



Root Vegetable and Chicken Skillet

Ingredients (for 2 servings)

- 2 chicken breasts, diced
- 2 medium carrots, peeled and chopped
- 1 medium turnip, peeled and chopped
- 1 medium beet, peeled and chopped
- 1 small white onion, chopped
- 1 cup vegetable broth
- 2 tablespoons olive oil
- Salt and pepper to taste

Instructions



1. Heat 1 tablespoon of olive oil in a skillet over medium heat.
2. Add the diced chicken breast and sauté until lightly browned.
3. Add the chopped onion, carrots, turnips, and beets to the skillet. Cook until vegetables start to soften.
4. Pour in the vegetable broth, cover, and simmer for about 15-20 minutes, or until the vegetables are tender.
5. Season with salt and pepper to taste.

Optional: Add sliced sausage along with the vegetables for extra flavor and protein.



Salteado de Pollo y Verduras de Raíz

Ingredientes (para 2 porciones):

- 2 pechugas de pollo, cortadas en cubos
- 2 zanahorias medianas, peladas y picadas
- 1 nabo mediano, pelado y picado
- 1 betabel mediano, pelado y picado
- 1 cebolla blanca pequeña, picada
- 1 taza de caldo de verduras
- 2 cucharadas de aceite de oliva
- Sal y pimienta al gusto

Instrucciones:

1. Calienta 1 cucharada de aceite de oliva en un sartén a fuego medio.
2. Agrega las pechugas de pollo cortadas en cubos y saltea hasta que estén ligeramente doradas.
3. Agrega la cebolla picada, las zanahorias, los nabos y los betabeles al sartén. Cocina hasta que las verduras comiencen a ablandarse.
4. Vierte el caldo de verduras, cubre y cocina a fuego lento durante unos 15-20 minutos, o hasta que las verduras estén tiernas.
5. Sazona con sal y pimienta al gusto.

Opcional: Agrega rodajas de salchicha junto con las verduras para obtener más sabor y proteínas.





Quick Cabbage and Tomato Stew

Ingredients (for 4 servings)

- 1/2 small cabbage, shredded
- 2 tomatoes, diced
- 1 small white onion, chopped
- 2 cups vegetable broth
- 2 cloves garlic, minced (optional)
- 2 tablespoons olive oil
- Salt and pepper to taste

Instructions

1. Heat olive oil in a pot over medium heat.
2. Sauté chopped onion (and minced garlic if using) until softened.
3. Add shredded cabbage and diced tomatoes to the pot.
4. Pour in vegetable broth, cover, and simmer for about 15-20 minutes, or until the cabbage is tender.
5. Season with salt and pepper to taste.

Optional: Add cooked ground beef or shredded rotisserie chicken with the cabbage and tomatoes for added protein.



Kohlrabi and Carrot Salad with Cilantro

Ingredients (for 2 servings)

- 1 medium kohlrabi
- 2 medium carrots (or alternative option: apples)
- 1 handful fresh cilantro or dill
- 100 grams thick yogurt (or alternative option: mayonnaise)
- 1 lemon (juice)
- 1 pinch salt
- 1 clove garlic (optional)
- Ground black pepper (optional)

Instructions

1. Prepare the kohlrabi and carrots by shredding, grating, or slicing them into matchsticks.
2. If using garlic, finely mince it.
3. In a large bowl, combine the thick yogurt (or mayonnaise), salt, lemon juice, and minced garlic (if using) to make the dressing.
4. Add the sliced kohlrabi and shredded carrots to the dressing and toss until coated evenly.
5. Chop the fresh cilantro and add it to the salad, tossing until everything is nicely combined.
6. Season with ground black pepper to taste, if desired.



Bok Choy and Fava Bean Stir-Fry

Ingredients (for 2 servings)

- 2 baby bok choy, chopped
- 1 cup shelled fava beans
- 2 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions

1. Heat olive oil in a skillet or wok over medium-high heat.
2. Add minced garlic and stir-fry for about 30 seconds.
3. Add chopped bok choy and shelled fava beans to the skillet.
4. Stir-fry until the vegetables are tender but still crisp.
5. Drizzle with soy sauce and sesame oil, toss to coat evenly.
6. Season with salt and pepper to taste.

