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CONSCIOUS KITCHEN COOKBOOK

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FRESH LOCAL ORGANIC SEASONAL NON-GMO

CONSCIOUS **KITCHEN**

COOKBOOK

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A Guide to Conscious Eating

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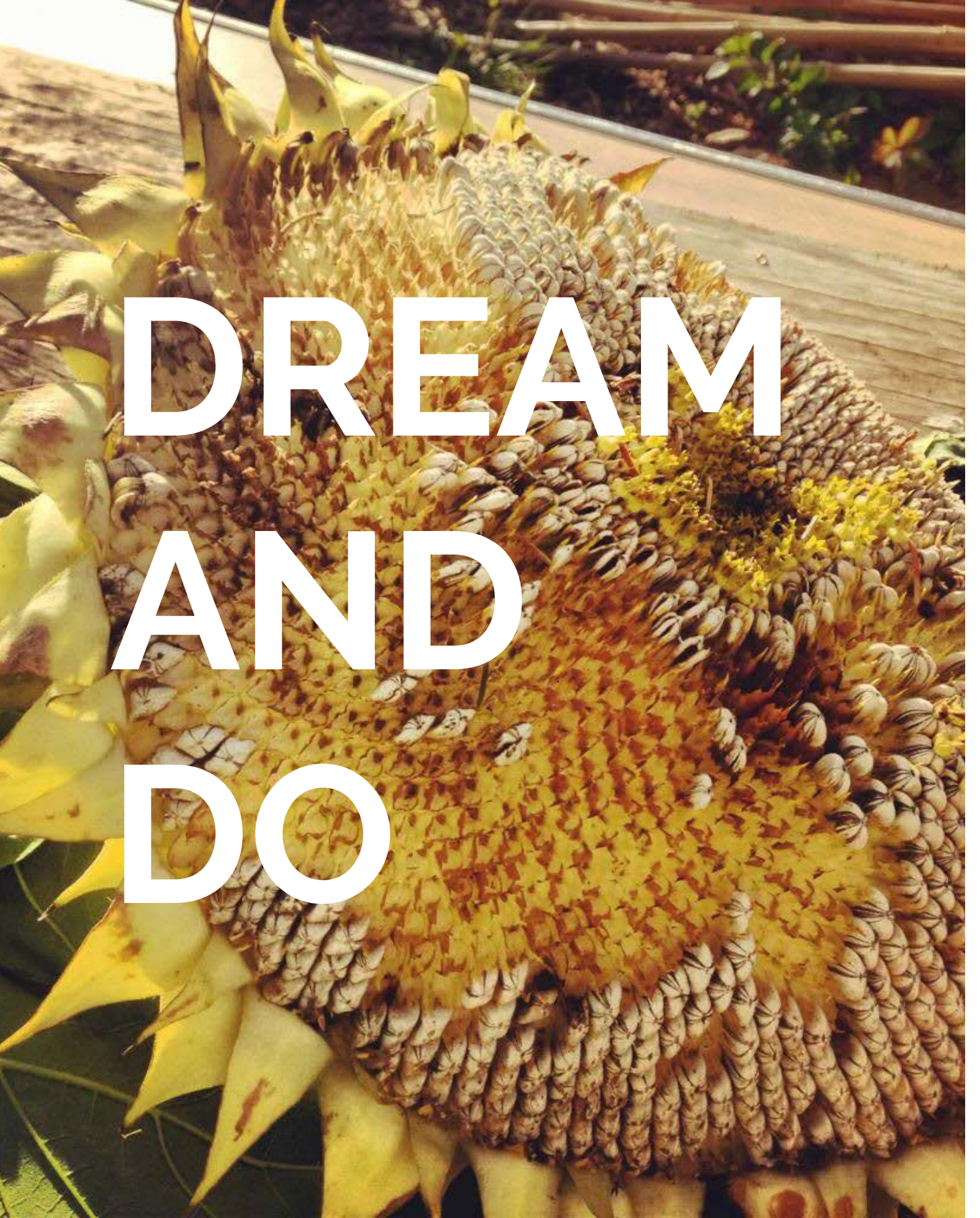
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DREAM
AND
DO



At Turning Green, we believe in the power your dreams have when put into action. We believe that when you raise consciousness among peers, and speak about issues with passion and conviction, you can and will affect real, positive change.

This cookbook is not just a collection of recipes to add to your shelf, but rather a tool to inspire change in the way people think about food. This means encouraging others to think twice about what we put into our bodies, to become informed about where our food comes from, and to question the current state of our food system. It's a guide for how we as students, advocates, and cooks, can mobilize others to become conscious consumers and take action for a healthy, just, and sustainable planet through the food we eat and buy. Woven together with shared values found in our "FLOSN" philosophy -- fresh, local, organic, seasonal, non-GMO -- these recipes hail from all over the world, each containing a unique history, whether it be a grandmother's recipe, a friend's recommendation, or a family tradition.

With guidance on pantry essentials, tools for decoding food labels, easy to read recipes catered to your dietary needs, inserts filled with nutritional advice, and recommendations on zero waste kitchen management, we hope this cookbook will give you the knowledge and inspiration to eat, shop, and live consciously.

THE COOKBOOK STORY

Who We Are

Inspired by a drive to make a difference in the world, Turning Green is a student led global movement devoted to education and advocacy around environmentally sustainable and socially responsible choices for individuals, schools, and communities. Turning Green seeks to engage youth in the transition from conventional to conscious living, empowering this generation and mobilizing action to sustain a healthy, just and thriving planet.

In the fall of 2011, Turning Green launched Project Green Challenge: a 30-day ecolifestyle challenge to educate and mobilize students around sustainability in their dorms, schools, communities, and the world. One of the challenges centered on creating a college student friendly meal, based on the criteria of FLOSN (Fresh, Local, Organic, Seasonal, and Non-GMO) food. The submissions and reflections were outstanding. Recognizing an inherent right to healthy, safe, and affordable food, students set out to fix the broken food systems at each of their colleges, starting first in their own kitchens. Inspired by their dedication and recipes, the Conscious College Cookbook was born. Remember, we all have the right to simple, nourishing, affordable and organically grown food.

So let's get started; we know you will change the world.





A LETTER FROM THE DIRECTOR

Judi Shils

In 2013, Turning Green was eight years old. Our programs had successfully engaged thousands of students in the transition from "conventional to conscious" living, and our national network of mobilized students had helped to bring environmentally sustainable and socially responsible changes to hundreds of school campuses and local communities.

But what were we doing in our own backyard, for our own community? How were we working to better the lives of those closest to us?

It was around that time when I became inspired to direct attention to the food we feed our children at school. I saw those prepackaged, processed, unhealthy, heat-and-serve meals, and thought: What if we could feed our children the absolute best, most delicious, most sustainable school food in the world? Food that would nurture and nourish students, allowing them to grow academically, socially, and personally into their fullest potential?

We decided to make that vision a reality. We gained support from the parents and teachers within the community, the school district, and our local farmers and food purveyors, launching a pilot program called the Conscious Kitchen at Bayside MLK

Jr. Academy, in Marin City, California. The program served fresh, local, organic, seasonal, non-GMO (FLOSN) breakfast, lunch, and snacks; more than 300 meals per day, all cooked fresh from scratch daily in an on-site kitchen. The response was overwhelming. Discipline cases dropped dramatically; attendance improved. There was far less waste at the end of meals. Students and teachers began sharing meals together, and students began treating each other with good manners communication.

Now entering its third year, the Conscious Kitchen is thriving, and so are its students. In Fall 2015, the Conscious Kitchen launched its second school site at Willow Creek Academy, forming the first 100% organic and non-GMO school district in the country.

When the idea for the Conscious Kitchen initially came to life, we also thought about all of our college students who wanted to eat healthy food, but their budgets stood in the way. So we created a cookbook that could be for everyone; college students and everyone who wanted to eat the best food they could within their budget. We wanted to remove the conversation about organic and non-GMO being too expensive, and show that with intention, it could be completely economical and doable. We present the Conscious Kitchen Cookbook, filled with beautiful meals that are totally affordable.

I believe that one person is all it takes to start a movement - one person, with one idea, however small it may be. The Conscious Kitchen hasn't changed the whole world - not yet, at least - but it has made a difference in the lives of the growing body of students and people it serves. If there's one thing I've learned from this experience, it's this: No matter who you are, where you live, or what your budget is, you have

tremendous power to do something positive in your community, to purchase thoughtfully and ethically, to support organic farmers, and to nourish yourself and our earth. We can all be the change with simple choices and simple changes.

Here's to a healthy, just, and thriving people and planet!

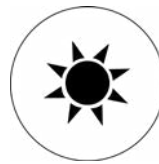
GUIDE

TO CONSCIOUS EATING



F L O S N

FOOD GUIDE



Fresh. Local. Organic. Seasonal. Non-GMO. These five foundational terms form the heart of The Conscious Kitchen, and define our unwavering commitment to nourishing our communities with healthy, ethically sourced, and sustainably grown food.

"If you do just one thing—make one conscious choice—that can change the world, go organic. Buy organic food. Stop using chemicals and start supporting organic farmers. No other single choice you can make to improve the health of your family and the planet will have greater positive repercussions for our future."

~**Maria Rodale**, *Organic Manifesto: How Organic Farming Can Heal Our Planet, Feed the World, and Keep Us Safe*

FRESH

Food tastes best and has the highest nutritional value when it travels straight from the farm to our fork. Don't be fooled by processed foods that claim to be "fortified" with certain vitamins and minerals. On average, processed foods have more sodium, sugar, empty calories, and fewer vitamins and minerals than fresh produce. Opting for a plate packed with fresh produce helps you avoid harmful chemicals and preservatives that are abundant in processed foods. It also translates to a diet that is loaded with cancer fighting phytochemicals, vitamins, minerals and other healthy nutrients that are absolutely devoid in processed foods.

LOCAL

The best way to find fresh food that supports family farms, the local community, and the environment, is to buy local. Did you know that the average American meal travels an estimated 1500 miles before consumption? Remember: The longer it takes for food to travel from the farm, the more nutrients are lost and resources exhausted in translation. When it comes to overall food quality, health potential, and environmental sustainability, purchasing freshly harvested, local food gives you the most bang for your buck.

Local farms are also incubators for preserving biodiversity, as they often plant a broad range of varieties, so prepare yourself for crops you never knew existed!

The definition of local will vary depending on where you live, so look for produce grown closest to your home to ensure a lower transportation carbon footprint and maximum nutrient retention. Visit your farmer's market to get to know your local farmers and produce. You will undoubtedly discover incredible farmers who are committed to preserving the health of our people and planet. As you uncover the path back to these primal roots, you'll establish an intuitive connection to the food that fuels your body.

ORGANIC

To be certified organic, a farmer must avoid using chemical fertilizers, herbicides, insecticides, fungicides, antibiotics, hormones, or GMOs (genetically modified organisms). Packed with higher levels of nutrients and antioxidants, organic food puts human and environmental health first. When you shop for organic, you are supporting farmers and businesses with similar values. In fact, the National Cancer Institute has found that farmers exposed to herbicides have six times the risk of non-farmers of developing cancer, and the Environmental Protection Agency estimates that pesticides have contaminated the groundwater in 38 states. By preserving water quality, committing to soil-friendly, ecologically sound farming practices such as crop rotation and cover cropping, and using 45% less energy than conventional farming, the organic seal stands for a lot more than a label. So, when you are shopping, look for the number 9 as the first of five digits on the PLU code sticker.

SEASONAL

Opting for seasonal produce significantly reduces the environmental damage associated with shipping and importing foods. Buying seasonal ingredients helps lower food costs (since food is cheaper when transportation costs are reduced), adds variety to meals, and fosters an appreciation for seasonal flavors. Eating strawberries in the East Coast during wintertime doesn't sound as appealing once increased carbon emissions and associated costs of transportation are factored in. Not to mention the health implications of added preservatives, which help extend shelf life. Buying seasonally, like buying locally, supports your local farmers, suppliers, and purveyors, lowers your carbon footprint, and saves you money.

NON GMO (GENETICALLY MODIFIED ORGANISMS)

GMOs describes a type of genetic engineering where seed genetics are altered to withstand harsh climates, create crop uniformity, give produce anti-bruising qualities, tolerate large doses of destructive herbicides and pesticides, and many other properties. Today, many GMO crops are manufactured to endure high pesticide and herbicide usage and have yet to be deemed safe for humans and the environment. 64 countries, including 28 nations in the European Union, Japan, Australia, Brazil, Russia, and China, require labeling of GMOs. The United States has no GMO labeling requirements.

How do we avoid genetically modified organisms? Buying organic is an excellent way to avoid GMOs, and to ensure there is no accidental contamination look for the strictly regulated Non-GMO Project Verified label. Major GMO crops in conventional production to avoid include soy (94% are GMO), corn (88%), canola (90%), cotton (90%), sugar beets (95%), and alfalfa (now being planted in California for livestock feed).

EWG'S SHOPPER'S GUIDE TO PESTICIDES IN PRODUCE

One of our all-time favorite resources, this Environmental Working Group guide is designed to help us reduce exposure to pesticides in produce while on a budget. Certain circumstances make it hard to find or afford an all-organic diet, especially as a student, so this list helps prioritize which foods to purchase organically. Conventionally grown fruits and vegetables that are the lowest in pesticide residues fall under the Clean Fifteen category, while those that test highest for pesticides fall under the Dirty Dozen.

DIRTY DOZEN

1. Apples
2. Peaches
3. Nectarines
4. Strawberries
5. Grapes
6. Celery
7. Spinach
8. Sweet Bell Peppers
9. Cucumber
10. Cherry Tomatoes
11. Snap Peas
12. Potatoes
- BONUS: Hot Peppers
- BONUS: Kale
- BONUS: Collard Greens

CLEAN FIFTEEN

1. Avocados
2. Sweet Corn (avoid GMO)
3. Pineapples
4. Cabbage
5. Sweet Peas
6. Onions
7. Asparagus
8. Mangos
9. Papayas (avoid GMO)
10. Kiwi
11. Eggplant
12. Grapefruit
13. Cantaloupe
14. Cauliflower
15. Sweet Potato



Native
Tomatoes
\$2.99/lb.

Walker Grown
Apple Peppers
\$2.99/lb.

Walker Grown
Specialty Eggplant
\$2.99/lb.

Walker Grown
Eggplant
\$1.99/lb.

Walker Grown
Yummy Mix Peppers
\$2.99/lb.

Native
Tomatoes
\$2.99/lb.

Native
Tomatoes
\$2.99/lb.

DECODING THE LABEL

Any walk through a supermarket or the farmer's market exposes you to dozens of food terms. It is easy to feel lost when our food language and labeling constantly changes. A shopping trip should not require a dictionary. To make sure that you have the information to make conscious shopping decisions, we've created a list of the most common food terms out there.



Animal Welfare Approved

An independent, third-party certification that verifies the animals were raised outdoors on pasture and the farm upholds the strictest welfare standards from birth to slaughter. Includes beef cattle, dairy cattle, pigs, poultry, sheep, goats, rabbits, and bison.

Biodynamic

A holistic method of agriculture where the farm and the surrounding ecosystem are viewed as an interrelated entity. This third-party certified label identifies farming practices that are truly and entirely sustainable.

Cage Free

Applying to egg laying hens, Cage Free can be a deceptive term. Although the label describes an environment without individual cages for the hens, it fails to define if the birds had access to the outside, if any outdoor areas were pasture or soil, or if the indoor areas were overcrowded. Most often, hens under this label live inside barns or warehouses. There is no independent, third-party verification.

Conventional

Conventional describes the common agricultural practices in our food system and includes the use of pesticides, synthetic fertilizers, monocropping, antibiotics, hormones, GMOs, and other chemical procedures. It is possible to tell whether a food is grown using conventional practices by reading the PLU: the five-digit codes starting with a 9 are organic, the four-digit codes are conventional produce, and the five-digit codes starting with an 8 are genetically modified items.

"COOL" Labeling

The Country of Origin Labeling (COOL) law requires retailers to notify the consumer of the country of origin for the following products: muscle cuts of beef, ground beef, ground lamb, ground pork, ground goat, ground chicken, farm raised fish and shellfish, perishable products, peanuts, pecans, and macadamia nuts, and ginseng.



Fair Trade Certified

Fair Trade ensures better working conditions, local sustainability, and fair wages for farmers and workers in developing countries. Addressing the injustices of conventional trade, which often exploits the poorest producers, Fair Trade empowers farmers to improve their living conditions, send family members to school, and have greater control over their communities.

Free Range/Roaming

Referring to poultry meat, this term is not legally defined nor verified by a third-party. There is no guarantee that the birds go outside, the outdoors conditions are undetermined, and the length of time spent outdoors is ambiguous.

Grass Fed/Grain Finished

Refers to animals that have been fed grain exclusively or as a supplement, and is not always a positive term in the welfare or quality of meat. In the bird industry, it implies, but does not guarantee, that birds were fed a vegetarian diet.

Grass Fed

Referring to the 100% grass-fed diet of cattle, sheep, goats, and bison, this term does not indicate if an animal has pasture access or if it has been given antibiotics or hormones. If it is independently verified by the American Grassfed Association (AGA), recognized by the USDA Food Safety and Inspection Service, the animals are fed a 100% forage diet, raised on pasture, and have no confinement, antibiotics, nor additional hormones.

Heirloom

Refers to the genetically distinct plant varieties that have been developed and saved by farmers through years of cultivation and seed-saving. Does not address to farming practices and is not verified by a third-party.

