

# SEPTEMBER

## RECIPES



## 1. Sweet Potato and Ginger Soup with Yogurt Drizzle

- **Ingredients:**

- 2 medium sweet potatoes, peeled and diced
- 1 tbsp fresh ginger, minced
- 3 tsp fresh turmeric, grated
- 2 cups vegetable broth
- 1/2 cup plain yogurt
- 1 sudachi lime, juiced
- 1 tbsp olive oil
- Salt and pepper to taste

- **Steps:**

1. Preheat oven to 400°F. Toss diced sweet potatoes with 1 tbsp olive oil, salt, and pepper, then roast for 30-35 minutes until soft.
2. In a pot, heat 1 tbsp olive oil over medium heat and sauté minced ginger for 2 minutes.
3. Add turmeric and stir for 1 minute, then add the roasted sweet potatoes and 2 cups vegetable broth.
4. Simmer for 10 minutes, then blend the mixture until smooth.
5. Adjust seasoning with salt and pepper, then serve with a drizzle of yogurt and sudachi lime juice.

- **Nutritional Benefits:**

- Sweet potatoes are rich in fiber, beta-carotene, and vitamins.
- Ginger and turmeric provide anti-inflammatory and immune-boosting benefits.
- Yogurt adds probiotics, supporting gut health.

## 2. Ginger-Turmeric Yogurt Smoothie

- **Ingredients:**

- 1 cup plain yogurt
- 1 tbsp fresh ginger, grated
- 1/2 tsp ground turmeric
- 1 sudachi lime, juiced
- 1 tbsp honey (optional)

- **Steps:**

1. Blend the yogurt, grated ginger, turmeric, sudachi lime juice, and honey until smooth.
2. Serve chilled, adding more lime juice to taste.

- **Nutritional Benefits:**

- Yogurt provides probiotics that promote gut health.
- Ginger and turmeric help reduce inflammation and boost immune function.

### 3. Spinach and Sweet Potato Hash with Eggs

- **Ingredients:**

- 2 medium sweet potatoes, peeled and diced
- 1 cup perpetual spinach, chopped
- 1 red bell pepper, diced
- 2 large eggs
- 2 tbsp olive oil
- Salt and pepper to taste

- **Steps:**

1. Heat 1 tbsp olive oil in a skillet over medium heat. Add diced sweet potatoes and cook for 10-12 minutes until softened.
2. Add diced bell pepper and sauté for another 5 minutes.
3. Stir in perpetual spinach and cook until wilted.
4. In a separate pan, fry or poach the eggs.
5. Serve the hash topped with a fried or poached egg. Season with salt and pepper.

- **Nutritional Benefits:**

- Perpetual spinach is rich in vitamins and minerals, particularly iron and calcium.
- Eggs provide high-quality protein and essential amino acids.

### 4. Cod Liver Salad with Hakurei Turnips and Radishes

- **Ingredients:**

- 2 tbsp cod liver, chopped
- 4 Hakurei turnips, thinly sliced
- 4 radishes, thinly sliced
- 4 cups mixed lettuce leaves
- 1 sudachi lime, juiced
- 2 tbsp olive oil
- Salt and pepper to taste

- **Steps:**

1. In a large bowl, toss lettuce, sliced Hakurei turnips, and radishes.
2. Add chopped cod liver on top.
3. Whisk together the sudachi lime juice, olive oil, salt, and pepper to make the dressing. Drizzle over the salad and toss to combine.

- **Nutritional Benefits:**

- Cod liver provides omega-3 fatty acids, vitamin D, and vitamin A, supporting brain and heart health.
- Radishes and turnips are high in fiber and antioxidants, promoting digestion.

## 5. Okra and Bell Pepper Skewers with Yogurt Dip

- **Ingredients:**

- 12 whole okra pods
- 1 red bell pepper, cut into chunks
- 3 tsp fresh turmeric, grated
- 1/2 cup plain yogurt
- 1 sudachi lime, juiced
- 2 tbsp olive oil
- Salt and pepper to taste

- **Steps:**

1. Preheat the grill to medium heat.
2. Toss okra and bell pepper with olive oil, turmeric, salt, and pepper.
3. Thread okra and bell pepper onto skewers and grill for 8-10 minutes, turning occasionally.
4. Mix plain yogurt with sudachi lime juice to make a dipping sauce and serve alongside the grilled vegetables.