Optional: Add cooked shrimp or thinly sliced beef steak during the last few minutes of cooking for additional protein.



Beet and Spinach Salad:

Ingredients (for 2 servings)

- 2 cups spinach leaves
- 1 medium beet, cooked, peeled, and diced
- 1/4 cup cilantro, chopped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste



Instructions

1. Steam or boil the beet until tender, then peel and dice it.
2. In a large bowl, combine spinach leaves, diced beet, and chopped cilantro.
3. Drizzle with olive oil and lemon juice, toss gently to coat.
4. Season with salt and pepper to taste.

Optional: Top the salad with grilled sliced steak or cooked bacon pieces for added protein.



Vegetable and Bean Stew:

Ingredients (for 2 servings)

- 1 white onion, diced
- 2 carrots, sliced
- 1 turnip, diced
- 1 cup chopped Swiss chard
- 1 cup chopped cabbage
- 1 cup of fava beans
- 2 tomatoes, chopped
- 4 cups vegetable broth
- Salt and pepper to taste

Instructions

1. In a large pot, sauté diced onion until translucent.
2. Add carrots, turnip, Swiss chard, cabbage, and tomatoes. Cook for 5 minutes.
3. Pour in vegetable broth and bring to a boil.
4. Reduce heat, add fava beans, and simmer for 15-20 minutes or until vegetables are tender.
5. Season with salt and pepper to taste. Serve hot.

Optional: 8 oz cooked chicken or tofu for protein.





Asian-Inspired Stir-Fry

Ingredients (for 2 servings)

- 2 cups sliced bok choy
- 2 cups sliced red cabbage
- 1 kohlrabi, peeled and julienned
- 1 celery stalk, sliced
- 1 cup sliced radish
- 2 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon vegetable oil



Instructions

1. Heat vegetable oil in a large skillet or wok over medium-high heat.
2. Add minced garlic and stir-fry for 30 seconds.
3. Add sliced bok choy, red cabbage, kohlrabi, celery, and radish. Stir-fry for 5-7 minutes until vegetables are tender-crisp.
4. Pour soy sauce and sesame oil over the vegetables, toss well to coat.
5. Optional: Add cooked shrimp or beef strips, stir until heated through.
6. Serve hot, optionally over cooked rice or noodles.



Vegetable Wrap

Ingredients (for 2 servings)

- Large whole wheat tortillas (4)
- 2 cups shredded cabbage
- 1 cup shredded carrots
- 1 cup sliced radish
- 1 cup chopped cilantro
- 1 avocado, sliced
- 1/4 cup hummus, tahini, or mayonnaise
- Optional: 8 oz grilled chicken or tofu for protein.
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Instructions

1. Lay out tortillas and spread a layer of hummus or tahini on each.
2. Divide shredded cabbage, carrots, radish, chopped cilantro, and avocado slices among the tortillas.
3. Optional: Add grilled chicken or tofu strips on top of the vegetables.
4. Roll up the tortillas tightly, tucking in the sides as you go.
5. Slice the wraps in half and serve.



Root Vegetable Salad

Ingredients (for 2 servings)

- 2 cups mixed greens (spinach, Swiss chard, etc.)
- 1 cup shredded beets
- 1 cup diced kohlrabi
- 1/2 cup sliced radish
- 1/4 cup chopped cilantro
- 1/4 cup chopped red cabbage
- 1/4 cup chopped white onion
- 1/4 cup crumbled feta cheese (optional)
- Balsamic vinaigrette dressing
- optional: 8 oz grilled chicken or tofu for protein.



Instructions

1. In a large bowl, combine mixed greens, shredded beets, diced kohlrabi, sliced radish, chopped cilantro, chopped red cabbage, and chopped white onion.
2. Toss the salad with dressing until evenly coated.
3. Optional: Add grilled shrimp or chickpeas on top of the salad.
4. Sprinkle crumbled feta cheese over the salad if desired.