

Ingredient List

Hail Kale Caesar Salad

- ◆ 2 small sweet potatoes cut into 1/2 in. cubes
- ◆ 1/2 c EVOO
- ◆ Juice of 2 lemons
- ◆ 2 tbsp Dijon mustard
- ◆ 1-2 garlic cloves
- ◆ 1/3 c. grated parmesan
- ◆ 2 tbsp chopped parsley
- ◆ 1/4 c. almond halves
- ◆ 2 tbsp tahini
- ◆ 2 tsp chipotle chili powder
- ◆ 2 tsp smoked paprika
- ◆ Kosher salt and black pepper
- ◆ 1 (14oz) can drained chickpeas
- ◆ 1 large head of kale shredded
- ◆ 4 c. Brussel sprouts shredded

Very Berry Compote

- ◆ 1 cup each: fresh strawberries, blueberries, black raspberries, red raspberries
- ◆ 1 ts[sugar
- ◆ 3 tsp fresh orange juice

Rockin' Moroccan Stew

- ◆ 2 cups uncooked quinoa
- ◆ 1 large onion
- ◆ 2 tbsp EVOO
- ◆ 3 cloves garlic
- ◆ 2 medium sweet potatoes
- ◆ 1 tsp paprika
- ◆ 1 tsp ground cumin
- ◆ 1/2 tsp ground coriander
- ◆ 1/2 tsp turmeric
- ◆ 1/2 tsp ginger
- ◆ 1/4 tsp ground cinnamon
- ◆ 1/2 tsp ground black pepper
- ◆ 2 pinches cayenne pepper
- ◆ 1 (15 oz) can diced tomatoes
- ◆ 2 c. vegetable broth
- ◆ 4 c. Brussel sprouts shredded
- ◆ 1 (15oz) can chickpeas, drained
- ◆ 3 c. or more fresh spinach leaves
- ◆ 2 tbsp fresh chopped cilantro for garnish
- ◆ 1 c. Greek yogurt for garnish (may sub. Vegan option)

Sweet Mama's Mash

- ◆ 2 small sweet potatoes cut into 1/2 in. cubes
- ◆ 1 head of cauliflower broken down into bite size pieces
- ◆ 1 stick unsalted butter (can substitute avocado oil butter)
- ◆ 1 c. milk (any nut milk or soy will work also)

Hail Kale Caesar Salad



6 to 8 servings

Preheat oven to 425 degrees

**Salad will keep for 3-4 days in
the fridge**

Directions



- ◆ On a large rimmed baking sheet, combine 2 small sweet potatoes (cut into 1/2 in. cubes), 2 tbsp. olive oil, 2 tsp. chipotle chili powder, 2 tsp. smoked paprika, and a pinch of salt & pepper.
- ◆ Toss well evenly to coat.
- ◆ Transfer to the oven and roast for 20 min.
- ◆ Remove from the oven, add 1 (14 oz.) can of chickpeas and 2 tbsp. olive oil.
- ◆ Toss with the sweet potatoes and return to the oven for another 20 min., until the chickpeas are crisp, and the sweet potatoes are tender.
- ◆ In a large salad bowl, combine 1 large head of shredded kale and 4 c. of shredded brussels sprouts.
- ◆ DRESSING: combine 1/4 c. olive oil, juice of 2 lemons, 2 tbsp. Dijon mustard, 2 tbsp. tahini (or any other nut butter), 1-2 cloves garlic, and 1/3 c. parmesan in a blender or food processor until smooth. Taste and adjust salt and pepper.
- ◆ Toss the roasted sweet potatoes and chickpeas in with salad.
- ◆ Add dressing and toss salad with 1/4 c. almond halves, 2 tbsp. chopped parsley, and additional parmesan if desired.

Sweet Mama's Mash



6 to 8 servings

Add parsley for garnish

Directions



- ◆ Combine 2 small sweet potatoes (cut into 1/2 in. cubes) and one head of cauliflower (broken into bite sized-pieces) in a quart of boiling water.
- ◆ When both are fork tender, remove from heat, then drain and return to low heat.
- ◆ Add one stick of butter (or substitute avocado oil butter), milk (may use non-dairy), and salt to taste.
- ◆ Mash mixture until smooth.

Rockin' Moroccan Stew



4 to 6 servings

**Place stew on top of quinoa,
garnish with 2 tbsp. fresh
chopped cilantro, fresh lemon
juice of one lemon, and a dollop
of Greek yogurt.**

Directions



- ◆ Prepare 2. c. uncooked quinoa according to directions on package.
- ◆ Dice one large onion and mince 3 garlic cloves. Chop 2 medium sweet potatoes into bite-sized pieces.
- ◆ In a large pot, heat 2 tbsp. olive oil. Sauté the onion for about 5 minutes, add minced garlic and sauté about one minute.
- ◆ Stir in 1 tsp. paprika, 1 tsp. ground cumin, 1/2 tsp. ground coriander, 1/2 tsp. turmeric, 1/2 tsp. ground ginger, 1/4 tsp. ground cinnamon, 1/2 tsp. ground pepper, and 2 pinches of cayenne pepper (or to taste). Stir and let simmer for 30 min., then add 1 (15oz.) can diced tomatoes and 2 c. vegetable broth.
- ◆ Bring to a boil, then add sweet potatoes and 1 (15oz.) can of drained and rinsed chickpeas. Simmer 25-30 min. until the potatoes are tender. Stir in 3 c. or more of fresh chopped spinach in the last 2 min. .

Very Berry Compote



4 to 6 servings

**May be used as a topping
for ice cream or cake**

**Can be stored in fridge
for up to one week**

Directions



- ◆ Place 1 c. of (fresh) strawberries, 1 c. raspberries 1 c. black raspberries, 1 c. blueberries, 1 tsp. sugar, and 3 tbsp. orange juice in a small saucepan; bring to medium heat.
- ◆ Bring to a boil, reduce heat slightly and use wooden spoon to muddle fruit.
- ◆ Continue to cook for 10-12 minutes while mashing fruit.
- ◆ Remove from heat and transfer to a bowl for cooling.