Heritage

Refers to animals that are derived from traditional breeds of livestock and crops that are ecologically specific to their local environments. The term does not ensure the animals have been raised outdoors and is not independently verified.

Integrated Pest Management (IPM)

IPM is an ecosystem-based strategy that works to prevent pests, pest damage, and the use of pesticides through a combination of techniques that view spraying as a last resort.



Irradiation

Food irradiation refers to the process of exposing food to radiant energy to minimize bacteria, increase shelf-life, or eradicate pests. Under the FDA, food that has been irradiated must have "irradiated" in the product name or the irradiated label. Under the USDA, meat and poultry products must also have "irradiated" in the ingredients list.

Natural

In the food industry, the term "natural" has no legal definition. It's important to note this word does not refer to the animal's living conditions, the farming system involved, or the use of antibiotics and hormones. There is no third-party verification.

No Antibiotics

Refers to the absence of antibiotics in the raising of meat and poultry. While the USDA is accountable for the proper and adequate use of this term, there is no verification system.



No Hormones Added or Administered

This federally regulated term refers to the absence of hormone use in beef products. Hormones are not allowed in raising hogs or poultry.

No Routine Antibiotic Use

Antibiotics were only given to the animal to treat illness and not to promote growth or prevent disease.



Organic

Under the USDA National Organic Program, chemicals, pesticides, hormones, antibiotics, and other toxins are strictly limited. Organic does not refer to animal living conditions, space, or outdoor availability. Certification is conducted by an accredited certifying agency.

Pastured/Pasture-Raised

Used mainly by small farmers to describe farming methods where animals are raised humanely on open, ecologically sustainable pastures and on biologically natural feed. It's important to note that this term is unregulated by the government.

Pesticide Free/No Spray

No pesticide residue can be found on the crop. Does not regulate the application of pesticides, herbicides, or fungicides. There is no third-party verification.

rBST/rGBH Free

Refers to dairy products from cows that do not receive treatment from hormones. The hormones recombinant bovine somatotropin hormone (rBSH) and recombinant bovine growth hormone (rGBH) are used in conventional dairy farming to augment milk production and have been found to leave a residue in milk. There is no third-party verification.

Third Party Certified/Verified

A company independent of the producer or distributor has confirmed the accuracy and legitimacy of a claim (such as Organic or Animal Welfare Approved).

Vegetarian Fed

Animals were fed a diet free of animal products. This label has no correlation to whether the animals were raised outside, on pasture, feedlots, or were fed a 100% grass-fed diet.

HOW TO CREATE A CONSCIOUS KITCHEN

GO ZERO WASTE

Who wants a disposable kitchen? We sure don't. Instead of stocking up on single-use items like plastic bags, plastic cups, paper plates, and paper towels, reduce your kitchen's environmental impact with the following tips:

Witcher





Say NO to plastic.

Instead, swap out single-use plastic kitchenware for reusable (and not to mention durable) glass, bamboo and stainless steel products. Done with that salsa jar? Give it new life! Wash out said jar with hot soapy water, dry, peel off paper labels (if you must), and ouala, you've got yourself the perfect food storage receptacle. Say goodbye to pesky plastic bags!

Replace paper products.

Each year, more and more trees are clear-cut to produce paper towels, tissues, and toilet paper, all of which are only used once and tossed. It may take half a roll of paper towels to clean up a major spill when a rag, dish towel, or sponge could do the same task over and over again without becoming waste. Sponges, dish towels, and cloth napkins ensure that you are able to clean up the mess without stressing the environment.

Recycle.

Get familiar with what can and cannot be recycled in your community, dorm, or apartment building to prevent waste from reaching the landfill when it could be reprocessed. Go online to see what local recycling facilities do and do not accept so that you can responsibly discard waste. Not everything that is plastic or cardboard is recyclable, so it's important to not contaminate your recycling bin with items that are not accepted. You may even be able to receive free recycling bins, so be sure to call or ask your local waste management company or system to find if that's a possibility.

Compost.

Food scraps take up a lot of room in trash cans and landfills everywhere, which means more plastic trash bags out on the curb each week. Diverting food scraps to a compost bin will help slow the rate at which your trashcan fills up, meaning less work and money. Finding a bin to keep under the sink makes for great compost storage. As a college student, it may be hard to actually set up a compost pile, but there will certainly be a local restaurant or community garden that would be more than willing to accept your compost.

Clean consciously.

Remember that whatever is sprayed on kitchen counters comes in direct contact with the food you eat, and many conventional kitchen cleaners contain harsh chemicals and toxic ingredients. The best way to clean the space where you cook is to simply use warm water and vinegar. It kills germs and bacteria without exposing food to any harsh chemicals. Purchasing a reusable spray bottle to refill with a DIY cleaner is a great way to cut back on waste and save money. Our all-purpose cleaner recipe is safe, non-toxic, and easy to make.



GROCERY SHOPPING

At first glance, mastering the art of grocery shopping can seem like an intimidating feat. Throw in a student with a small budget (and a huge appetite) and you've got a recipe for disaster - purchasing ingredients that are delicious, nutritious, AND good for the planet would almost seem impossible. But at the CK, the word impossible has never made it's schemy way into our dictionary. In fact, armed with a little planning and prep, we developed the following tips and tricks to guide any student towards 100% FLOSN foods (all while staying within a budget).

Make a List.

Going to the grocery store with a well thought-out list is the key to efficient shopping. Not only will a list help you cut back on impulse purchases, but it will also ensure that you do not have to make more trips than necessary. Pick a few recipes that you plan to make for the week, listing all needed ingredients, and check your pantry to see which staples are running low. Having this list handy will speed up your grocery shopping, so you can get on with your busy day.

Shop on a Full Stomach.

AKA: Assess blood sugar levels before heading to the grocery store. Empty stomachs turn even the kindest folk into "hangry" monsters who devour everything in sight (don't be embarrassed, we've all been there!). The good news is that you can avoid this by arming yourself with handy snacks (think trail mix or a granola bar), or an actual meal before hand if you have the time. Restraining your wallet from the hangry monster that lies within keeps you on track towards healthy, affordable, and planned purchases.

Pay Attention to Seasons.

Learn which fruits and vegetables are in season in your region. Seasonal foods will be less expensive since they are abundant and don't have to travel as far to reach you. But there are other reasons to buy seasonal produce as well; the further produce has to travel, the more nutritional value it loses over time as it sits in the back of a truck. Seasonal produce also tastes better, as it is fresh and picked at peak ripeness.

Utilize Coupons and Special Deals.

As you enter your grocery store, look for a coupon booklet, special deals, and sales. There are often great savings on seasonal produce since the store has a surplus of these items that they need to sell. You can also check online or see if your store has a mobile app you can download before you shop.

Buy in Bulk.

Buying in bulk is one of the best things you can do while grocery shopping. Instead of recycling empty glass pasta sauce or almond butter jars, rinse and reuse them to fill with nuts, trail mix, quinoa, sugar, or other items in the bulk section. You'll be able to buy as little or much as you want, with no excess packaging! Bulk foods are often less expensive by the pound than their pre-packaged counterparts, so not only will you be saving money, you are also saving resources that go into packaging.

Bring Your Own Reusable Bags.

Before heading out the door, grab a reusable shopping bag. Leave them by the door or keep them in your car or backpack so they're handy. Some stores may even give you a rebate (or chance to make a donation) for saving resources.

STOCKING YOUR KITCHEN

If you'll be living with multiple people in a dorm or apartment, consider coordinating what each roommate can buy so you can share and save money.

Basic Kitchen Essentials

- Mason jars
- Reusable shopping bags
- Cast iron skillet
- Can opener
- Chef knife and blade sharpener
- Spatula
- Whisk
- Slotted spoon
- Ladle
- Vegetable peeler
- Cheese grater
- Potato masher
- Mixing bowls
- Wooden spoon
- Measuring cups and spoons
- Blender
- Cutting board
- Strainer or colander
- Baking pans
- Blender
- Saucepan
- Pots
- Pans
- Rags, dishtowels, and sponges



SHOPPING LIST

Organize a week of meals with this sample shopping list to guide you through the grocery aisles.

- Pink Himalayan sea salt
- Black pepper
- Bay leaf
- Garam masala
- Nutmeg
- Oregano
- Dill
- Garlic powder
- Cardamom pods
- Paprika
- Caraway seeds
- Red pepper flakes
- Fennel seeds, whole
- Oregano
- Ginger powder
- Rosemary

Oils and Condiments

- Coconut oil
- Grapeseed oil
- Vanilla extract
- Sugar
- Coconut oil
- Extra virgin olive oil
- Vinegar: balsamic, red/white/rice/wine, apple cider
- Soy sauce or tamari
- Raw honey
- Maple syrup

- Cumin, ground and whole seeds
- Curry powder
- Basil
- Saffron
- Cayenne
- Italian seasoning
- Chili powder
- Thyme
- Coriander, ground and whole seeds
- Turmeric
- Marjoram
- Tarragon
- Curry
- Mint
- Cloves, ground and whole
- Mustard, black seeds
- Cinnamon

Grain Products

- Pasta
- Granola
- Snack bars
- Wholegrain bread

Freezer Products

- Organic berries
- Fruits for smoothies
- 1 bag of frozen wild Atlantic or Sockeye salmon filets (lasts 3 months in the freezer)

Drinks (all fair trade, organic)

- Tea bags
- Single-source coffee beans

Bulk Bins

- Nuts: almonds, cashews, peanuts, pecans, brazil nuts, walnuts
- Seeds: flax, hemp, pumpkin, sunflower, sesame, chia
- Grains: brown rice, quinoa, oats
- Legumes: lentils, beans
- Flours: almond, buckwheat, rice, whole wheat

Other

- Nut butters
- Tomato products (paste, sauce, crushed)
- Dijon mustard
- Vegetable broth
- Canned beans
- Coconut milk
- Coconut water
- Vanilla extract
- Baking powder
- Baking soda

PERISHABLES: CHOOSE ORGANIC AND ONLY PURCHASE WHAT YOU CAN CONSUME WITHIN A WEEK.

Vegetables

- Anything in season
- Kale
- Spinach
- Acorn squash
- Sweet Potatoes
- Broccoli

Fruit

- Anything in season
- Berries
- Bananas
- Apples
- Lemons
- Avocado

Dairy

- Milk
- Grass-fed butter
- Full-fat yogurt
- Cheese (goat, sheep, parmesan, cheddar)

Alternative Dairy (vegan)

- Unsweetened almond, coconut, or soymilk
- Unsweetened almond, coconut, or soy yogurt

Protein

- 1 pound of grass-fed beef
- 1 organic rotisserie chicken
- 1 carton pasture-raised eggs
- Organic, fermented soy products: miso, tempeh, tofu

RECIPES

CONSCIOUS KITCHEN

BEVERAGES

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IMMUNE BOOSTING SMOOTHIE

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Smoothies are a quick and easy way to pack tons of nutrition into one gulp. As students, we're always staying up for late nights of studying and socializing, weakening our immune systems in process. This smoothie is not only a delicious meal or snack, but doubles as an immunity booster by arming your body with the necessary nutrients to tackle pesky germs and disease that you become more susceptible to with college living. The use of spices like turmeric, nutmeg, and cinnamon are essential for both the tastiness of the smoothie and it's effectiveness in protecting your body!

serves 1

½ cup unsweetened, plain coconut milk

½ teaspoon organic turmeric powder

½ cup freshly squeezed orange juice

2 teaspoons cinnamon

1 frozen banana

dash of nutmeg, ground cloves, and cardamom

½ teaspoon vanilla extract

Place all ingredients in a blender and pulse until thoroughly mixed. Pour smoothie into a glass and garnish with shredded coconut and cinnamon. Drinking freshly squeezed orange juice provides you with an incredible amount of Vitamin C, an antioxidant that reduces the damage that free radicals inflict on your cellular body.

THE 5-INGREDIENT GREEN SMOOTHIE

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Simple yet satisfying, this smoothie perfectly pairs protein (which fills you up), carbs (which energize you), and fats (which are necessary) for a nourishing morning or post-workout smoothie. Really though, this smoothie is amazing any time you feel like making it.

serves 1

1 cup unsweetened nut milk

2 handfuls fresh or frozen kale

1 frozen banana

2 Tablespoons nut butter

1 teaspoon vanilla extract

For a beautifully blended smoothie, start with your favorite nut milk and nut butter. Then layer the kale, banana, and vanilla extract (in that order). Start on low and slowly speed up the blender until velvety smooth. Add milk as needed for desired consistency (or to help with those of us who suffer from non-vitamix blenders).





CUCUMBER MELON COOLERS

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

This refreshing cooler made with melon, cucumber, and lime juice will keep you cool no matter how hot it is. The combination of lime juice and cucumber perfectly complements the mint and brings out the unique flavor of the melon. Adapt this recipe by using your favorite melon - honeydew, watermelon, or cantaloupe - to give it your own unique and personal twist.

serves 4

5 cups melon, cubed

2 medium cucumbers

¼ cup fresh lime juice

2 Tablespoons maple syrup

1 bottle mineral water

½ cup mint leaves, chopped

cucumber slices for garnish

In a food processor or blender, puree the melon and cucumbers. Place a fine-mesh sieve over a large bowl. Pour the puree through sieve to collect the juice, using a rubber spatula to press on the solids. Pour the juice into a large pitcher. Add the lime juice, maple syrup, mineral water, and mint leaves, adjusting the sweetness if needed. Garnish with cucumber slices.

*Conventional **cucumbers** are coated with petroleum-based wax to retain moisture and extend their shelf life. While you definitely don't want to eat it, removing the skin strips away vital nutrients. Plus, the ch of the cucumber anyway. Buy organic cucumbers to ensure your Cucumber Melon Cooler is free of waxes and toxic sprays.*

SPICED APPLE CIDER

Illana

Penfield High School

Penfield, New York

Nothing brings in autumn like a cup of warm apple cider. Apple cider is great for a cozy night indoors or for entertaining your friends and family. Made with seasonal apples and orange, this cider combines rich flavors, both delightfully tangy and sweet.

serves 6

**12 apples, assorted varieties, roughly chopped
(do not worry about removing peels, seeds, or stems)**

½ orange, thinly sliced

4 whole cardamom pods

2 Chinese star anise

1-inch piece fresh ginger, roughly chopped

½ teaspoon fresh lemon zest

3-4 cinnamon sticks

1 whole nutmeg

1 Tablespoon whole cloves

In a large stock pot, combine the apples, orange slices, cardamom pods, star anise, ginger, lemon zest, cinnamon sticks, nutmeg, and cloves. Add water to cover by two inches. Bring to a boil and cook uncovered for an hour. Cover the pot and simmer for at least two hours. Uncover and use a potato masher to roughly mash contents. Continue simmering until cider is dark and tastes sweet and spicy. When cider is ready, allow to cool, then strain apple pieces and whole spices into a clean pitcher or pot. To get the maximum amount of liquid, strain cider through a cheesecloth by twisting. Serve hot. Store in the refrigerator and reheat as desired.

Ginger is an incredible natural way to deal with nausea, motion sickness, or any other stomach problem because its carminative effect helps break up and expel intestinal gas. There are countless ways to eat ginger, including ginger tea, ginger candy, ginger jam, powdered ginger, and pickled ginger, among others.

SUGAR

Because the carbohydrate sugar comes in so many diverse forms, we often consume it unknowingly in everyday foods like breads, crackers, marinades, salad dressing, ketchup, and canned foods. At least nine different forms of sugar are found in food and drink products (most of which end in "ose"). The most common sugar that we use to sweeten foods is sucrose, more commonly known as table sugar. Made from either sugarcane or sugar beets, commercial sugar is one of the world's major crops, with 173.4 million metric tons reported by the United States Department of Agriculture to have been consumed globally in the year 2015 alone. Despite the gargantuan production and consumption of sugar, in the United States, sugar prices are set so high that many purchasers of sugar have switched to refined sugar such as corn syrup or glucose syrup. However, if consumed in large quantities (easily done by sipping on a can of soda), corn syrup, especially high-fructose corn syrup, can lead to many negative health effects, including increased risk of obesity, diabetes, dental disease, and cardiovascular disease, among others. When digesting and metabolizing refined sugars, we drain our bodies of essential vitamins and minerals, because consuming refined sugars requires the use of these precious elements. Refined sugar is also commonly called an "empty calorie" because it lacks the natural minerals that are present in unrefined sugarcane and beets.

It's not necessary to cut sugar out completely from our diets, but we do need to limit our sugar intake, since consuming sugar in excessive quantities takes a toll on our bodies. Avoid processed sugar and drinks that have high amounts of high-fructose corn syrup. Reach instead for something with natural sugar, such as a handful of fresh fruit.

VANILLA ROOIBOS ICED TEA

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Rooibos, or "red bush," is a South-African legume that has long been revered for its medicinal properties. Traditionally used to treat nervousness, allergies, and digestive problems, its unique health benefits can be enjoyed in a refreshing glass of iced tea. Combined with the warming properties of vanilla and the cooling effects of citrus, this recipe delightfully relieves your ailments using natural herbal essences.

serves 2

2 bags organic rooibos tea

1 Tablespoon local raw honey

3 cups hot water

½ teaspoon vanilla extract

1 teaspoon cinnamon

juice of 1 lemon

juice of 1 orange

ice cubes

slices of lemons and oranges for garnish

In a glass pitcher, combine tea bags, honey and hot water. Steep for 5-10 minutes, remove tea bags, and allow to cool. And add the vanilla extract, cinnamon, and lemon and orange juice, stirring to combine. Serve over ice and garnish with slices of orange and lemon.

