1 kohlrabi, cubed
- 2 carrots, sliced
- 1 celery stalk, sliced
- 4 cups bone broth
- 1 tbsp fresh thyme, chopped
- Salt and pepper to taste

Steps:

1. In a pot, heat bone broth and add diced chicken, carrots, celery, thyme, salt, and pepper.
2. Bring to a simmer and cook for 20 minutes.
3. Add cubed kohlrabi and cook for an additional 10 minutes until tender.
4. Adjust seasoning before serving.

Nutritional Benefits:

- Bone broth is rich in collagen and minerals.
- Kohlrabi provides fiber and vitamin C, supporting immune health.

18. Shrimp and Spinach with Fennel and Oregano Cream

Ingredients:

- 1 lb shrimp, peeled and deveined
- 2 cups spinach
- 1 fennel bulb, thinly sliced
- 1 tbsp fresh oregano, chopped
- 1/2 cup heavy cream
- 1 tbsp olive oil
- Salt and pepper to taste

Steps:

1. Heat olive oil in a skillet and sauté fennel for 3-4 minutes.
2. Add shrimp and cook for 2-3 minutes on each side until pink and opaque.
3. Stir in spinach, oregano, and heavy cream, and cook until spinach wilts and the cream thickens.
4. Season with salt and pepper before serving.

Nutritional Benefits:

- Shrimp is high in protein and low in calories.
- Spinach is rich in iron and antioxidants.

19. Cod Liver and Roasted Potato Salad with Mustard Greens

Ingredients:

- 4 tbsp cod liver (packed in oil)
- 2 potatoes, roasted and cubed
- 1 cup mustard greens, chopped
- 1 tbsp fresh thyme, chopped
- 1 tbsp Dijon mustard
- 1 tbsp olive oil
- Salt and pepper to taste

Steps:

1. Roast cubed potatoes at 400°F (200°C) for 25-30 minutes with olive oil, salt, and pepper.
2. In a bowl, toss mustard greens, roasted potatoes, thyme, and cod liver.
3. Drizzle with Dijon mustard and olive oil, then season with salt and pepper.

Nutritional Benefits:

- Cod liver is packed with omega-3s and vitamin A.
- Potatoes provide complex carbohydrates and fiber.

20. Chicken and Beet Stir-fry with Blue Oyster Mushrooms

Ingredients:

- 1 lb chicken breast, sliced
- 2 medium beets, peeled and thinly sliced
- 1 cup blue oyster mushrooms, sliced
- 1 tbsp fresh ginger, grated
- 1 tbsp soy sauce
- 1 tbsp sesame oil
- 1 garlic clove, minced
- Salt and pepper to taste

Steps:

1. Heat sesame oil in a skillet and sauté garlic and ginger for 1 minute.
2. Add chicken slices and cook until browned.
3. Stir in beets and mushrooms, then add soy sauce. Cook until tender.
4. Season with salt and pepper before serving.

Nutritional Benefits:

- Chicken provides lean protein, essential for muscle repair.
- Beets and mushrooms are loaded with antioxidants and fiber, supporting overall health.