- **Nutritional Benefits:**

- Okra is rich in fiber and vitamin C, supporting digestion and immune health.
- Bell peppers provide a significant source of vitamin A and antioxidants.

## 6. Ginger-Turmeric Stir-fry with Kailaan and Snow Peas

- **Ingredients:**

- 1 bunch kailaan (Chinese broccoli), chopped
- 1 cup snow peas, trimmed
- 1 tbsp fresh ginger, minced
- 3 tsp fresh turmeric, grated
- 4 radishes, thinly sliced
- 1 cup okra, sliced
- 2 tbsp soy sauce
- 2 tbsp olive oil
- 1 finger lime, squeezed
- Salt and pepper to taste

- **Steps:**

1. Heat 2 tbsp olive oil in a wok or skillet over medium heat.
2. Add minced ginger and sauté for 1 minute. Stir in turmeric.
3. Add kailaan, snow peas, radishes, and okra. Stir-fry for 5-7 minutes until tender but crisp.
4. Add soy sauce and toss well. Remove from heat and sprinkle finger lime pulp on top before serving.

- **Nutritional Benefits:**

- Kailaan and snow peas are high in fiber, vitamins A and C, and antioxidants.
- Radishes provide detoxifying compounds and improve digestion.

## 7. Egg and Spinach Frittata with Sweet Potatoes

- **Ingredients:**

- 6 large eggs
- 1 cup perpetual spinach, chopped
- 1 medium sweet potato, peeled and diced
- 1 red bell pepper, diced
- 2 tbsp olive oil
- Salt and pepper to taste

- **Steps:**

1. Preheat the oven to 350°F.
2. Heat 1 tbsp olive oil in a skillet and sauté sweet potato and bell pepper for 8-10 minutes until softened.
3. Add spinach and cook until wilted.
4. In a separate bowl, beat the eggs with salt and pepper. Pour the egg mixture over the vegetables in the skillet.
5. Transfer the skillet to the oven and bake for 15 minutes or until the frittata is fully set.

- **Nutritional Benefits:**

- Eggs provide complete protein, while sweet potatoes offer fiber and vitamins.
- Spinach is a nutrient powerhouse, rich in iron, calcium, and antioxidants.

## 8. Roasted Radishes and Turnips with Finger Lime

- **Ingredients:**

- 6 radishes, halved
- 4 Hakurei turnips, quartered
- 2 tbsp olive oil
- 1 finger lime, squeezed
- Salt and pepper to taste

- **Steps:**

1. Preheat the oven to 400°F. Toss radishes and turnips with olive oil, salt, and pepper.
2. Roast for 25-30 minutes until tender.
3. Sprinkle with finger lime pulp before serving.

- **Nutritional Benefits:**

- Radishes and turnips are rich in fiber and low in calories, supporting digestion and weight management.
- Finger limes are packed with antioxidants and vitamin C, promoting healthy skin and immune function.

## 9. Cod Liver and Spinach Lettuce Wraps

- **Ingredients:**
  - 2 tbsp cod liver, chopped
  - 1 cup perpetual spinach, sautéed
  - 6 large lettuce leaves
  - 1 tbsp fresh ginger, minced
- **Steps:**
  1. In a skillet, sauté perpetual spinach with ginger for 3-4 minutes.
  2. Spoon the spinach and cod liver into lettuce leaves and roll them into wraps.
  3. Serve immediately as a light appetizer or snack.
- **Nutritional Benefits:**
  - Cod liver provides healthy fats, especially omega-3s, which support cardiovascular health.
  - Spinach is high in minerals and vitamins, helping to reduce inflammation and promote energy production.

## 10. Sudachi Lime and Yogurt Dressing for Salad

- **Ingredients:**
  - 1/2 cup plain yogurt
  - 1 sudachi lime, juiced
  - 1 tbsp fresh ginger, grated
  - 4 radishes, thinly sliced
  - 4 cups lettuce leaves
- **Steps:**
  1. In a small bowl, mix yogurt, sudachi lime juice, and grated ginger.
  2. Toss radishes and lettuce with the yogurt dressing.
  3. Serve as a refreshing and light salad.
- **Nutritional Benefits:**
  - Yogurt is a good source of calcium and probiotics, supporting bone health and digestion.
  - Radishes are packed with vitamin C, boosting immunity and reducing inflammation.