Blueberries contain a group of natural plant chemicals called proanthocyanidins, which have the ability to protect both the watery and fatty parts of the brain against damage from environmental toxins such as radiation, pesticides, and pollution.



GINGER MINT LIMEADE

Norman Louie

Executive Chef, Harmony Restuarant

Mill Valley, California

Picture yourself on a sunny day relaxing by the pool and sipping on a refreshingly cool limeade. While in reality you're probably stuck indoors studying for your next midterm, this delicious recipe may just be the cure to brighten up your day. Its delightful tang is enhanced by notes of ginger, mint and naturally sweet maple syrup. Warning: this limeade packs a punch so flavorful, one sip WILL leave you feeling refreshed and ready to take on the world!

serves 4

2 quarts water

3 Tablespoons fresh young ginger, peeled and diced

2 Tablespoons maple syrup

**10 mint leaves, chopped, plus
more for garnish**

juice of 2 limes

In a pot, bring two quarts of water to a boil. Add the ginger and maple syrup. Turn off heat and let cool before refrigerating. Before serving, add chopped mint and juice from limes. Pour into tall glasses and garnish with sprigs of mint.

*Instead of simply composting your lime peels, **make lime sugar!** You can zest one lime directly into 2 or 3 cups of organic cane sugar, stir, allow to sit for a hour, and then pack into an air-tight container to shake around. Zesting releases the natural oils of the lime which absorb quickly into the sugar. This can be used for drinks, rimming glasses, or adding a kick to any recipe!*

STRAWBERRY BASIL AGUA FRESCA

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

A mixture of freshly squeezed fruit juices, agua fresca is a wonderfully light and energizing drink. Popularized in Mexico, Central America, and the United States, this recipe takes a delightful twist on tradition through a refreshing citrus and berry combination. Cooking the strawberries in locally sourced, raw honey creates an indulgent sweet nectar that pairs flawlessly with the tangy tastes of orange and lemon.

serves 4

2 quarts strawberries, rinsed and cut

2 Tablespoons local raw honey

**½ cup plus 2 Tablespoons freshly
squeezed lemon juice**

1 quart freshly squeezed orange juice

**½ cup loosely packed basil, crushed plus
more for garnish**

In a pot, combine strawberries, honey, and 2 Tablespoons lemon juice. Cook on low heat to soften, about seven minutes. When berries are soft and macerated, place mixture through a strainer to separate out the juice. Cool strawberry juice over ice, and add the orange juice and remaining lemon juice. Adjust flavor. Add crushed basil leaves, chill, and serve over ice. Garnish with basil.

*Did you know that you can make a homemade face tonic from **strawberry leaves**? Simply leave a few strawberry leaves inside a spray bottle of cold water overnight. Remove the leaves in the morning and start your day off with a face tonic that keeps your skin nourished and free from oily shiny.*





WARM MAPLE MILK

Madeleine Welsch

Skidmore College

Saratoga Springs, New York

There is arguably nothing more satisfying than a warm glass of milk before bed. Combining the creaminess of milk and the delicate sweetness of maple syrup, this recipe creates a frothy flavor that is truly unrivaled. The perfect milk moustache never looked better!

serves 1

2 cups milk of choice

2 Tablespoons 100% pure maple syrup

**2 teaspoons milk chocolate,
grated (optional)**

1 dash of nutmeg (optional)

Heat the milk in a saucepan until warm but not boiling. With a whisk or milk steamer, froth the milk. Stir in the maple syrup. Pour the milk into mugs and sprinkle the with grated chocolate or nutmeg, if desired.

***Pure maple syrup** is a natural sweetener that serves as a healthier alternative to heavily processed and refined white sugar. With its numerous antioxidants, pure maple syrup can help delay or prevent free-radical-causing-diseases from taking effect in your body. Maple syrup also contains minerals such as calcium, manganese, potassium, and magnesium.*

MEXICAN CINNAMON HONEY HORCHATA

Maggie Weber-Striplin

Head Chef, The Concious Kitchen

Marin City, California

Served cold, Horchata, or Orxata, is a traditional Mexican refreshment made from made either ground almonds, sesame seeds, rice, barley, or tigernuts. This recipe, using organic brown rice, fresh cinnamon, and local honey is wholesome, satisfying and full of delicious flavor.

serves 6

1 cup brown rice

8 cups warm filtered water

2 cinnamon sticks

3 cups milk of your choice

½ cup honey (raw and local if possible)

Dash of ground cinnamon

Grind rice in a blender on high. Pour rice flour into a glass bowl and combine with warm water and cinnamon sticks. Cover and let soak at room temperature or in a fridge for at least 6 hours or overnight. Pour the mixture into a blender and blend until very smooth. It will feel slightly grainy, but not gritty. Strain into a pitcher or bowl through a very fine sieve or a colander lined with cheesecloth. Press solids with a spoon to extract as much liquid as possible. Stir in the milk and honey and whisk vigorously until honey completely dissolves. Store in the fridge until chilled. Serve over ice and top with ground cinnamon.

*Choose organically grown **cinnamon** to ensure that it has not been irradiated. Irradiated foods have been exposed to radiation for preservation and removal of disease-causing germs. However this process may lead to a decrease in the vitamin C and carotenoid content of cinnamon. The USDA organic seal verifies that the food has not undergone irradiation.*



PEPPERMINT HOT CHOCO-LATTE

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Cold days call for soul-warming beverages - and this recipe makes the cut. Making hot chocolate from scratch is a guaranteed home run. You'll wonder why you ever opted for the store-bought version in the first place.

serves 1

1 ½ cups nut milk

1 Tablespoon cacao powder

2 Tablespoons maple syrup

½ teaspoon peppermint extract

½ teaspoon vanilla extract

¼ teaspoon salt

marshmallows for garnish (optional)

In a saucepan, heat the nut milk on medium-high temperature. Add in the cacao powder, maple syrup, peppermint, vanilla, and salt. Whisk until well-combined, then continue to whisk until heated through. Pour into a mug and top with a few marshmallows, if desired.



CHOCOLATE CHERRY + BANANA SMOOTHIE

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Chocolate and cherry together is... well... classic. Then again, chocolate tastes spectacular with just about anything, so you really can't go wrong. Next time you're in need of a chocolate fix, give this smoothie a whirl. It sneaks in a few good handfuls of spinach and totally gets away with it.

serves 1

1 cup unsweetened almond milk

2 Tablespoons cacao powder

½ teaspoon vanilla extract

½ teaspoon cinnamon

a pinch of pink sea salt

1 handful of frozen spinach (or as much as you like)

½ cup cherries, pitted

1 frozen banana

In a blender, pour in the almond milk and add the cacao, vanilla, cinnamon, and salt. Layer in the spinach, cherries, and banana (in that order). Start on low and slowly speed up the blender until velvety smooth. Add milk as needed for desired consistency.

BREAKFAST

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VEGETABLE SCRAMBLE

Lizzy Elliot

Wesleyan University

Middletown, Connecticut

This recipe really comes alive when you choose beautiful, local, seasonal, and organic vegetables that are fresh and flavorful. These nutritious vegetables are brought together by the savory taste of goat cheese, pesto, and eggs. This protein packed breakfast will not only boost your spirits from its delicious taste, but will also give you the energy to take on your day. Take this meal on the go by wrapping it in a spinach or corn tortilla.

serves 2

2 eggs

2 Tablespoons milk

1 Tablespoon olive oil

½ white onion, diced

½ bell pepper, diced

2 handfuls of spinach

½ avocado, diced

2 Tablespoons pesto

crumbled goat cheese

salt and pepper to taste

optional: spinach or corn tortilla or gluten-free English muffin

In a small bowl, whisk together the eggs, milk, and a pinch of salt. Heat a medium-sized pan over medium heat with olive oil. Once hot, sauté the onions until tender and then add in the peppers. When cooked through, remove from pan and set aside. Return the pan to heat and scramble the eggs. When the eggs are halfway cooked, add in the onions and peppers, along with, spinach and avocado. Mix gently and take scramble off of the stove. Place scramble in a tortilla or gluten-free English muffin. Top with pesto and goat cheese, adding salt and/or pepper to taste.

*Rich in antioxidants, vitamin E, inflammatory reducing agents, heart-healthy fats, and other nutrients, **olive oil** is very effective against cancer, heart disease, oxidative stress, high blood pressure, diabetes, obesity, arthritis, osteoporosis, and skin cancer. Switch out butter for olive oil and reap the benefits.*

MORNING GLORY OATMEAL

Judi Shils

Executive Director of Turning Green

Mill Valley, California

Start your day with a healthy and hearty bowl of oatmeal and berries. Mix it up by adding different seasonal fruits to give it your own personal dazzle. Top it off with a drizzle of pure maple syrup for a bowl full of morning glory.

serves 1

½ cup rolled oats

1 cup water

⅛ teaspoon salt

2 strawberries

1 teaspoon cinnamon

1 teaspoon vanilla

¼ cup maple syrup

10 blueberries

5 raspberries

1 handful of shredded coconut

In a pot, heat water, oats, and salt on medium-low temperature. Cook the oatmeal for approximately 15-20 minutes, stirring occasionally, or until the oats completely absorb the water. While the oatmeal is cooking, slice the strawberries in vertical thin slices. In a bowl, mix together cinnamon, vanilla, and maple syrup. Once oatmeal is cooked, empty the pot of oatmeal into the maple syrup mixture and stir until coated evenly. Add fruit and coconut, enjoy!

*A daily bowl of **oatmeal** can lower blood cholesterol. Oatmeal is full of fiber and reduces the risk of heart disease.*





SUNNY SIDE UP EGGS WITH SWEET POTATO HASH

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

This effortless recipe will start your day off free from complication and stress. We elevate sunny side up eggs to the next level with a garlicky sweet potato hash - an impeccable twist on traditional potatoes. Prepare yourself for a 10-minute ornate breakfast.

serves 1

1 Tablespoon plus 1 teaspoon coconut oil

¼ teaspoon pepper

1 clove garlic, minced

½ teaspoon dried thyme

1 medium sweet potato, cubed

2 pastured eggs

½ teaspoon salt

In a skillet, melt 1 Tablespoon of coconut oil on medium heat. Add in the garlic, sweet potatoes, and seasonings. Cook until potatoes are tender. Remove from heat and plate the hash. In the same skillet, heat 1 teaspoon of coconut oil and crack in the eggs. Cook until over easy (yolk does not jiggle) and slide them onto the sweet potato hash. Enjoy!

*Did you know **sweet potatoes** are actually roots, rather than actual potatoes, which are tubers? They are a delicious source of beta-carotene, vitamins E and C, iron, and fiber (if eaten with skin on). Eat sweet potatoes to help maintain your skin's youthful elasticity, build healthy bones, support a healthy immune system, manage stress, regulate heartbeat and nerve signals, and ward off cancer.*

CHORIZO CON HUEVOS WITH AVOCADO AND SALSA

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Chorizo con Huevos is a popular Mexican breakfast dish made with chorizo, a delicious and mildly spicy sausage, and scrambled eggs. The quality of the sausage truly makes a difference, so make sure to source it organic and pasture-raised if possible. Add salsa and avocado slices to give this dish a little extra fuego.

serves 1

1/8 pound organic chorizo sausage, removed from casing

2 Tablespoons salsa

1/2 medium avocado, sliced

2 pastured eggs

salt and pepper to taste

In a skillet, cook the chorizo on medium-high heat. While cooking the chorizo, break it up with a wooden spoon. In a bowl, crack the eggs and beat with a fork. Once chorizo is thoroughly cooked, add in the eggs to the skillet. Stir mixture until eggs are incorporated and continue to cook for 3 to 4 minutes. Season with salt and pepper. Remove from heat and top with salsa and avocado slices.

SWEET GARLIC, MUSHROOM + MOZZARELLA OMELET

Sarah Settani University of Illinois Urbana, Illinois

A fluffy omelet first thing in the morning is guaranteed to send you into a blissful day. Loaded with garlicky goodness, this recipe pushes the traditional omelet outside the box and into a realm of absolute deliciousness. Ooey, gooey mozzarella, chives, and mushrooms satisfy your taste buds and make for an absolutely savory breakfast meal.

serves 1

4 cloves garlic

olive oil

2 ounces mushrooms, chopped

2 pastured eggs

½ teaspoon water

salt and freshly ground black pepper to taste

½ teaspoon fresh chives, chopped

¼ cup organic mozzarella cheese, shredded

Using a sharp knife, cut ends off of the garlic cloves. Place cloves in aluminum foil, drizzle with about ½ teaspoon olive oil and seal. Roast in the oven at 350°F for 30 minutes, or until the garlic is sweet and tender. Remove from the oven, allow to cool, and gently squeeze garlic from individual cloves. Set aside. Toss mushrooms with 1 teaspoon of olive oil and place on baking sheet. Roast in the oven for 10-12 minutes. In a bowl, crack eggs and add water, salt and pepper. Beat with a fork, then add chives and stir. In small cast iron skillet (4-5"), heat 1 teaspoon olive oil over medium heat. Add in eggs and stir until the eggs just start to clump. Sprinkle in the garlic, mushrooms, and cheese and transfer skillet to the oven and bake until firm, 4-5 minutes.

*Minerals and vitamins galore! **Garlic** is quite extraordinary. With wonderful amounts of vitamin B6, manganese, selenium, vitamin C, phosphorous, calcium, potassium, iron, and more, garlic will reduce inflammation and give your immune system and heart a boost of antioxidants and blood pressure and cholesterol reduction properties.*

CARROT COCONUT ALMOND FLOUR MUFFINS

Erin Elliot Mill Valley, California

Why go to a bakery to buy a muffin when you can make your own? Made from almond flour, flax seeds, coconut, and pecans, this muffin is high in protein and low in carbs. The oranges, applesauce, carrots, raisins, and bit of coconut palm sugar naturally sweeten this muffin, making it 100% refined sugar-free! The oven will not be able to make these bad boys fast enough... so, resist the temptation to eat them right out of the pan, if you can.

serves 4

1 ½ cups almond meal	1 teaspoon ground nutmeg	½ cup applesauce
1 cup pecans, chopped	½ teaspoon ground cloves	¼ teaspoon cream of tartar
½ cup flaked unsweetened coconut	½ teaspoon salt	1 cup carrots, shredded
½ cup ground golden flax seeds	½ cup blonde coconut palm sugar	2 Tablespoons orange peel
2 teaspoons cinnamon	2 eggs, yolks and whites separated	½ cup raisins (optional)
1 ½ teaspoons baking powder	½ cup coconut milk	
1 teaspoon baking soda	¼ cup coconut oil	

Preheat the oven to 350°F. Grease a 12-cup muffin pan or use paper liners. In a large bowl, stir together almond flour, pecans, coconut, ground flax seeds, cinnamon, baking powder, baking soda, nutmeg, cloves, salt, and palm sugar. In a medium bowl, whisk together egg yolks, coconut milk, coconut oil, and applesauce. In a large bowl, with an electric mixer on high-speed, beat egg whites and cream of tartar until stiff peaks form. Fold beaten whites into egg yolk mixture until combined. Fold egg mixture into flour mixture until well combined. Gently stir in carrots, orange peel, and raisins. Be careful not to over mix! Fill muffin cups about halfway with batter. Bake in the oven for 40 minutes. Check to see if your muffins are done by sticking a toothpick in the center of a muffin. If the toothpick comes out clean, your muffins are done! Let muffins cool in the pan for five minutes before removing. Remove from pan and cool completely.

*The adage "an **apple** a day keeps the doctor away" could not ring more true. With protection against colon cancer, reduced cardiovascular risk, anti-cancer and antioxidant properties, apples are a nutritious and satisfying ingredient to your diet. Yet, with 42 pesticide residues found on conventional apples, look for the number 9 on the PLU label to ensure your apple is USDA certified organic.*





GREEN MACHINE OPEN FACED EGG SANDWICH

Lizzy Elliot Wesleyan University Middletown, Connecticut

Make this sandwich for breakfast, lunch, as a snack, or even for dinner. A delicious and protein-packed egg sandwich is the way to go, any time of day.

serves 1

1 slice of your favorite bread

1 pastured egg

½ Tablespoon butter

½ avocado, mashed with a fork into a spreadable consistency

1 handful of spinach or any preferred leafy green

pesto

goat cheese (optional)

1 ½ Tablespoons balsamic vinegar

salt and pepper to taste

Lightly butter a small pan heated on medium temperature. Cut a hole in the middle of the slice of bread that is slightly bigger than a silver dollar. Place bread onto the buttered pan and flip till lightly fried and brown on both sides. Re-apply butter to pan below hole before cracking egg. Crack egg into the hole in the bread and fry, flipping until cooked through, or until yolk consistency suits your fancy. Remove from pan and place on plate, pouring ½ Tablespoon of balsamic vinegar atop fried egg and bread. Then, spread a layer of pesto and avocado on top. Add spinach and goat cheese crumbles. Add more balsamic and salt and pepper to taste.

