2 ounces dry quinoa 1 teaspoon dried dill
4 ounces kale 1 lemon
2 ounces pumpkin seeds 1 ½ tbsp. olive oil
2 ounces raisins 1 tsp. agave
2 scallions

1 – Rinse quinoa well in a small colander. Place quinoa, a pinch of salt and 1/3 cup of water in a small sauce pan and bring to a simmer. Simmer on low, until tender (about 15-20 minutes). Drain any unabsorbed liquid and place the quinoa on a plate to cook.

2 – Wash the kale and dry well. Using a knife, remove the rib from each stalk leaving long strips of kale leaves. Stack the leaves in small batches, roll them tightly length-wise and cut the roll crosswise into thin ribbons. Add the kale to a large salad bowl. Add the remaining salad ingredients to the kale: thinly sliced scallions, raisins, dried dill, and grated tsp. of lemon zest. Toss to mix.

3 – To a small bowl, combine the dressing ingredients: olive oil, juice from half the lemon, 1 tsp. agave, and salt and pepper to taste. Whisk to combine. Pour dressing over salad. Garnish with pumpkin seeds. Season with salt and pepper. Enjoy!

1 skinless chicken breast ½ cup 2% milk
1 tsp paprika 1 tsp. yellow mustard
6 ounces cauliflower florets 1 tsp. thyme
½ medium white onion 2 ounces shredded cheddar
1 garlic clove 1 ounce grated parmesan
3 ounces penne

1 – Preheat oven to 375 degrees. Make sure rack is in the center.

2 – Put the cauliflower, sliced onion and garlic in a steamer basket, set over 1 inch of boiling water in a medium sized sauce pot. Cover and steam until tender (about 10 minutes). Transfer the ingredients to a blender.

3 – Fill a large sauce pot 2/3 full of water, bring to a boil and add pasta. Cook for 7 minutes. Drain and return to the pot. While the pasta cooks, add, ½ cup of milk, mustard, salt and pepper to taste to the vegetables in the blender and puree until smooth. Transfer to a sauce pan, stir in the remaining milk and add the thyme. Heat on medium-low until hot (about 3 minutes).

4 – In a small bowl, mix the cheeses, and add all but ½ cup of the cheese to the sauce and stir until melted. Add the sauce to the pasta and stir to combine. Transfer the pasta and sauce to a small casserole dish and sprinkle with remaining cheese. Bake until heated through (about 20-22 minutes).

5 – When the pasta is almost done, heat a pan on medium-high heat. Season the chicken breast with olive oil, salt, pepper and paprika. Add the chicken and sauté on each side about 5 minutes, or until golden brown and cooked all the way through. Plate and enjoy!

1 tsp. olive oil
½ white onion
1 garlic clove
1 tsp. ground turmeric
¾ tsp. ground cumin
¼ tsp. cinnamon
¼ tsp. ground cardamom
1 large tomato
7 ounces coconut milk
4 ounces uncooked lentils
1 ¾ cups vegetable broth
1 tsp. red pepper flakes
3 ounces baby spinach
1 lime

1 – In a large pot, add the oil, diced onion and minced garlic. Add salt to taste, stir and sauté over medium heat for 4-5 minutes until the onion softens.

2 – Stir in the turmeric, cumin, cinnamon, cardamom until combined. Continue cooking for 1 minute. Add the diced tomato, ½ cup of water, coconut milk, lentils, vegetable broth, salt and pepper to taste, and red pepper flakes. Stir to combine. Increase heat to high and bring to a low boil.

3 – Once boiling, reduce heat to medium-high and simmer, uncovered, for about 18-22 minutes (until the lentils are fluffy and tender). Turn off the heat and stir in the spinach until wilted. Add lime juice, salt and pepper to taste. Ladle into a bowl, garnish with lime wedges and enjoy!

1 boneless pork chop ½ tsp ground ginger
3 tbsp. olive oil ½ tsp. coriander
1 tsp paprika 2 medium carrots
1 tsp. onion powder 1 medium sweet potato

1 – Preheat oven to 425 degrees. Lightly grease a baking sheet. Rub the pork chop with 1 1/2 tbsp. olive oil. Season all sides of the meat with the paprika and onion powder; place onto one half of the baking sheet.

2 – Peel and cube the sweet potato. Place into a small mixing boil, drizzle with olive oil and season with ground ginger and coriander. Toss to season. Place in a single layer onto the other half of the baking sheet. Bake the pork and sweet potatoes for 15-17 minutes (or until the meat is cook fully and the potatoes are tender).

3 – When baking is almost complete, steam the carrots. Add sliced carrots to a metal colander, place into medium sauce pan with about ½ cup of water, reduce heat to low and cover. Steam for 5-7 minutes, until tender. (If you do not have a metal colander, you can microwave steam by placing carrots in a microwave safe bowl with 2-3 tbsp. water. Seal the container tightly with plastic wrap and microwave 4-5 minutes, until tender, but not mushy.)

4 – When everything is finished, transition ingredients to a plate and enjoy!