## 11. Ginger-Turmeric Grilled Chicken with Okra

- **Ingredients:**

- 4 chicken thighs
- 1 tbsp fresh ginger, minced
- 3 tsp fresh turmeric, grated
- 1 tbsp olive oil
- 12 whole okra pods
- 1 red bell pepper, cut into chunks
- Salt and pepper to taste

- **Steps:**

1. Marinate chicken thighs in a mixture of minced ginger, turmeric, olive oil, salt, and pepper for 30 minutes.
2. Preheat the grill to medium heat.
3. Grill chicken thighs for 6-7 minutes per side, until fully cooked.
4. Toss okra and bell pepper with olive oil, salt, and pepper, and thread them onto skewers.
5. Grill the vegetable skewers for 8-10 minutes, turning occasionally.

- **Nutritional Benefits:**

- Chicken provides lean protein, essential for muscle growth and repair.
- Okra is rich in fiber, vitamin C, and antioxidants, promoting digestive and immune health.

## 12. Fish Tacos with Finger Lime Salsa

- **Ingredients:**

- 4 small white fish fillets (e.g., cod)
- 6 large lettuce leaves
- 1 finger lime, squeezed
- 4 radishes, thinly sliced
- 1 tbsp olive oil
- Salt and pepper to taste

- **Steps:**

1. Preheat the grill to medium heat. Brush fish fillets with olive oil and season with salt and pepper.
2. Grill the fish for 3-4 minutes on each side until fully cooked.
3. Serve grilled fish in lettuce leaves with thinly sliced radishes and a sprinkle of finger lime.

- **Nutritional Benefits:**

- Fish is a great source of omega-3 fatty acids, promoting heart and brain health.
- Finger limes and radishes provide antioxidants and vitamin C, supporting skin and immune function.

### 13. Chicken Stir-fry with Kailaan and Snow Peas

- **Ingredients:**

- 2 chicken breasts, thinly sliced
- 1 bunch kailaan (Chinese broccoli), chopped
- 1 cup snow peas, trimmed
- 1 tbsp fresh ginger, minced
- 3 tsp fresh turmeric, grated
- 1 tbsp soy sauce
- 2 tbsp olive oil

- **Steps:**

1. Heat olive oil in a large skillet over medium heat. Add sliced chicken and cook for 5-6 minutes until browned.
2. Add minced ginger and turmeric, stir for 1 minute.
3. Toss in kailaan and snow peas, stir-fry for 4-5 minutes until tender.
4. Add soy sauce, mix well, and serve immediately.

- **Nutritional Benefits:**

- Chicken is rich in protein, supporting muscle repair.
- Kailaan and snow peas offer fiber, vitamins A and C, and antioxidants, promoting healthy digestion and skin.

### 14. Cod Liver and Spinach-Stuffed Chicken Breasts

- **Ingredients:**

- 2 chicken breasts, butterflied
- 2 tbsp cod liver, chopped
- 1 cup perpetual spinach, sautéed
- 1 tbsp fresh ginger, minced
- Salt and pepper to taste

- **Steps:**

1. Preheat the oven to 375°F. Butterfly the chicken breasts and season with salt and pepper.
2. In a skillet, sauté perpetual spinach with ginger for 3 minutes, then mix with chopped cod liver.
3. Stuff the chicken breasts with the spinach-cod liver mixture and secure with toothpicks.
4. Bake for 25-30 minutes until the chicken is fully cooked.

- **Nutritional Benefits:**

- Cod liver is rich in omega-3s and vitamin D, supporting heart health and bone strength.
- Chicken provides lean protein, essential for muscle development.

## 15. Grilled Salmon with Sudachi Lime and Perpetual Spinach

- **Ingredients:**

- 2 salmon fillets
- 1 sudachi lime, juiced
- 2 cups perpetual spinach
- 2 tbsp olive oil
- Salt and pepper to taste

- **Steps:**

1. Preheat the grill to medium-high heat. Season salmon fillets with salt, pepper, and 1 tbsp olive oil.
2. Grill the salmon for 5-6 minutes per side until cooked through.
3. Sauté perpetual spinach with the remaining olive oil in a skillet for 2-3 minutes.
4. Serve grilled salmon with sautéed spinach and drizzle with sudachi lime juice.

- **Nutritional Benefits:**

- Salmon is high in omega-3 fatty acids, which support cardiovascular and cognitive health.
- Spinach offers iron, calcium, and antioxidants, promoting bone health and reducing inflammation.