*Containing more potassium than bananas, abundant in heart-healthy fatty acids, and loaded with fiber and vitamins across the spectrum, **avocados** are an amazing superfood and add a creamy deliciousness.*

TORTILLA DE PATATA WITH HEIRLOOM TOMATOES + BASIL

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

A common Spanish dish, the "tortilla de patata" or "tortilla espanola" or "spanish omelette" is often eaten alongside other tapas. It slightly resembles a hearty frittata and is perfect on its own, as a filling for sandwiches, and of course, as a satiating breakfast. Although the classic recipe calls for potatoes as its main ingredient, we added heirloom tomatoes for a California summer twist.

serves 4

**3 yukon gold potatoes,
peeled, halved, and sliced thinly**

1 onion, sliced thinly

1 cup olive oil

2 medium heirloom tomatoes, sliced

6 large pastured eggs

¼ cup basil, chopped

In a skillet, heat the oil on medium-high heat until hot. Carefully pour in the potatoes, season with salt and pepper, and cook for about 12 minutes, or until tender. Add in the onions and cook for another 7 minutes, or until translucent. Both the onions and potatoes should be softened, with a slight crisp.

Remove the potatoes and onions from the skillet and transfer to a large bowl. In a separate bowl, beat the eggs until well mixed. Stir in the basil, tomatoes, and seasonings. Pour the egg mixture in the bowl of potatoes and onions, gently stirring to combine the ingredients.

Pour a bit of the leftover oil from the skillet into a small bowl until about two Tablespoons remain. Pour in the tortilla mixture, flattening the potatoes, tomatoes and onions with the back of your spatula until evenly distributed throughout the skillet and covered by egg. Reduce the heat to medium-low and cook until the top is slightly runny and the bottom is nicely browned.

Carefully invert the skillet over a large plate. Return it back to the skillet (with the browned bottom now facing up) and cook for about 3 minutes, or until desired consistency.



DAIRY

Dairy is one food group that is surrounded by debate. While some people believe that the USDA's recommended amount of dairy is exaggerated and that dairy consumption is unnatural, others believe that the calcium, potassium, and vitamin D found in dairy are absolutely vital. Overall, dairy is healthy in moderation, especially when it's organic. Organic dairy production keeps 40 million pounds of fertilizer and 758,000 pounds of pesticides from fields and waterways. Organic dairy cattle are given 1.7 million fewer antibiotic treatments, the increase of which has contributed to the proliferation of superbugs and antibiotic-resistant bacteria. Conventionally managed dairy cows are typically given rbST, a protein hormone meant to increase milk production, but which can have negative implications for both cows and humans. Despite a Monsanto-sponsored study that stated organic and conventional milk's nutritional equality in 2010, other studies have found that organic milk is 62% richer in omega-3 fatty acids.

Many people choose not to eat dairy or avoid dairy products because they are lactose intolerant. In fact, approximately 65 percent of the human population has a reduced ability to digest lactose after infancy. The market for great non-dairy products is expanding, and organic milk, yogurt and ice cream made from almond, hemp, coconut, flax, and many other alternatives are now widely available. Another great alternative is goat's milk. Along with its superior digestibility, goat's milk has quite an impressive nutrient composition. In addition to containing 13% more calcium than cow's milk, goat's milk also has 25% more vitamin B6, 47% more vitamin A, 134% more potassium, and 350% more niacin. Goat's milk is also higher in chloride, copper, and manganese, and contains 27% more of the essential nutrient selenium. Better yet, it also contains none of the controversial Bovine Growth Hormone (BGH) found in conventional cow's milk.

ENGLISH-STYLE SCRAMBLED EGGS WITH CHICKEN APPLE SAUSAGE

Sarah Settani University of Illinois Urbana, Illinois

Want to exercise while you're making food? This recipe calls for a lot of whisking, which is great for building up your arms -- seriously. Scrambled eggs are a great source of protein and omega-3 fatty acids. Complete the meal by pairing it with chicken-apple sausage and serve over toast. A wholesome and savory meal indeed!

Serves 1

2 eggs

1 tablespoon ghee or grass-fed butter

2 organic chicken apple sausage links

Salt and pepper to taste

In a skillet, cook sausage over medium heat. Cover and lower the temperature. Crack eggs into a cold pot. Vigorously whisk until yolks and whites have blended thoroughly. Place pot on medium heat and add the ghee, whisking as it melts for up to 5 minutes. The trick to these English-style eggs is to keep whisking! Once small curds become gradually solid and watery parts disappear, take pot off the heat. Continue to whisk until you have beautifully scrambled eggs - soft, buttery and velvety. Serve over a bed of greens paired with cooked sausage.

***Ghee**, also known as clarified butter, is traditionally used in Indian cooking and considered a powerfood because of its noteworthy cooking and health benefits. Ghee contains a high smoke point (485°F), does not need refrigeration, lacks dairy allergens such as lactose or casein, is rich in vitamins A and E, is affluent in antiviral antioxidants K2 and CLA (Conjugated Linoleic Acid), contains heart-healthy fatty acids, strengthens digestion and the immune system, and works as an anti-inflammatory and anti-cancer agent. Pretty amazing, right?*



JUDI'S BREAKFAST

Judi Shils Executive Director of Turning Green Mill Valley, California

Packed full of nutrients, this quick and easy breakfast will keep you nourished throughout your day. Craving for the comfort of hot breakfast? The poached fruit makes this dish warm and delicious all year round!

serves 2

½ banana

1 handful of local seasonal berries

1 ½ cups seasonal stone fruit

cinnamon to taste

1 Tablespoon raw hemp seeds

½ teaspoon coconut flakes

1 Tablespoon organic maple syrup

1-2 Tablespoons organic almond butter

yogurt (optional)

Thinly slice the banana. Toss berries and banana in bowl with cinnamon. In a skillet, poach the stone fruit with ½ inch of water and cinnamon until water evaporates (2-4 minutes). Remove from heat. Add poached fruit to bowl with hemp seeds, coconut flakes, maple syrup, almond butter, yogurt (if using) and mix.

FULLY LOADED BANANA MUFFINS

Jenna Zimmerman New York Univeristy New York, New York

This light and healthy treat is a great grab and go option to kick off your day. Packed with natural sweetness from the bananas and maple syrup, protein from the Greek yogurt, and a light crunch of from the walnuts, this muffin is absolutely mouthwatering. It's quick to make and an easy way to keep you feeling fully-fueled and satisfied throughout the day.

serves 2

1 ¼ cups walnuts

1 ½ cups mashed overripe bananas
(approximately 3 large bananas)

1 large pastured egg

⅓ cup plain whole fat Greek yogurt

2 Tablespoons coconut oil

⅓ cup coconut sugar

¼ cup organic maple syrup

1 teaspoon vanilla extract

1 teaspoon baking soda

¼ teaspoon kosher salt

1 teaspoon ground cinnamon

1 ½ cups white whole-wheat flour

2 teaspoons flaxseeds

2 teaspoons chia seeds

Preheat oven to 350°F. Grease a 12-cup muffin tin with coconut oil. Chop the walnuts, evenly spread them onto a baking sheet, and toast in the oven for 10 minutes. In a medium bowl, combine mashed bananas, egg, yogurt, and oil. Whisk in coconut sugar, maple syrup, and vanilla. Sprinkle baking soda, salt, and cinnamon over the top, then stir until mixed. Stir in flour, but do not over mix. Fold in walnuts, flax seeds and chia seeds. Pour batter into prepared muffin tin, filling each cup about ¾ of the way. Bake in the oven for 20 minutes, until muffins begin to brown on the edges and spring back lightly when carefully touched in the center.

*Contrary to popular belief, whole-fat dairy correlates with a lower risk of obesity and a lower body weight. **Whole fat dairy** is more abundant with heart-healthy monounsaturated fats, polyunsaturated fats, and omega-3s than low fat dairy.*

COFFEE

Coffee is one of the most widely traded commodities in the world. Over 12 billion pounds of coffee are harvested and processed each year. While a cup of coffee will provide the health benefits of being naturally rich in antioxidants, sugary coffee drinks hide ingredients you'd never consciously put in your body. Elaborate coffee drinks in many coffee franchises often come with added sweeteners such as corn syrup, so it's always smart to check the list of ingredients. In addition to those unwanted sweeteners, conventional coffee has been found to have traces of pesticides such as methyl parathion, endosulfan, chlorpyrifos, and triadimefon. Methyl parathion, used to combat leaf miner insects, is the most toxic pesticide of all. It's been banned in many countries - although not the U.S., and is toxic to birds, fish, and mammals (including humans). Conventional coffee is one of the most heavily chemically treated products in the world, steeped in synthetic fertilizers, pesticides, herbicides, fungicides, and insecticides. The environment, consumers, and farmers all suffer from this load of toxicity. Coffee farmers are exposed to high levels of chemicals while spraying and handling the crops, and they put the entire surrounding communities at risk from chemical residues that contaminate the air and water.

With organic coffee, there are no synthetic fertilizers or chemicals used in growing or production, giving way to cleaner beans, air, land, water, and people. The coffee is grown with only organic fertilizers, such as coffee pulp, chicken manure, or compost. Organic farms also combat climate change by emitting less carbon than chemical farms, while sequestering significant amounts of carbon. As a bonus, organic coffee beans are richer in healthful antioxidants, and taste better too.

When shopping for coffee, look for organic and fair-trade brands. Fair-trade coffee ensures that the farmers who grow it receive a fair price, supports a better life for farming families, and promotes environmental sustainability.

BANANA PANCAKES

Jenna Zimmerman New York Univeristy New York, New York

Love bananas? A quick alternative to the conventional pancake, this banana pancake has 5 simple ingredients, ditches the flour, and packs the flavor. Slather on some maple syrup, top it off with blueberries, add a dash of cinnamon and there you go! A charming--and scrumptious--throwback to your childhood.

serves 2

2 large overripe bananas

berries and maple syrup for topping

2 large pastured eggs

½ teaspoon cinnamon

½ teaspoon vanilla extract

¼ teaspoon baking soda

In a small bowl, mash bananas until there are few lumps. Whisk in the eggs, cinnamon, vanilla, and baking soda. In a skillet, heat coconut oil to ensure that the pancakes do not stick and for added taste. Spoon batter onto the skillet in your desired size. Flip the pancake when batter stabilizes and begins to bubble. Once cooked through, top the pancakes with berries and maple syrup.



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SWEET AND SPICY POPCORN

Anna Rhoads Humboldt State Humboldt, California

Need something for movie night or a rainy day? This popcorn recipe is an organic and delectable alternative to conventional popcorn. Adding maple syrup, cayenne, cumin, cinnamon, and chili powder intensifies the corn's flavor. Surprise and delight your taste buds with bursts of sweet and spicy with every kernel.

serves 3-4

2 Tablespoons organic coconut oil

½ cup organic, non-GMO popcorn kernels

salt

¼ cup organic pastured butter or coconut oil

¼ cup maple syrup

½ teaspoon cayenne

½ teaspoon ground cumin

½ teaspoon ground cinnamon

pinch of chili powder

In a thick-bottomed pot, heat coconut oil on high temperature. When the oil is hot, safely add the kernels and cover the pot with a lid. With oven mits, gently slide and shake the pot back and forth to coat the kernels in the oil. Cook until the popping slows to 1 or 2 pops per second. Remove the pot from heat. Pour popcorn onto a parchment-lined baking sheet and lightly salt. Using the same pot, add the butter, maple syrup, cayenne, cumin, cinnamon, and chili powder. Stir ingredients until well combined and cook over medium heat until it begins to bubble. Pour mixture over the popcorn, toss, and serve.

*The added **spices** are not only meant to add flavor: cayenne contributes to weight loss; cumin has antibacterial qualities; cinnamon contains many antioxidants; and chili powder is rich in vitamin A, vitamin C, as well as some important minerals.*



GARLIC HUMMUS WITH MINT + KEFIR

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

A refreshing take on classic hummus, this recipe calls for mint and kefir. But before you find this strange and move onto the next recipe, we kindly dare you to give it a try. It's light, creamy, has just the right amount of nuttiness, and is not weird. We promise.

serves 3-4

½ cup dry chickpeas
(makes about 1 ½ cups cooked)

2 cloves of garlic

¼ cup tahini

½ cup olive oil

juice of 1 lemon

2 Tablespoons kefir

mint leaves

salt and pepper to taste

smoked paprika and additional oil for finishing

Cook dried chickpeas and drain. Combine all ingredients, minus the paprika, in the food processor and pulse until smooth. Serve with crudite (i.e. fresh, raw veggies) and garnish with mint and paprika.

ROSEMARY + GARLIC ROASTED ALMONDS

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Almonds provide a wholesome and convenient source of protein and fats, which make them a perfect snack on the run. These fats are actually good for you: almonds are chock full of monosaturated fats, the beneficial type of saturated fats. This recipe uses spices that complement almond's flavor, bringing it to a whole new level. As you roasted the almonds, the incredible nutty-garlicky-rosemary aroma will immediately fill your kitchen, leaving your mouth watering.

serves 2

1 Tablespoon ghee, grass-fed butter, or coconut oil

2 teaspoons pink Himalayan sea salt

2 cloves garlic, minced

¼ teaspoon freshly ground black pepper

2 cups whole, raw almonds

2 Tablespoons dried rosemary

Preheat the oven to 350°F. In a large skillet, melt the ghee, butter, or coconut oil on medium-low heat. Once heated, add in the garlic (be careful to not to let it burn), stir briefly, and once it becomes aromatic, add in the almonds in a single layer. Stir until evenly coated. Add the rosemary, salt, and pepper and stir. Immediately and safely transfer the almonds onto a baking sheet and roast for 10-12 minutes, or until a nutty aroma fills your kitchen.





CINNAMON SPICED APPLE SAUCE

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

There's nothing like a bowl of applesauce to remind you of the good old days. Did you know that applesauce can offer numerous health benefits? Apples contain flavonoids, which reduce inflammation, regulate blood pressure, reduce excessive fat production in liver cells, and lower your risk of heart disease. Talk about a superfruit! Ultimately, the healthiest applesauce is made from organic apples with the skin on and no added refined sugar. Conventionally grown apples can potentially expose you to pesticides, so buying the organic varieties will protect you from unwanted toxic chemicals.

serves 6

**3 pounds apples, peeled (optional), cored, cut into
¾-inch pieces**

1 cup water

¼ cup raw, local honey, or agave syrup

2 ½ Tablespoons fresh lemon juice

½ teaspoon ground cinnamon

In a medium saucepan, combine apples and water and bring to boil, stirring occasionally. Reduce the heat, cover with a lid, and simmer until apples are very tender, about 25 minutes. Uncover and simmer until almost all liquid in the saucepan has evaporated, about 6 minutes. Remove from heat. Stir in honey, lemon juice, and cinnamon and let cool for 30 minutes. Using a slotted spoon or potato masher, mash apples until coarse and chunky or smooth, depending on your preference. Serve at room temperature or refrigerate until cold. Cover and keep refrigerated.

EGGS

Eggs are incredibly nutritionally dense. A boiled egg has 6% of the Recommended Dietary Allowances (RDA) of vitamin A, 5% of folate, 7% of vitamin B5, 9% of vitamin B12, 15% of vitamin B2, 9% of phosphorus, and up to 22% of selenium. Eggs also contain a significant amount of vitamin D, vitamin E, vitamin K, vitamin B6, calcium, and zinc. Egg yolks are a rich source of the antioxidants lutein and zeaxanthin, which provide powerful preventative properties against age-related macular degeneration, which is the most common cause of blindness. The amino acid tryptophan is also an important precursor to the brain chemical serotonin, which helps regulate your mood. Tyrosine synthesizes two key neurotransmitters, dopamine and norepinephrine, which promote alertness and mental activity.

However, eggs are also the single largest source of cholesterol in the American diet, and so should be eaten in moderation. When choosing eggs, make sure to only purchase eggs that are USDA-certified organic and, if possible, locally sourced. Organic eggs come from chickens eating organic feed that has been free from the use of toxic and persistent chemical pesticides and fertilizers for at least three years. Because of the diet differences between commercially and organically farmed eggs, organic eggs have a dramatically superior nutrient level. Organic eggs have $\frac{1}{3}$ less cholesterol, $\frac{1}{4}$ less saturated fat, $\frac{2}{3}$ more vitamin A, two-times more omega-3 fatty acids, three-times more vitamin E, and seven-times more beta carotene.

BAKED EGG IN AVOCADO CUP

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Eggs and avocados are pretty much a match made in heaven. And who could complain? Both are sources of the good kind of saturated fat, and did you know that avocado has more potassium than a banana? Or that it's one of the few high-protein fruits? And that's just the beginning. Did you know that egg yolks help with brain development? Or that they're considered a perfect protein? The more you know about the food that goes into your body, the better and healthier you'll be!

serves 2-4

2 ripe avocados

4 pastured eggs

1 Tablespoon cilantro, chopped

salt and pepper to taste

1 dash of paprika and turmeric

Preheat the oven to 425°F. Using a small paring knife, slice the avocados in half and remove the pit. Take a spoon and carefully scoop out two tablespoons of flesh from the center of the avocado, leaving enough space to fit an egg. Arrange the avocados in a small baking dish, making sure they fit snugly without being able to topple over. Carefully crack an egg into each avocado half. Season with salt, pepper, cilantro, and spices. Place in the oven and bake for 15 to 20 minutes. Cooking time will depend on the size of your eggs and avocados. Just make sure the egg whites have enough time to set. Remove from oven and allow to cool a bit before serving.

COOKED SWEET PEACHES

Madeleine Welsh Skidmore College Saratoga Springs, New York

The bright smell of peaches is one of the greatest things to look forward to during summer. They are a seasonal delicacy, ripe starting the month of June, and a newly-picked peach does just the trick for any sweet tooth. In this recipe, peaches laden with rosemary, basil, and cinnamon and are soaked in olive oil and balsamic vinegar to accent the fruit's juicy flesh.

serves 2

½ cup olive oil

¼ cup balsamic vinegar

1 teaspoon cinnamon

1 teaspoon honey (optional)

1 sprig of rosemary

5 basil leaves

2 peaches, halved

4 raspberries

organic ice cream for serving

This recipe can be prepared three different ways: on the grill, in the oven, or in a skillet. If using the oven, preheat to 375°F. In a 3-inch deep baking dish, whisk together olive oil, balsamic vinegar, cinnamon, honey (optional), rosemary, and basil. Add in the peaches, coating the marinade on both sides of the peach. Use a fork to poke a few holes into the peaches so that the marinade soaks in. Let sit for 5-10 minutes. Press peach halves onto chosen cooking method and cook until soft, almost to the point of being mushy, and with the skins coming loose. If cooking in the oven, bake them for 35 to 40 minutes. Put a raspberry in the center of each peach half in the last 3 minutes of cooking regardless of method. It melts beautifully to create a red center in the peach. Serve either immediately or wait for them to cool with a scoop of your choice of organic ice cream.

Stone fruits, such as peaches, contain bioactive and phenolic compounds with anti-obesity and anti-inflammatory properties. The four major phenolic groups in stone fruits complement each other perfectly to fight off illnesses!



RUSTIC SUN-DRIED TOMATO GUACAMOLE

Jenna Zimmerman New York University New York, New York

If you're looking for a great dip, this recipe is truly a crowd pleaser. Creamy avocados and sun-dried tomatoes enhanced by fresh cilantro transform the dip into the star of the show. Try not to eat all the dip before your guests arrive! When possible, source organic and local ingredients - the freshness of the produce can really take this recipe to the next level!

serves 4

2 large, ripe avocados

¼ cup cilantro, chopped

⅓ cup sun-dried tomatos, finely chopped

⅓ large onion, finely chopped

½ jalapeño pepper, finely chopped (optional)

1 Tablespoon lemon juice

salt and pepper to taste

Cut avocado in half, remove pit, and scoop flesh into a medium-sized mixing bowl. Add in cilantro, tomatoes, and onion, and, if you are looking for some heat, add in the jalapeno pepper. Add in lemon juice and combine ingredients until mixed but still chunky.

Sun-dried tomatoes and **avocados** are a perfect culinary and nutritional combo. Not only do they taste great together, the healthy fats in avocados allow you to absorb four and a half times more of lycopene from the tomatoes. Lycopene, which gives tomatoes their red color, helps with the prevention of cancer, inflammatory diseases, and age-related illnesses such as cataracts and heart disease.



CHOCOLATE ALMOND, HAZELNUT + SEA SALT GRANOLA

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Anytime chocolate and sea salt are in the same sentence, we know we're in for a real treat. Add hazelnuts to the mix and we're already halfway to the kitchen. We may be over exaggerating just a smidge here, but this granola goes best with everything.

serves 3-4

3 cups rolled oats

1 cup sliced raw almonds

½ cup raw hazelnuts

¾ cup shredded unsweetened coconut

2 Tablespoons cacao powder

¼ cup coconut sugar

¼ cup coconut oil, melted

¼ cup maple syrup

1 teaspoon vanilla

¾ teaspoon pink sea salt

½ cup chocolate chips

Preheat oven to 250°F. In a large bowl, combine the oats, nuts, coconut, cacao, and coconut sugar. In a separate bowl, whisk the melted coconut oil, maple syrup, vanilla, and salt. Combine both mixtures, pouring the liquid over the dry ingredients. Evenly distribute the granola over two baking sheets. Cook in the oven for 1 hour and 15 minutes, stirring every 20-25 minutes to achieve an even color. When the last 5-6 minutes remain, remove from the oven and add the chocolate chips over the granola. Return to the oven and wait until the chips have softened, about 5 minutes. Remove from oven and sprinkle additional coconut sugar and sea salt onto the granola. Let cool for 1-2 hours. For optimal freshness, store in tightly sealed containers in the refrigerator.



BAKED SWEET POTATO FRIES WITH CHIPOTLE DIPPING SAUCE

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Sweet potato fries make any day that much more enjoyable. Paired with this deliciously decadent chipotle sauce, you'll witness flavors pushed beyond the point of perfection. Discover these complex and mouthwatering tastes for yourself. You'll most likely break out in song.

serves 4

For the sweet potatoes:

2 cloves of garlic, minced

2 Tablespoons coconut oil, melted

1 teaspoon of thyme leaves

½ teaspoon salt

¼ teaspoon pepper

¼ teaspoon paprika

**2 large sweet potatoes (any variety you like), washed
and sliced lengthwise into fry shaped strips**

For the chipotle dipping sauce:

⅔ cup avocado oil

1 pastured egg

1 teaspoon lemon juice

1 teaspoon chipotle adobo sauce

¼ teaspoon cayenne pepper

¼ teaspoon garlic powder

salt and pepper to taste

Preheat the oven to 450°F. In a large bowl, combine the garlic, coconut oil, thyme, salt, pepper, and paprika. Toss in the sweet potatoes, making sure each fry is evenly coated. Spread out sweet potatoes onto a baking sheet lined with parchment paper and transfer to the oven. Roast for 15 minutes then flip the fries with a spatula so that they can cook evenly on all sides. Continue cooking for another 10-15 minutes until the fries are crispy. While the sweet potatoes are roasting, place all dipping sauce ingredients in a blender and process until smooth. The sauce will become white in color and reach a thick, mayo-like consistency. This should take just a little over 30 seconds. Remove sweet potatoes from the oven, plate them and serve with the chipotle dipping sauce.

APRICOT DATE LEMON BARS

Anna Hankins Wachusett Regional High School Holden, Massachusetts

Treat yourself after a long day of work or school with this effortless recipe. Filled with apricots, dates, and hemp seeds, these bars encompass a healthy blend of ingredients that work together to create a wondrous assortment of flavors. Don't omit the nutmeg and vanilla - they are essential to more subtle notes of flavor in the bar. Feel free to make another recipe from the cookbook while the mixture is chilling.

serves 8

3 cups dried apricots

1 cup dates, pitted and chopped

1 cup shelled hemp seeds

2 Tablespoons lemon juice

1 teaspoon ground nutmeg

1 teaspoon vanilla extract

Line an 8" x 8" baking sheet with parchment paper. In a food processor, pulse all ingredients until they become a chunky paste. Transfer mixture to the parchment lined sheet and press ingredients down with a spatula. Cover with parchment paper and chill in the refrigerator for 1-2 hours. Once cooled, cut into mixture into square bars and enjoy!

Not only is this lemon bar packed with apricots, dates, and hemp seeds, it's also packed with health benefits including improved bone health and heart health (apricots), muscle development (dates), decreased anemia and insomnia, and cancer prevention (hemp seeds).



Farinata with Thyme + Cumin

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

For those of you who have never tried farinata, it is a revelation. Farinata, whose rich history originates from Italy, is also known as socca and highly resembles a rustic pancake, or flatbread. Although its size and thickness depends upon the size of your skillet, feel rest assured that it will taste delicious.

makes 1 flatbread

1 ½ cups chickpea flour

1 ½ cups filtered, lukewarm water

4 Tablespoons extra-virgin olive oil, plus a little for the skillet

1 small shallot, sliced thinly

2 garlic cloves, minced (or ½ teaspoon garlic granules)

1 Tablespoon fresh thyme, chopped

½ teaspoon salt

¼ teaspoon freshly ground black pepper

¼ teaspoon cumin

Preheat the oven to 425°F. In a large bowl, combine the chickpea flour, salt, pepper, and cumin. Pour in the water and whisk until a batter is formed. Let this mixture sit for about 2 minutes. While waiting, coat a 12" skillet with some olive oil and heat on medium-high temperature. Add the shallot, garlic and thyme to the skillet and cook until the shallot is translucent. Remove the skillet from the heat. Add the 4 Tablespoons of oil to the batter and whisk until well combined. Pour the mixture into the skillet with the shallot, garlic, and thyme and immediately and safely transfer into the oven. Bake for about 15 minutes, or until the center is cooked through and the edges have crisped and browned slightly.



CHOCOLATE, SEA SALT + CINNAMON HAZELNUT BUTTER

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

We cannot say enough great things about chocolate + hazelnut + sea salt together. Hazelnut butter is so delicious and a fun alternative to peanut and almond butters. It takes no time at all to make - 10 minutes maximum!

½ cup hazelnuts

2 Tablespoons dark chocolate chips

1 Tablespoon cacao powder

½ teaspoon cinnamon

¼ teaspoon sea salt

Combine all ingredients in a food processor (a vitamix works great too!) and pulse until smooth.



Beet Green Pesto

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

This is an excellent "zero waste" rendition of pesto, so anytime a recipe calls for beets, don't throw away their leafy tops! Instead, put them to good use and make some pesto. Note that although this is a cheese-less recipe, you can always substitute it for the sardines. Don't have sardines? Anchovies work well too.

1 cup walnuts

2 sardines

1 teaspoon paprika

1 clove garlic, chopped

½ cup olive oil

1 Tablespoon sherry vinegar

zest of ½ lemon

juice of ½ lemon

¾ cup parsley leaves

1 cup packed beet greens

pink sea salt

freshly ground black pepper

Preheat the oven to 300°F. On a baking sheet, evenly spread out the walnuts and toast in the oven for 15 minutes, or until golden. Remove from the oven and let cool, about 10-15 minutes. In a food processor, combine the sardines, ½ the walnuts, paprika, and garlic and pulse until it turns into a thick paste. In a bowl, combine the oil, vinegar, lemon juice and zest. Slowly pour the liquid mixture into the food processor and pulse until well combined. Add in the remaining walnuts with the parsley and beet greens, and process until smooth. Season to taste with salt and pepper.

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ROASTED CAULIFLOWER + SWEET POTATO SOUP

Erin Elliot Mill Valley, California

A Turning Green favorite, this soup is the epitome of home. Sip this soul-warming soup on a chilly evening or in between classes and it will leave you reminiscent of lazy days. The starchy, veggie duo in this soup is enriched with spices like cinnamon, cumin, and curry. You'll savor each gulp.

serves 1-2

olive oil

1 Tablespoon curry powder

1 teaspoon ground cinnamon

1 teaspoon cumin powder

¼ teaspoon sea salt

2 medium sweet potatoes, peeled and roughly

chopped

1 medium cauliflower, cut into florets

1 quart vegetable broth

1 medium onion, chopped

6 cloves garlic, minced

cilantro, chopped for garnish

Preheat oven to 375°F. In a mixing bowl, combine 2 Tablespoons olive oil, curry powder, cinnamon, cumin powder, and salt. Add in the sweet potatoes and cauliflower and stir to thoroughly coat the vegetables in the spice mixture. Spread the vegetables onto a parchment-lined baking sheet and roast in the oven for about 20 minutes, or until tender. While the potatoes and cauliflower are roasting, heat 1 Tablespoon olive oil in a skillet. Cook the onions until translucent. Add in the garlic and cook for another 30 seconds, stirring so the garlic does not burn and remove from heat. Combine the roasted vegetables, onions, garlic, and broth in a blender, processing until smooth. You may need to do this in a few batches depending on the size of your blender. Pour into bowls and serve topped with chopped cilantro.

*In a hurry? Rather than sautéing the garlic and onions you can **roast** them with the sweet potatoes and cauliflower, saving a pan and extra dirty dishes in the process. For this variation, just be sure to cut the onion in thicker slices and roast the garlic cloves whole rather than minced.*

CARROT + GINGER SOUP

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Ginger galore. This recipe is bound to give you an immune system boost while stocking your fridge with spicy goodness for the rest of the week. Mix it up and get some purple, white, or yellow carrots from your local farmer's market, your refrigerator will come alive with color.

serves 4

1 medium onion, sliced lengthwise	½ teaspoon sea salt
1 pound carrots, washed and cut into 1-inch chunks	¼ teaspoon pepper
2 Tablespoons coconut oil	5 cups vegetable broth
2 teaspoons curry powder	½ cup full-fat coconut milk
2 teaspoons fresh ginger, grate	

Preheat oven to 400°F. On a large baking sheet, place the onion, carrots, coconut oil, curry powder and sea salt and toss everything together, making sure the seasonings evenly coat the vegetables. Roast the vegetables for 20-25 minutes, or until the carrots are tender. Make sure to stir the vegetables a few times while roasting to ensure that they cook evenly. Remove from the oven. Transfer the vegetables to a large pot and add the vegetable broth. Bring to a boil, reduce to a simmer, and cook for about 7-8 minutes. Remove from the heat and blend the vegetables and broth until smooth using an immersion blender. Alternatively, you can blend the soup in a high-speed blender (in batches if needed). Stir in the coconut milk and adjust seasonings if desired. Top with shredded coconut or pumpkin seeds. This soup is also delicious served chilled.

*Like other orange-colored foods, **carrots** are a rich source of beta-carotene, an antioxidant that the body converts into vitamin A. Vitamin A works to promote healthy skin, eyes, and brain function. It also slows down the oxidative damage caused by free radicals. The darker the orange, the more beta-carotene in the carrot! And no, you won't find these benefits in your bag of orange Doritos.*

CURRIED CAULIFLOWER SOUP

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Full of Thai spices, fragrance, and the satisfying texture of cauliflower, this soup is a definite crowd-pleaser. The complex and subtly spicy flavors in the soup are guaranteed to add a little kick to your day.

serves 4

- | | |
|---|--|
| 1 Tablespoon coconut oil | ¼ teaspoon cumin |
| 2 shallots, chopped | 2 teaspoons garlic powder |
| 1 teaspoon salt | 3 dried bay leaves |
| 1 medium-sized cauliflower (white or golden) | 2 teaspoons fresh parsley, minced |
| 6 cups chicken or vegetable broth | 1 cup whole-fat coconut milk |
| 2 Tablespoons curry powder | |

In a large pot, sauté the shallots in coconut oil and salt until tender, but not browned. Cut the florets off the cauliflower head. Remove the tough core, and place any leftover pieces in a food processor. Puree leftover pieces until finely chopped. Add the cauliflower, broth, and spices to the pot. Simmer for 15 minutes and then stir in parsley and coconut milk. Simmer for an additional 5 minutes, remove the bay leaves, and serve.

GAZPACHO

Lizzy Elliot Wesleyan University Middletown, Connecticut

There are many recipes out there for gazpacho, a cold Spanish-style soup, but this recipe is unlike the others, not only because of its flavor, but also because it requires only real, whole ingredients that nourish your body. By simply combining these ingredients in a blender, this refreshing and popular dish can be served in no time.

serves 1-2

1 cucumber, sliced into chunks

4 large ripe tomatoes

½ bell pepper, any color

2 cloves garlic

1 celery rib, chopped

1 Tablespoon lemon juice

½ sweet onion, quartered

3 Tablespoons red wine or balsamic vinegar

½ teaspoon salt

1 dash of freshly ground black pepper

¼ teaspoon cayenne pepper (optional)

1 teaspoon fresh parsley, finely chopped

1 teaspoon fresh basil, finely chopped

In a blender or food processor, combine all the ingredients except for the fresh herbs and process until smooth. Add in the herbs, refrigerate until cool, and serve with toasted bread. For maximum flavor, make the gazpacho a couple of hours before serving. This will allow the flavors to marry and really come alive. If you plan on storing the gazpacho for longer than a day, make sure you serve it with an extra splash of acid (vinegar or lemon) since the taste of vinegar fades with time.





EASY ZUCCHINI BASIL SOUP

Nan Foster Mill Valley, California

With the word "easy" in the name, this recipe truly lives up to the hype. All you need is a pot and cutting board. A great recipe to make when you're in a rush, this soup transfers easily into a thermos and is immensely satisfying to sip on.

serves 1-2

2 pounds zucchini, trimmed

¼ cup olive oil

¾ cup onion, chopped

3 cups vegetable or chicken broth

1 cup white wine

½ cup basil leaves, packed

Parmesan cheese, grated

salt and pepper to taste

Using a vegetable peeler, peel skin from half of zucchini into long thin strips. Slice strips into string-like shreds and set aside. Coarsely chop remaining zucchini. In a medium saucepan, heat the oil and cook the onion over medium heat for about five minutes, stirring occasionally until softened. Add chopped zucchini and 1 teaspoon salt. Cook, stirring occasionally, for five minutes. Add water or chicken broth and wine. Simmer until tender, about 15 minutes. Add in basil, stir, and turn off heat. Purée soup in two batches using a blender. Use caution when blending hot liquids. Season soup with Parmesan, salt, and pepper to taste. Add several zucchini shreds to the top of each bowl of soup for added texture.

*When it comes to selecting zucchini, you want to apply the Goldilocks Principle: not too big, not too small, but just right. Extra-small **zucchini**s will be less flavorful and extra-large ones can be too fibrous. Try to find zucchini that are heavy for their size and have shiny, unblemished skins. Also check to make sure the skins are not very hard, since this is a sign that the zucchini will have hard seeds and stringy flesh.*



VEGETARIAN CHILI

Summer Sherrod University of Arkansas Fayetteville, Arkansas

Chili is incredibly customizable. If you don't like black beans you can use kidney beans and pinto beans or even garbanzos and it's still great. Want spicier? Leave the seeds in the jalapeno or use a few extra teaspoons of chili powder. If you are a meat-eater, simmer some pasture-raised ground beef with the veggies. For the non-vegans, cheddar cheese is a great topper to add to your bowl. This recipe is completely customizable to your dietary needs or garden supply. Feel free to experiment and make it your own!