## 16. Chicken and Sweet Potato Stew with Ginger

- **Ingredients:**

- 2 chicken thighs, diced
- 2 medium sweet potatoes, peeled and diced
- 1 tbsp fresh ginger, minced
- 3 tsp fresh turmeric, grated
- 1 red bell pepper, chopped
- 4 cups chicken broth
- Salt and pepper to taste

- **Steps:**

1. Heat 1 tbsp olive oil in a pot over medium heat and brown the diced chicken thighs for 5-6 minutes.
2. Add ginger, turmeric, and chopped bell pepper, and cook for 2 minutes.
3. Add diced sweet potatoes and chicken broth. Simmer for 25-30 minutes until sweet potatoes are tender.
4. Season with salt and pepper and serve hot.

- **Nutritional Benefits:**

- Sweet potatoes provide fiber and beta-carotene, supporting vision and skin health.
- Chicken provides lean protein, essential for muscle maintenance.

## 17. Salmon and Okra Curry with Turmeric

- **Ingredients:**

- 4 small salmon fillets
- 1 cup okra, sliced
- 1 tbsp fresh ginger, minced
- 3 tsp fresh turmeric, grated
- 1 red bell pepper, chopped
- 1 cup coconut milk
- 1 tbsp olive oil
- Salt and pepper to taste

- **Steps:**

1. Heat olive oil in a pan over medium heat. Add ginger and turmeric and sauté for 1 minute.
2. Add sliced okra and bell pepper, and cook for 4-5 minutes.
3. Pour in coconut milk and bring to a simmer. Add salmon fillets and cook for 10 minutes until fully cooked.
4. Season with salt and pepper, and serve with rice or flatbread.

- **Nutritional Benefits:**

- Fish provides omega-3 fatty acids, essential for heart and brain health.
- Okra is high in fiber and antioxidants, promoting digestion and immune function.

## 18. Chicken and Radish Salad with Sudachi Yogurt Dressing

- **Ingredients:**

- 2 chicken breasts, grilled and sliced
- 4 radishes, thinly sliced
- 4 cups mixed lettuce leaves
- 1/2 cup plain yogurt
- 1 sudachi lime, juiced
- Salt and pepper to taste

- **Steps:**

1. In a small bowl, whisk together yogurt, sudachi lime juice, salt, and pepper to make the dressing.
2. In a large bowl, combine lettuce, sliced radishes, and grilled chicken.
3. Drizzle with the yogurt dressing and toss to combine.

- **Nutritional Benefits:**

- Chicken provides lean protein, supporting muscle recovery.
- Radishes and lettuce are rich in fiber and antioxidants, aiding digestion and immune function.

## 19. Ginger and Turmeric Chicken Skewers with Snow Peas

- **Ingredients:**

- 2 chicken breasts, cubed
- 1 tbsp fresh ginger, minced
- 3 tsp fresh turmeric, grated
- 1 cup snow peas, trimmed
- 2 sudachi lime, juiced
- 2 tbsp olive oil
- Salt and pepper to taste

- **Steps:**

1. Marinate cubed chicken in ginger, turmeric, olive oil, salt, and pepper for 30 minutes.
2. Thread chicken cubes onto skewers and grill for 6-7 minutes per side until fully cooked.
3. Serve with steamed snow peas and a drizzle of sudachi lime juice.

- **Nutritional Benefits:**

- Chicken is a high-protein, low-fat option, promoting muscle growth.
- Snow peas are rich in fiber and vitamin C, boosting immune health.

## 20. Salmon and Perpetual Spinach Frittata

- **Ingredients:**

- 4 large eggs
- 1/2 cup cooked salmon
- 1 cup perpetual spinach, chopped
- 1 red bell pepper, diced
- 2 tbsp olive oil
- Salt and pepper to taste

- **Steps:**

1. Preheat the oven to 350°F. Sauté bell pepper and spinach in 1 tbsp olive oil until softened.
2. Beat the eggs with salt and pepper, then stir in the cooked salmon.
3. Add the sautéed vegetables to the egg mixture.
4. Pour the mixture into a greased baking dish and bake for 15-20 minutes until fully set.

- **Nutritional Benefits:**

- Eggs provide high-quality protein and essential vitamins.
- Salmon adds omega-3s and lean protein, supporting brain and heart health.