Serves 3

1 large onion

1 large carrot

1 bell pepper (any color)

1-2 Tablespoons olive oil

1 jalapeno pepper

2 cans stewed tomatoes

1 pound squash

1 carton (32 ounces) vegetable broth

4 cans of beans (any combination of black beans, kidney beans and pinto beans)

1 cup corn

1 clove garlic, minced

2-4 teaspoons chili powder

Finely chop the onion, carrot, and bell pepper and saute them for about 5 minutes in olive oil. Remove seeds from the jalapeno, combine with 2 cans of tomatoes and add to blender. Blend until smooth. In a veggie steamer or metal colander over boiling water, steam the squash until it is halfway cooked. Add all ingredients to a large cooking pot. Simmer for 1 hour. Best served hot with crackers.



KALE + WHITE BEAN SOUP

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Doesn't this soup sound fancy? Anytime you're feeling the urge to impress some friends (or your own taste buds) try this recipe out for size! It's loaded with healing properties and nutrients from the kale, garlic, onions, and ghee and is sure to fill you up, thanks to the beans. Feel free to make this for both omnivores and vegans alike.

serves 6

1 strip of bacon (optional)

1 Tablespoon ghee (or coconut oil)

1 medium onion, coarsely chopped

2 cloves garlic, chopped

1 small sprig rosemary

**2 ½ cups loosely packed kale leaves,
coarsely chopped**

**3 cups cooked cannellini beans,
drained and rinsed**

1 ½ cups chicken (or vegetable) broth

1 ¾ cups water

salt and pepper to taste

4 large basil leaves, chiffonade

In a pot over medium heat, add the bacon and cook for a few minutes, or until the fat is rendered. Add ghee, onions, garlic, and rosemary. Stir occasionally for 5 minutes or so, until onions are translucent and bacon is cooked. Add chopped kale and cook, stirring, for 4 minutes. Add in the beans and stir for a few seconds. Add the stock and water and cook until the soup thickens to a nice consistency. Transfer to a blender (or use an immersion blender) and puree until smooth. Add salt and pepper to taste. Ladle into bowls and garnish with basil.

Chiffonade is a term that simply means to shred or finely cut. It's often used for leafy green vegetables and herbs. To chiffonade the basil, stack the leaves on top of each other. Roll the stack long-ways and then slice the leaves perpendicular to the roll.

SWEET POTATO LENTIL CHILI

Raychel Santo John Hopkins University Baltimore, Maryland

Lentil chili is a nutrition explosion. Filled with an array spices, lots of garlic, beans, and lentils, this hearty soup will leave your tummy feeling satisfied.

serves 6

1 Tablespoon olive oil	½ teaspoon cumin
1 onion, chopped	¼ teaspoon cinnamon
1 cup celery, chopped	½ teaspoon red chili flakes
1 pound sweet potatoes, chopped into 1-inch cubes	1 cup green lentils, rinsed
3 cloves garlic, minced	2 cups water
1 teaspoon sea salt	2 fresh tomatoes, diced into ½ inch pieces (or one 28 ounce can of crushed tomatoes)
2 teaspoons chili powder	2 cups cooked black beans or one 15 ounce can (BPA free, if possible), rinsed and drained
1 teaspoon paprika	
⅓ teaspoon nutmeg	

In a large pot, heat the olive oil over medium high heat. Add onions, celery, sweet potatoes, garlic, salt, pepper, chili powder, paprika, nutmeg, cumin, cinnamon, and red chili flakes. Cover and cook for 6 to 8 minutes, stirring occasionally. Add lentils, water, tomatoes, and beans to pot. Stir, increase heat to high to bring to boil. Reduce heat to a simmer and cook, stirring occasionally, until sweet potatoes and lentils are soft, about 25 minutes.

Lentils are a college student's best friend - nutritious and filling, yet super easy to cook and really cheap! Lentils are rich in dietary fiber, which helps lower cholesterol and regulate blood sugar, and minerals like vitamin B, folate, and magnesium to promote heart health. The iron in lentils also makes them a great meal for energy. At \$3.00 per pound, lentils are an excellent way to meet your protein needs - especially if you're sticking to a vegetarian or vegan diet.



BUTTERNUT SQUASH + PEAR SOUP

Heidi Krahling Executive Chef, Insalata's San Anselmo, California

Little did you know that this soup's consistency and texture is attributed to the beautiful marriage of squash and pear - an unlikely match. Once you take a sip, we guarantee you'll be head-over-heels for this soup.

Serves 2

**1 large butternut squash,
peeled and cut into 1-inch chunks**

2 tablespoons olive oil

Sea salt

¼ cup coconut oil

1 yellow onion, chopped

1 teaspoon salt

2 tablespoons tomato paste

3 pears (D'anjou, Bosc, or Bartlett), ripe, peeled, cored

and cut into 1-inch chunks

3 cups chicken or vegetable broth

3 cups coconut milk

1 tablespoon ground coriander

1 teaspoon ground ginger

2 teaspoons cinnamon

1 tablespoon grated fresh ginger, about 1-inch

½ teaspoon black pepper

Preheat oven to 350°F. Place squash chunks into a large bowl. Coat the squash in the olive oil and 1 teaspoon salt. Place on a sheet pan. Roast in oven until squash is tender, 30-40 minutes. In a large saucepan heat, the coconut oil over medium-high heat. Add the onion and 1 teaspoon of salt; cook, stirring, until onion is translucent, about 4 minutes. Add the tomato paste; cook, stirring, for about 2 minutes. Add the roasted squash, pears, broth and coconut milk; bring to a boil. Add the coriander, ground ginger, cinnamon, fresh ginger, black pepper and salt to taste. Reduce the heat and simmer for 5 minutes more. Allow to cool briefly. Using a blender, carefully puree the soup until smooth, using additional broth to thin it to a desired consistency. Adjust the seasonings to taste.

*Since you probably aren't making your coconut milk from scratch, be sure to only purchase **BPA-free** canned coconut milk. Bisphenol-A (BPA) is a chemical that is used in the lining of many canned goods. Animal studies have found BPA to be a potential endocrine disruptor, carcinogen, and neurotoxin. It is especially important to look for BPA-free cans when purchasing coconut milk, since BPA is leached into foods that are acidic, salty, or fatty. We like the brand Native Forest.*

RECLAIMED TOMATO SOUP

Jenna Zimmerman New York University New York, New York

The best way to get an amazing discount on produce is to see if any vendors have any fruit or produce that is blemished. Vendors often cannot sell produce that does not look right (even though it is totally fine to eat!) and are happy to sell them for a lower price. We used "rejected" heirloom tomatoes for this incredibly delicious soup that packs in all the joys of summer, saving money, and reducing waste!

serves 8

1 dozen 'Rejected' heirloom tomatoes

½ cup fresh basil, chopped

4 cloves garlic

1 Tablespoon dried oregano

1 teaspoon herbes de provence

sea salt and pepper, to taste

for the garnish:

organic extra virgin olive oil

grated organic parmesan cheese

(optional)

Dice all tomatoes. Carefully cut around bruises and scars with a sharp paring knife and compost all inedible bits. Peel and halve garlic cloves. In a large pot, combine tomatoes, garlic, and basil and let simmer for 15-20 minutes at medium heat until mixture is warm throughout and tomatoes start to deconstruct. Add in the remaining seasonings, stir, and remove soup from heat. Let soup cool on stove top for about 25 minutes. Once soup is a safe temperature, use an immersion blender to combine ingredients. This should only take less than a minute. If you'd like, leave a few pieces tomato, basil, and garlic whole for some nice texture in your soup. Once soup is blended to preference, place pot back on the stove at low heat. Simmer with no lid for about 20 minutes. As it simmers, some liquid will evaporate, leaving a richer, heartier soup. Once it has reached desired temperature, season to your taste, then plate servings with a drizzle of olive oil, a sprinkling of grated parmesan and maybe an additional sprig of basil! This is a great dish to start off a lighter summer meal or to sip by the campfire. This recipe would also be wonderful chilled and enjoyed as a gazpacho!



ZUCCHINI SOUP

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

This soup is the trifecta - delicious, savory and satiating - and zucchini's mild flavor makes the perfect base for this plant-based masterpiece. Heat up a bowl for yourself or invite family and friends over for a comforting meal filled with fun, photos, and plenty of memories.

5-6 zucchinis

1 parsnip

2 carrots

1 onion

2-3 cloves garlic

1 Tablespoon apple cider vinegar

2 Tablespoons extra virgin olive oil

salt and pepper to taste

extra virgin olive oil and hemp seeds

or pepitas for finishing

Roughly chop the zucchini, parsnip, carrots, and onion. In a large pot, add in vegetables and fill with enough water to come halfway up the veggies (note: do not completely submerge the them in water - this helps keep the soup from tasting "watery"). Bring to a boil and add the garlic. Reduce the heat and simmer (with lid on) until the veggies are tender. Remove from the heat, season with salt, pepper, oil, apple cider vinegar, and cool. When it's ready, use an immersion blender or vitamix (make sure the soup is completely cooled if using this option), and blend until desired consistency. Finish the soup with your desired toppings and a drizzle of extra virgin olive oil.

SALADS

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WATERMELON MINT SALAD WITH FETA

Lizzy Elliot Wesleyan University Middletown, Connecticut

Cool down with this watermelon mint salad. The watermelon cubes are coated in a rice vinegar and lime juice that exquisitely complements its luscious sweetness. We love pairing watermelon with feta cheese, but you could always use any cheese you have on hand! Garnished with tiny mint ribbons, this palatable recipe will leave you feeling rejuvenated.

serves 4

2 teaspoons rice vinegar

2 Tablespoons olive oil

1 lime, juiced

6 cups watermelon cubes

3 ounces feta cheese, drained and crumbled

1 loosely packed cup fresh mint leaves

salt and pepper to taste

In a small bowl, combine the rice vinegar, olive oil, and lime juice. In a large bowl, gently toss the watermelon with the dressing and add in the feta cheese crumbles. Chop mint leaves very finely into tiny ribbons (easily done by stacking and rolling them into a tight wrap and then cutting width-wise). Toss mint with the watermelon and generously garnish with black pepper and flaky sea salt. Serve immediately.

NOTE: Turn this recipe into a fun appetizer or snack by cutting feta into bite sized squares and leaving mint leaves whole. Stack a mint leaf and feta square atop one cube of watermelon and spear through with a toothpick.

***Watermelons**, a type of berry called pepo, are the perfect summer snack. High in both electrolytes and water content, watermelons keep us hydrated, help our kidneys flush out toxins, and make our skin fresh.*

MELON NECTARINE CAPRESE SALAD

Lizzy Elliot Wesleyan University Middletown, Connecticut

Made to resemble the colors of the Italian flag, a caprese salad is made from sliced mozzarella, tomatoes, and basil. This version takes a twist on the traditionally savory dish by integrating sweet notes of cantaloupe and nectarine. Splash some balsamic vinegar to your liking and your scrumptious salad awaits. Buon appetito!

serves 2

3 large tomatoes, sliced

3-4 nectarines or peaches, sliced

½ large cantaloupe melon, sliced

1 pound fresh mozzarella

1 bunch fresh basil (10-30 leaves) , chiffonade

1 bunch fresh mint, chiffonade

salt and pepper to taste

extra virgin olive oil

balsamic vinegar

In a large bowl, combine the tomatoes, fruits, mozzarella, and herbs. Season with salt and a dash of pepper. Drizzle with balsamic vinegar and olive oil to taste and toss.

Cantaloupe is rich in vitamin A, a powerful antioxidant that is crucial to good eyesight. It's also necessary for healthy mucus membranes and skin and studies have shown that eating foods high in vitamin A can help reduce the chance of oral or lung cancer.





CUCUMBER FETA TOMATO SALAD

Jenna Zimmerman New York University New York, New York

Sail away to the shores of the Mediterranean with every bite of this salad. This salad brings all the flavors of the Greek Isle into one bowl. While this recipe is lettuce-less, it's flavor-full! Indulge in a sweet and crunchy combination of cucumbers, tomatoes, avocados, slices of fresh feta cheese, and a drizzle of homemade balsamic vinaigrette.

serves 2

1 large cucumber, medium diced

1 large tomato, medium diced

1 avocado, medium diced

10 ounces feta cheese

¼ cup pitted black olives

3 Tablespoons olive oil

1 Tablespoon balsamic vinegar

salt and pepper to taste

In a large bowl, combine cucumber, tomato, avocado, feta cheese, and olives. In a small bowl, whisk together the olive oil, vinegar, salt and pepper and toss with the salad ingredients. Because this is a lettuce-less salad, it can be dressed a couple hours before eating without getting soggy. If you are making this salad the night before or morning of, switch out a large tomato for ½ cup of cherry tomatoes to make sure the salad doesn't get watery. Crumble feta over the top and serve.

WARM QUINOA SALAD WITH SKILLET VEGETABLES, PESTO + ARUGULA

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Another name for this recipe is "the everything but your kitchen sink salad." We love this recipe because it calls for the leftovers of other dishes from this book. Besides, who doesn't love effortless meal prep, a healthy overdose of veggies, and a good refridgerator cleanse at the end of a long week.

Serves 2

½ cup sprouted, uncooked quinoa

1 clove garlic, minced

2 sprigs fresh thyme

1 teaspoon salt

½ teaspoon black pepper

2 Tablespoons pesto (see page...)

¼ cup beets with purple, pink and sweet potatoes (see page...)

¼ cup brussel sprouts with caramelized onions + olives (see page...)

1 cup arugula

In a small pot, over medium-high heat, bring 1 cup of filtered water and ½ cup quinoa to a boil. Reduce the heat, adding the garlic, thyme, and seasonings. Cover and simmer until quinoa is tender, about 15 minutes. Let the quinoa cool. In a separate small bowl, whisk the pesto with two additional tablespoons of oil and 1 tablespoon sherry vinegar. Combine all ingredients together (once the quinoa is room temperature) and drizzle with the pesto vinaigrette.

FERMENTED FOODS

Fermented foods are produced by the action of microorganisms. Fermentation usually entails the conversion of carbohydrates (sugar) to alcohol using yeast. Some processes involve bacteria to make foods like yogurt and sauerkraut. Other foods that are fermented include cheese, tofu, kombucha, miso, and sour cream. Like most foods, fermented items have both benefits and drawbacks to your body. The bacteria used to ferment foods like yogurt are really good for you, because they replenish and assist the bacteria in your intestines that absorb nutrients, digest food, regulate immune responses, and perform other bodily functions. We benefit from eating bacteria-rich food because they stimulate immunity and diversify our gut flora. However, eating excessive amounts of fermented foods can cause adverse effects on your body. Some fermented foods, such as kombuchas, wine, pickles, and beers contain aldehyde, an organic compound that's produced by some fermenting organisms. In spite of its organic nature, overexposure to aldehyde can cause damage to one's health, including by altering red blood cell structure, which creates an imbalance of the body's sodium and potassium ratio. It can also impede the absorption of vitamin B₁, which is critical to brain and nerve function. When incorporating fermented foods into your diet, make sure you do so in moderation.



RAINBOW KALE SALAD WITH LEMON + THYME VINAIGRETTE

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

This brilliantly versatile dish relies on local and fresh produce to bring out naturally healthy flavors. To keep this nutrient dense salad a staple, feel free to replace produce seasonally. However, when possible, be sure to include the pomegranate seeds for a delightful burst of natural sweetness!

serves 1

1 cup kale, stems removed and torn into bite-sized pieces

1 cup arugula

1 cup spinach

1 carrot, peeled into thin strips using a vegetable peeler

1 cucumber, peeled into thin strips using a vegetable peeler

1-2 watermelon radishes, thinly sliced

½ medium avocado, diced

¼ cup pomegranate seeds

¼ cup roasted almond pieces

For the dressing:

¼ cup freshly squeezed lemon juice

½ teaspoon fresh thyme

1 clove garlic, minced

¼ cup extra virgin olive oil

1 Tablespoon apple cider vinegar

salt and pepper to taste

In a large bowl, combine all the salad ingredients. In another bowl, whisk together the ingredients for the dressing and toss with the salad.

SWEET GREENS SALAD WITH BALSAMIC VINAIGRETTE

Lizzy Elliot Wesleyan University Middletown, Connecticut

This hearty salad is an entree in itself! A delicious blend of apple, goat cheese, avocado and tons of other healthy ingredients; each bite offers a fork-full of fascinating flavors.

serves 1-2

1 Tablespoon extra virgin olive oil

½ medium white onion, sliced

2 cups spinach and/or sweet baby romaine

½ medium avocado, diced

1 apple, diced

goat cheese, crumbled

almonds, roughly chopped

dried cranberries

sunflower seeds

Dressing:

¼ cup extra virgin olive oil

2 Tablespoons balsamic vinegar

1 Tablespoon lemon juice

1 ½ teaspoons Dijon mustard or any spicy brown mustard

1 clove garlic, minced

1 Tablespoon honey or maple syrup

salt and pepper to taste

In a skillet, heat the oil over low heat. Add the onion and cook until golden brown, stirring to prevent browning while onions caramelize. In a small bowl, whisk together the dressing ingredients. Combine greens, avocado, apple, almonds, dried cranberries, sunflower seeds, and caramelized onions. Add dressing and toss to thoroughly coat the salad.

FATTOUSH SALAD

Heidi Krahling Executive Chef, Insalata's San Anselmo, California

For a party of six extremely hungry people, serve this fattoush salad as the starter. This salad blends pita bread with a diverse collection of vegetables to form a stunningly appetizing salad. The vinaigrette dressing, composed of cumin, garlic, and lemon, foregrounds the salad's vivacious character while coating it in an acidic glaze. This fattoush salad is the quintessential summer salad: hearty in nature yet soothing in taste.

serves 6

¾ cup vine-ripened cherry tomatoes, halved

¾ cup English cucumber, peeled, seeded and diced in ¼ inch cubes

¼ cup red onions (about ½ of a small red onion), thinly sliced

¼ cup cilantro, finely chopped

¼ cup mint, finely chopped

3 romaine lettuce hearts, torn roughly by hand

2 pieces pita bread

⅔ cup sheep's milk feta cheese

¼ cup pitted Kalamata olives (about 12 olives)

Dressing:

1 clove garlic, minced

¼ cup freshly squeezed lemon juice

1 Tablespoon rice wine vinegar

¾ teaspoon freshly ground cumin

¾ cup extra virgin olive oil

salt and pepper to taste

Preheat oven to 350°F. Separate pita bread into two circles, cut each circle into 6 triangles, and arrange on a baking sheet. Toast for approximately 12 minutes or until crisp and golden brown. Turn baking sheet halfway through baking. Set aside and cool. Break the chips into bite size pieces. In a small saucepan over medium-heat, toast cumin until aromatic and light brown, approximately 2 minutes. Stir occasionally to prevent burning. Let cool and set aside. In a spice grinder, grind cumin until it becomes almost like powder. In a medium bowl, whisk together the garlic, lemon juice, rice wine vinegar, cumin, extra virgin olive oil. Season to taste with generous amount of salt and black pepper. Set aside. Toss romaine hearts, cherry tomatoes, feta cheese, mint, cilantro, red onions and olives with the vinaigrette in a large bowl. Divide the salad among 6 salad plates and top with pita chips. Serve immediately.

***Fattoush** is a delicious Mediterranean dish made from toasted or fried pieces of pita bread with greens and other vegetables. The base is pretty much the same for all Fattoush salads, but you can incorporate any or all of your favorite vegetables for a twist off of the classic*

WILD SALMON WITH CILANTRO-CAPER DRESSING

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Will the real seafood salad please stand up? That's right tuna - step aside and make way for salmon. Take a ride on the wild side and test your culinary skills by preparing this simple and delicious recipe. Did we mention that it's loaded with brain-boosting omega 3's and other vital nutrients that will feed your mind, body, and soul? Well, now that you know, what are you waiting for?!

serves 2

1 pound salmon (2-3 fillets)

2 Tablespoons coconut oil

½ teaspoon sea salt

¼ teaspoon freshly ground black pepper

½ teaspoon dried thyme

freshly squeezed lime juice

½ cup cucumber, peeled and diced

¼ cup red onion, diced

½ cup fresh cilantro, chopped

1 Tablespoon capers, drained

2 cloves garlic, minced

2 Tablespoons white wine vinegar

4 Tablespoons olive oil

salt and pepper to taste

Preheat the oven to 400°F. Rub the salmon filets with the coconut oil, salt, pepper, thyme, and some lime juice. Place each salmon fillet in foil, covering completely; seal the packets closed. Place the foil packets on a baking sheet. Bake until the salmon is cooked through, about 25 minutes. Use your fork to check if the salmon is beginning to flake. Using a metal spatula, transfer the packets onto a plate to cool. Meanwhile, combine the cucumber, red onion, cilantro, capers, garlic, vinegar, and olive oil in a small bowl. Season to taste with salt and pepper. Once the salmon has cooled, break it apart into chunky flakes, double-checking to make sure any remaining bones or skin are removed. Transfer the salmon meat into a bowl and add the cucumber and cilantro-caper vinaigrette. Adjust seasonings to taste. Mix well and serve chilled or at room temperature.

*There is often confusion about whether to eat wild or farmed **salmon**. There are benefits and drawbacks to both: wild Atlantic salmon have been severely overfished and farmed Atlantic salmon could have disastrous environmental effects. We choose wild, but do your own research by using the Marine Stewardship Council or the Monterey Bay Aquarium's Seafood Watch Apps. They tell you which fish are the most sustainable on a daily basis and are great resources to use when you are overwhelmed with options at the grocery store.*





MAPLE MARINATED BUTTERNUT SQUASH + KALE SALAD

Wei-ting Chen John Hopkins University Baltimore, Maryland

Easy to prepare, and even easier to devour, this salad is a creative combination of sweet and sour. Kale lovers, this one's for you.

serves 2-4

1 bunch of organic kale (about one pound), washed, dried, and cut into bite-sized pieces

¼ cup onion, very thinly sliced

4 cups roasted butternut squash cubes

Dressing:

1 garlic clove, minced

¼ cup extra virgin olive oil

1 Tablespoon maple syrup

2 Tablespoons lemon juice

salt and pepper to taste

In a bowl, combine the kale and onion. In a separate bowl, whisk together dressing ingredients and pour over the salad. Massage the kale leaves with your hands to coat each piece with the dressing evenly. Add the roasted butternut squash and toss salad to combine. Adjust seasonings to taste.

***Kale** has incredible health benefits. Not only does a single serving have more absorbable calcium than a small carton of milk, but it also has fiber, protein, omega-3s, and many other vitamins and minerals. With every different method of cooking, kale offers different health benefits, so eat it raw, cooked, or baked!*

SEAFOOD

Why does seafood have such a great reputation? First, it's a lean protein option, with very little saturated fat. Second, the fat it does contain is mostly heart-healthy, anti-inflammatory, omega-3 fatty acids. Omega-3s are considered "essential" because they can't be produced in the body, so we have to consume them in our food. Eicosapentaenoic (EPA) and docosahexaenoic (DHA) are the omega-3s found in marine oils that are the most important fatty acids in human health. This is why many people take fish oil supplements. Fish also contains polyunsaturated fats, which have been shown to protect against heart disease and some forms of cancer, reduce blood pressure, and control inflammation. The Environmental Working Group (EWG) have listed anchovies, herring, mussels, salmon, sardines, shad, and trout as seafood that provide ample omega-3s while posing little mercury risk when eaten once or twice weekly.

Environmentally, eating small fish is always the best. Smaller species reproduce quickly, and are usually an abundant and strong part of the food chain. Smaller fish like anchovies and sardines are full of flavor and a great source of omega-3s. The EWG discourages regular consumption of canned albacore, tuna, halibut, king mackerel, sea bass, shark, Spanish and Atlantic mackerel, swordfish, tilefish, and tuna steaks because they have the highest levels of mercury, which is extremely toxic to the body.

Before making any seafood purchases, download and use the Sustainable Seafood App on your smartphone. This application has information on whether fish has been caught or farmed locally, how it was caught, how it was farmed, and if the fish has been associated with any contaminants.

THREE BEAN SALAD

Raychel Santo John Hopkins University Baltimore, Maryland

There are a million recipes for three bean salad, but this one is our favorite. The Dijon and maple syrup work together perfectly, adding the perfect tang and sweetness to the dressing. Eat this salad any day for a quick and healthy pick-me-up.

serves 6

1 shallot, finely chopped	½ pound green beans, trimmed, cut into ½-inch pieces
1 garlic clove, minced	1 pint cherry tomatoes, halved
1 Tablespoon finely grated lemon zest	½ cup fresh dill, chopped
¼ cup fresh lemon juice	⅓ cup extra virgin olive oil
2 cups cooked lima beans (or one 15 ounce BPA-free can, rinsed)	1 Tablespoon apple cider vinegar
2 cups cooked green lentils (or one 15 ounce BPA-free can, rinsed)	1 teaspoon Dijon mustard
	salt and pepper to taste

In a large bowl, toss shallot, garlic, lemon zest, and lemon juice and let sit 5 minutes. Add lentils, beans, tomatoes, dill, oil, vinegar, and dijon and season with salt and pepper. Toss to combine. For maximum flavor, let the salad marinate overnight in the refrigerator.

*Named after the city of Lima, Peru, where people have been eating them since 6000 BC, **lima beans** are an excellent source of plant proteins. They're also high in minerals like molybdenum, iron, copper, manganese, calcium, and magnesium, and have more potassium than red kidney beans, broad beans, and black beans. Potassium is an electrolyte that counters the effects of sodium on the heart and blood pressure, and aids in muscle function.*

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ROASTED BROCCOLI WITH ROSEMARY + ALMONDS

Lizzy Elliot Wesleyan University Middletown, Connecticut

Rosemary's delicate flavor paired with the crunch of almonds take broccoli's earthy flavor one step up. Ginger, tamari, sesame, miso, and red pepper flakes give this recipe its complex flavor and satisfying twist. Double the recipe and store it in the refrigerator for an easy, delicious side dish for lunch or dinner later in the week.

serves 2

2 pounds broccoli, cut into florets

4 green onions, chopped

1 Tablespoon rosemary, finely chopped

1 Tablespoon olive oil

¼ cup almonds

2 Tablespoons tamari

1 teaspoon miso paste

½ teaspoon red pepper flakes

4 garlic cloves, minced

1 teaspoon ginger, freshly grated

2-3 drops dark sesame oil

1 Tablespoon sesame seeds, toasted

Preheat oven to 450°F. Place the broccoli into a steamer insert and set in a pot over one inch of water. Bring to a boil, cover and steam for about 3 minutes. You still want the broccoli to be somewhat undercooked. Remove from the heat and transfer broccoli to a casserole dish. Sprinkle with green onions and rosemary and drizzle with olive oil. Toss to combine. Roast broccoli in the oven for 10-15 minutes until it begins to brown, but is still tender-crisp. While the broccoli is roasting, heat a sauté pan over low to medium heat. Add the almonds (no need for oil or butter) in a single layer. Stir the pan or shake it frequently to allow for an even toast and prevent burning. Remove the almonds once they begin to develop brown edges and smell fragrant, after approximately 3-5 minutes. Allow to cool. In a small bowl, stir together the tamari, miso paste, red pepper flakes, garlic, ginger, and sesame oil. When the broccoli's done roasting, pour the tamari mixture over the roasted broccoli and toss to coat. Chop the almonds, and sprinkle them on top, along with the sesame seeds.

NOTE: If you are not a fan of the intensity of raw garlic, consider stirring the garlic and ginger in with the broccoli before roasting.

*Did you know that **broccoli** has a strong, positive impact on our body's detoxification system? Warning! Prepare yourself for some big words: glucoraphanin, gluconasturtiin, and glucobrassicin. Don't worry, you don't have to memorize these 3 glucosinolate phytonutrients, but it might be cool to know that this dynamic trio helps support all steps in the body's detox process from activation to neutralization, and elimination of unwanted contaminants. Talk about super greens.*



SWEET ROASTED VEGGIES

Lizzy Elliot Wesleyan University Middletown, Connecticut

This deliciously healthy plate is easy to prepare and makes a great addition to any meal. The taste of the sweet potatoes, bell peppers, portobello mushrooms, and onions are brought together through a delicious blend of maple syrup and olive oil. Because of its effortless compatibility with other dishes, feel free to make enough to last the week and incorporate it into other meals.

serves 3

3 medium sweet potatoes, sliced into rounds and cut in half

1 medium white onion, sliced into strips

1 of each: red, orange, and yellow bell peppers, sliced into strips

1 portobello mushroom, sliced into strips

⅓ cup extra virgin olive oil

¼ cup maple syrup

1 teaspoon chopped rosemary (or any preferred seasoning, curry powder, and/or cumin to add a more intense flavor)

salt and pepper to taste

Preheat oven to 425°F. In a large bowl, mix all vegetables with maple syrup, seasoning, and salt and pepper, tossing vegetables until coated. Pour out onto a baking sheet, spread evenly, and put on middle rack of oven. Depending on the oven, vegetables can take anywhere from 20-40 minutes to roast. Take out when sweet potatoes are soft when tested with a fork for doneness.

Portobello mushrooms provide a huge variety of health benefits. They are high in fiber (controls cholesterol and blood-sugar levels), provide potassium (electrolyte mineral necessary for muscle contractions, protein synthesis, nerve function and acid-alkaline balance), phosphorous (aids in bone strength, kidney filtration, and the reduction in muscle soreness after exercise), and B vitamins (red blood cell formation, energy production and nervous system function), all while being low in calories.

RUSTIC CORN BREAD

Maggie Weber Striplin The Conscious Kitchen Staff Marin City, California

Renowned for its coarse texture and distinctive aroma, cornbread is a staple for traditional autumn meals. Our cornbread is traditionally nostalgic yet innovatively original. Mixing cornmeal, an old Native American ingredients, with flax seed, a native to the Middle East, makes this East-Meets-West snack uniquely rustic. For a fun - and utterly delicious - way to eat the cornbread, break it up, put it in an empty glass, and add organic buttermilk. Watch as the bread soaks the milk and enjoy!

Serves 3-4

2 tablespoons ground flax seeds

4 teaspoons baking powder

6 tablespoons water

¾ teaspoon table salt

1 cup all-purpose flour

1 cup soymilk (or other alternative milk)

1 cup non-GMO cornmeal

¼ cup oil

¼ cup sugar

Preheat oven to 425°F. Spray an 8" by 8" baking dish with nonstick cooking spray. Bring the water to a boil in a small saucepan. Add the ground flaxseed, reduce heat to medium-low, and simmer for 3 minutes or until thickened, stirring occasionally. Set aside. In a medium bowl, whisk together the flour, cornmeal, sugar, baking powder, and salt until well-combined. Add the cooked ground flax seed, soy milk, and canola oil to the flour mixture. Beat just until smooth (don't overbeat). Turn into prepared baking pan. Bake for 20 to 25 minutes, or until a toothpick inserted in the middle comes out clean. Cool on a wire rack for 10 minutes; invert cornbread onto wire rack, then turn right side up and continue to cool until warm, about 10 minutes longer.



BALSAMIC ROASTED RAINBOW CARROTS

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

People typically associate carrots with their classic orange color, but carrots actually come in a whole rainbow of colors. From white to yellow to purple, carrots aren't always orange, just like tomatoes aren't always red. These varieties of crops are called heirlooms, which means they were grown using traditional techniques with seeds that are at least 50 years old. Pretty cool, huh?

serves 2

1 pound rainbow carrots (including greens), rinsed well and greens trimmed to 1 inch	½ teaspoon dried thyme
2 Tablespoons coconut oil, melted	½ teaspoon sea salt
1 Tablespoon balsamic vinegar	¼ teaspoon pepper
4 fresh basil leaves, chiffonade	

Preheat oven to 450°F with the rack in lower third section. In a bowl, toss carrots with oil, vinegar, herbs, salt, and pepper and spread out in a single layer on a large baking sheet. Roast in the oven for 20 minutes. Reduce oven to 325°F and roast, stirring occasionally, until carrots are browned and tender, about 25 minutes more.

*Although the different colored **carrots** may taste the same, they actually are richer in some nutrients than orange carrots. The blue and purple pigments in a carrot can improve memory, enhance vision, protect against heart attacks, act as anti-inflammatories, and even help control weight.*

WINTER SQUASH PUREE WITH THYME + CINNAMON

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Winter squash have thick protective skins that preserve their rich and nutritious flesh, making them excellent storage vegetables. Some varieties are available year-round, but their seasons typically run from late summer to mid-winter. This is a perfect back-to-school recipe as well as makes a delectable Thanksgiving side. For the best-tasting squash, make sure to pick ones that feel heavy for their size.

serves 6

1 butternut squash

1 acorn squash

1 delicata or kabocha squash

4 Tablespoons ghee or grass-fed butter

¼ cup chicken or vegetable broth (optional)

1 teaspoon dried thyme

3 cloves garlic, minced

1 teaspoon cinnamon

salt and pepper to taste

Preheat oven to 350°F. Halve each squash lengthwise and scoop out the seeds and strings with a spoon. Rub the insides with 2 Tablespoons softened butter and season with salt and pepper. Place on a roasting pan, skin side down. Roast for 30 to 40 minutes or until fork-tender. Remove the squash from the oven, scoop out the flesh and place in a food processor or blender. You can also use an immersion blender if you have one (in which case scoop squash contents into a pot). Add the remaining 2 Tablespoons of butter, broth, thyme, garlic, and cinnamon. Puree until smooth. Add salt and pepper to taste.

*Besides their incredible tastes, **winter squash** have numerous health benefits. With anti-inflammatory properties, squash will help counteract achy joints. If you're looking to reduce the risk of heart attacks, then be glad that winter squash is high in vitamin C, a crucial vitamin that improves heart health and your immune system. Winter squash is also high in folate, an essential nutrient that can help prevent birth defects.*

SPROUTED FOODS

Sprouting foods is a great way to make it easier for the body to absorb nutrients. A wide range of foods can be sprouted, including grains, legumes, radish and broccoli seeds, nuts, and any other edible seeds. These germinated seeds can either be eaten raw or cooked. Once sprouted, these foods are rich in digestible energy, fiber, essential amino acids, proteins, and minerals. Nutritionists and doctors have recommended against consuming high quantities of legumes and grains, since they contain toxins and some antinutrients. These toxins and antinutrients, including gluten, lectins, enzyme inhibitors, and phytic acid, serve as the plants' natural defense mechanisms. They allow grains to pass through animals' digestive systems unharmed. Sprouting and soaking grains and legumes give them higher nutrient profiles and help reduce antinutrients, but they do not completely eliminate them. In addition, despite their nutritional value, sprouted foods, especially commercially grown sprouts, have been linked to outbreaks of harmful bacteria, including salmonella and E. coli. This doesn't mean that we should be scared to eat sprouts. It's perfectly fine to eat sprouted foods, as long as you eat them in moderation! Added to salads, soups, or on their own, they provide many health benefits.

BEETS WITH PURPLE, SWEET, AND PINK POTATOES

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Chock-full of healthy fiber and slow-digesting carbohydrates, this dish is nutrient-dense! The dark, alluring color of beets and purple potatoes is attributed to pigments called betalains, which have antioxidant and anti-inflammatory properties, and can even help rid the body of toxic substances. And don't even get us started on sweet potatoes...

serves 4

1 large beet (or 2 medium-sized ones), sliced into ¼ inch rounds

4 purple potatoes, sliced into ¼ inch rounds

4 pink potatoes, sliced into ¼ inch rounds

2 medium sweet potatoes, sliced into ¼ inch rounds

2 Tablespoons coconut oil, melted

3 cloves garlic, minced

5 leaves fresh basil, chiffonade

½ teaspoon thyme, dried

½ teaspoon rosemary, dried

salt and pepper to taste

Preheat the oven to 400°F. In a large bowl, toss the root vegetables with the coconut oil, garlic, herbs to evenly coat and add salt and pepper to taste. Transfer the vegetables onto two baking sheets, making sure not to crowd them. Roast for about 45-50 minutes, flipping them over halfway through cooking, or until tender and evenly browned.



BRUSSELS SPROUTS WITH CARAMELIZED ONIONS, GARLIC + OLIVES

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Brussels sprouts are hands down our favorite brassica family member. They're incredibly simple to cook and pair beautifully with all kinds of dishes. Eat them hot next to a plate of roasted chicken, sautéed tofu or a hearty burger, or toss them as cold leftovers into a salad. No need to over think these little guys.

Serves 4

1 lb Brussels sprouts, halved

½ red onion, sliced

1 clove garlic, minced

¼ cup pitted olives, chopped

1 Tablespoon olive oil

1 teaspoon salt

½ teaspoon black pepper

Preheat the oven to 425°F. In a skillet, heat the olive oil on medium-high heat. Swirl the skillet so that the oil completely coats the bottom. Add the onions and cook for about 2 minutes. Add the garlic and brussel sprouts, stirring continuously for about 15 minutes. Once the brussel sprouts and onions have browned slightly, empty the skillet onto a baking sheet. Place in the oven and roast for about 25 minutes, or until tender. Remove and cool.

PURPLE MASHED POTATOES

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

We all know about russets and red-skinned potatoes, but have you ever tantalized your taste buds with a fork full of antioxidant-rich purple spuds? The compound anthocyanin, found in other nutritional powerhouse foods like deeply colored blueberries and pomegranates, are also in purple potatoes. Anthocyanin can boost immunity and provide cancer-fighting properties. With a flavor reminiscent of its less nutritious counterpart, this dish is an excellent alternative to bland mashed potatoes.

serves 3

5-6 purple potatoes (they are generally small to medium in size), peeled and quartered

organic chicken, vegetable broth, or water to cover potatoes

½ teaspoon sea salt

½ cup choice of milk or cream (unsweetened almond, coconut, hemp, flax, dairy, etc.)

2 Tablespoons ghee or grass-fed butter

1 clove of garlic, minced

1 teaspoon fresh rosemary or ½ teaspoon dried

1 teaspoon fresh thyme or ½ teaspoon dried

¼ teaspoon pepper

In a large saucepan, add potatoes and enough broth or water to cover and bring to a boil over medium-high heat. Add the salt and cook until potatoes are tender and practically fall apart. In a medium saucepan, heat the milk or cream, ghee or butter, garlic, herbs, and pepper over medium heat until simmering. Remove from heat and set aside. Remove the potatoes from the heat and drain the broth. Mash and add the milk mixture, stirring to combine. Let it stand for a couple of minutes to allow the mixture to thicken. Serve immediately.

*It's important to store your **potatoes** in a cool, dark area. Avoiding light exposure can prevent potatoes from turning green and reduce sprouting. If they do sprout, make sure to toss them in the compost. For easy post-workout consumption for athletes or runners, bake a bunch of these heirloom potatoes (pink, purple, etc.) at one time and store in the fridge. They'll keep in the refrigerator for up to a week and a half.*

QUINOA + LENTILS

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

This dish has become a staple at the Turning Green headquarters. It's simple to make, filled with healthy nutrients, and filled with flavor. What's not to love? We recommend using sprouted quinoa and lentils (for the added bonus of being more easily digestible), which can easily be found in the bulk section of your local green grocer.

serves 4

2 Tablespoons ghee

1 medium onion, thinly sliced

5 cups chicken or vegetable broth or water

1 cup sprouted green lentils, rinsed

1 cup sprouted quinoa, rinsed

2 cloves garlic, minced

½ teaspoon turmeric

1 teaspoon curry powder

1 teaspoon dried thyme

salt and pepper to taste

In a 10-inch skillet, heat ghee over medium heat. Add onions; reduce heat to medium-low. Cook, stirring occasionally, until onions are golden and caramelized, 35 to 40 minutes. Season with salt and pepper. Meanwhile, in a 3-quart saucepan, bring the broth or water to a boil. Add lentils, quinoa, garlic, spices, thyme, ¼ teaspoon salt, and ¼ teaspoon black pepper. Reduce heat to a simmer, cover, and cook 15 minutes. The liquid should be absorbed and the lentils and quinoa tender. Season with additional salt and pepper if needed. Scatter onions on top.

*Contrary to popular belief, **quinoa** is not a grain. In fact, it's a seed! That little string it releases when cooked is the germ of the seed, which is why it's gluten-free. It's also related to spinach, beets, and chard. The best part? Quinoa is a complete protein, meaning it provides all nine of the necessary amino acids our bodies can't produce but are essential to function. Can you say superfood?*

SOYBEANS

Soybeans are legumes that originated in East Asia, but are now being produced on a large scale in the United States. Soy is used in tofu, soymilk, and various dairy and meat substitutes. It is also used in fermented foods like miso, natto, and tempeh. Over 90% of soy produced in the U.S. is genetically modified and the crops are sprayed with the herbicide Roundup, which has been associated with negative health effects including increased risk of autism, gastrointestinal diseases, allergies, cardiovascular disease, cancers, infertility, Alzheimer's disease, Parkinson's disease, multiple sclerosis, ALS, and more. Conventional meat, eggs, and dairy all come from animals whose diets are typically high in soy. If you're a vegetarian, it is likely that soy-based products such as tofu or tempeh are made with GMO soy. When buying soy products, make sure to look for the Organic and Non-GMO seals on the packaging, because soy has a lot of great health benefits too. One to two servings a day of soy foods like miso, tempeh, tofu, soymilk, and edamame (young soybeans in the pod) will offer you high protein while remaining low in saturated fats and calories.



GARLIC MASHED CAULIFLOWER

Komal Agarwal Rice University Houston, Texas

This recipe is a wonderful, healthy alternative to traditional mashed potatoes, without skimping on any flavor. We suggest adding nutritional yeast for a delicious cheesy flavor or adding some bacon bits and chives.

serves 4

1 medium cauliflower, cut into florets

½ teaspoon dried basil

2 Tablespoons grass-fed butter or ghee

splash of almond milk or pastured cream

3-4 cloves of garlic, minced

salt and pepper to taste

½ teaspoon dried oregano

nutritional yeast (optional)

In a steamer, steam the cauliflower florets for 5-7 minutes or until tender. While the cauliflower is cooking, melt the butter in a pan and sauté the garlic with the dried herbs until the garlic is golden brown. Remove from heat. Once the cauliflower is done cooking, place it in a large bowl with the cream/almond milk and mash with a potato masher. Alternatively you can put the steamed florets food processor with the milk/cream and process until smooth. Mix in the garlic butter, salt and pepper to taste, and nutritional yeast. Serve immediately.

Cauliflower is actually a flower that hasn't opened yet. It's full of nutrients that may help reduce the risk of certain cancers, like bladder, breast, colon, prostate, and ovarian cancer.

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POACHED EGGS IN A NEST OF GREENS WITH CHEESE

Madeleine Welsch Skidmore College Saratoga Springs, New York

Poached eggs don't have to be eaten in a lonely or boring manner. Give the eggs a home in a nest of green leaves and add a little umph with a sprinkle of paprika and a large coating of shredded cheese. It's perfect for lunch or dinner!

serves 1

1 Tablespoon olive oil

¼ onion, chopped

1 clove garlic, minced

2-3 cups leafy greens (chard, kale, spinach), rinsed, destemmed, and chopped into 1 inch strips

1 Tablespoon water

4 pastured eggs

freshly ground black pepper

paprika

shredded cheese

toast, baguette, potatoes for serving

In a skillet, heat the oil, add the onion and cook until soft. Add the garlic and cook for another 30 seconds, stirring so the garlic does not burn. Add the greens and water and cover the pan to wilt the greens, stirring occasionally so that the onions don't burn on the bottom of the pan. When the greens have cooked down, use a spoon to make depression or nest in the greens for each the eggs you'll be poaching. Break an egg into each nest and sprinkle paprika and pepper on top of the egg. Sprinkle generous amount of shredded cheese over eggs and greens. Cover the pan to poach the eggs and melt the cheese. When the eggs are poached, take a large serving spoon and transfer the nested eggs onto individual plates. Serve with with toast, baguette, or potatoes.



GRASS-FED BEEF TOSTADA WITH A SPICY CREAM SAUCE

Sarah Swainson University of Tennessee at Chattanooga Chattanooga, Tennessee

This is a quick and easy recipe for one, but could easily be doubled, or quadrupled to make a meal for friends or family.

serves 1

2 Tablespoons coconut oil

3 ounces grass-fed ground beef

1 teaspoon cumin

½ teaspoon chili powder

pinch salt

¼ teaspoon pepper

1 corn tortilla

1 Tablespoon Greek yogurt

½ teaspoon sriracha

spritz of lime juice

tostada toppings of choice

In a skillet, over medium heat, add 1 Tablespoon coconut oil and brown the meat. Once meat is almost cooked add the spices, salt, and 1 tablespoon of water, stirring to combine. Simmer on low heat, covered, for about 5 minutes, or until water has reduced and meat is fully cooked. Remove from heat and set beef aside. Wipe out skillet. Heat 1 teaspoon coconut oil. Place a tortilla in the skillet and cook on each side for about 1 minute. Remove from heat and set aside. To make the sauce, mix together the yogurt, sriracha, and lime juice. Spread this onto the warm tortilla. Add the meat and top with desired toppings. Avocado, pineapple, spinach and feta cheese go very nicely. Black beans and tomatoes are also suggested.



ROASTED PEACHES + PORTOBELLO MUSHROOMS WITH GOAT CHEESE + ARUGULA ON TOAST

Lizzy Elliot Wesleyan University Middletown, Connecticut

We all love the classic marriage that is sweet and savory. But why not introduce tangy creaminess, fresh herbs and peppery spice? There's something really special about this full-flavored sandwich, so try it yourself!

serves 1

2 Tablespoons balsamic vinegar

1 Tablespoon of extra virgin olive oil

a pinch of salt

2 small portobello mushrooms, cleaned and stem removed

1 large peach, cut into ½ inch slices

2 whole-wheat or gluten-free English muffins

¼ cup goat cheese

2 Tablespoons pesto

½ cup arugula

Preheat oven to 425°F. In a medium-sized bowl, combine the balsamic vinegar, olive oil, and a pinch of salt. Place mushrooms and peach slices into the bowl, tossing gently to coat and marinate for 10 minutes at room temperature. Transfer mushrooms and peach slices to a rimmed baking sheet, placing mushrooms cap-side up. Drizzle 1 Tablespoon of leftover marinade over mushroom caps and roast in the oven for 8 minutes. Remove peaches from baking sheet and set aside to prevent them from over-cooking. Flip mushrooms over (gill side up) and place baking sheet back in for another 8-10 minutes. During this time, toast the English muffins. When mushrooms have finished cooking (they should be soft and juicy), assemble your sandwiches. On one side of the English muffin, layer goat cheese, pesto, peach slices, mushroom, and arugula, dividing all ingredients evenly between two sandwiches. Top the lid of the English muffin and serve immediately. Delicious!

ZUCCHETTI PASTA WITH PESTO AND GRASS-FED MEATBALLS

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

This recipe will truly test your culinary expertise. We're making the pasta, pesto, and meatballs from scratch so put your chef's hat on and start getting to work! In case you didn't know, zucchini is our version of gluten-free pasta, made entirely from zucchini. Friends, family and fresh, organic ingredients will make this meal an unforgettable experience!

serves 2-3

3 medium zucchini

½ teaspoon rosemary, minced

½ teaspoon thyme, minced

salt and pepper to taste

1 pound grass-fed ground meat

2 cups packed basil

¼ cup walnuts

2 cloves garlic

¼ cup olive oil

Using a julienne slicer or spiralizer, slice the zucchini into thin spaghetti strips and set aside. On a plate, combine the rosemary, thyme, salt and pepper. Form the meat into meatballs, coating the outsides evenly with the herb mixture. In a skillet on medium heat, grease with coconut oil and start cooking the meatballs, watching them carefully so they brown evenly. When they begin to brown, turn down the heat and cook until they are fully cooked on the inside. While the meatballs are cooking, place the basil, walnuts, and garlic, into a food processor and pulse until almost fully blended. Slowly pour in the olive oil until you reach a creamy pesto consistency. Add salt and pepper to taste. Remove the meatballs from the skillet, leaving behind the juices. Add the zucchini and cook on medium heat until tender, adding in the pesto and stirring to coat the zucchini evenly. Finally add the meatballs until warm. Serve and garnish with basil.

Grass-fed beef comes from cows that grazed in pasture, whereas conventionally raised cows are fed processed corn. The phrase 'you are what you eat' definitely holds true for cattle as well, since a grass-diet results in beef with higher levels of vitamin B12, selenium, omega-3s, vitamin E, beta-carotene, and CLA (a beneficial fatty acid). Make sure to ask your butcher for 100% grass-fed beef.





MEAT

Americans spend a whopping total of \$142 billion annually on meat, not including seafood. The fat in meat can take a toll on your body if it's consumed in too great a quantity. A study in the journal *Internal Medicine* showed that eating more than a single serving of red meat (about the size of a single deck of cards) every single day can potentially increase the risk of death by 13% from health problems such as cancer or heart disease. If that red meat is processed (like bacon or hot dogs), that risk goes up to 20%. This danger is associated with the cholesterol and saturated fat found in red meat. But not all fat the meat contains is bad for you. There are three main types of saturated fat in red meat: stearic acid, palmitic acid, and myristic acid. Stearic acid is the good kind of saturated fat; it won't raise blood cholesterol levels, while palmitic and myristic acid both more likely will.

If you do choose to eat beef, make sure it's grass-fed. Grass-fed animals don't need the large quantities of antibiotics that cattle raised in Confined Animal Feeding Operations (CAFOs) (also known as factory farms) do. Grass-fed meat is lower in overall fat, higher in stearic acid (which means it'll have lower proportions of palmitic and myristic acid), and higher in omega 3s (which help prevent inflammatory diseases like heart disease and arthritis). In CAFOs, cows are rapidly fattened up with grain-based feeds made usually with soy or corn. These cows are often given hormones to grow and antibiotics to survive the germ-ridden living conditions. Meat from pastured cattle is up to four times higher in vitamin E than meat from feedlot cattle, and much higher in conjugated linoleic acid, a nutrient associated with lower heart disease and cancer risk.

If you do choose to eat meat, look for sustainable, pasture-raised, and organic meats. This ensures that the animal was treated humanely, had a healthier life, and is overall better for you and the planet.

ROSEMARY-CUMIN LAMB BURGER WITH MINT CUCUMBER YOGURT + BUTTER LETTUCE LEAVES

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Everybody loves a good burger - but sometimes they can be a little heavy on the meat and light on the healthy. This burger, however, strays from the classics with its gyro-like edge that combines a plethora of Mediterranean flavors to serve up a refreshingly light dish. Serve alongside our sweet potato fries and you're pretty much set.

serves 4

for the burger:

1 lb ground lamb

2 Tablespoons fresh rosemary, minced

1 small shallot, diced

1 clove garlic, minced

½ teaspoon salt

¼ teaspoon cumin

¼ teaspoon pepper

1 cucumber, sliced

butter lettuce leaves

for the yogurt:

¼ cup fresh mint leaves, chopped

1 Tablespoon lemon juice, freshly squeezed

1 cup whole milk grass-fed greek yogurt

½ teaspoon sea salt

¼ teaspoon freshly ground black pepper

In a medium bowl, combine the lamb, rosemary, shallot, garlic and seasonings. Gently work the mixture with your hands to combine everything, without overworking the meat (this will give you tough patties). Divide into 4 balls, shaping them into patties of desired size and thickness. Set aside. In a small bowl, mix all the yogurt ingredients until well incorporated. Make sure not to over-mix this as well, you want it to be creamy with the consistency of mayo. Set aside.

Heat up a 12" skillet over medium-high heat. Add a little oil if needed. Avoid over-crowding the skillet by cooking only two patties at a time. Pro Tip: flatten the center of the patties with your thumb, this will help them keep their size and from puffing up in the middle. Once all the patties are cooked, transfer to a plate and let them sit for about 5-7 minutes (this is important, so don't skip this step - it helps the burger retain its juiciness). In the meantime, slice the cucumber and prepare your butter lettuce leaves for the wraps. When cooled, place each patty into a butter lettuce wrap and garnish with the cucumber and yogurt. Serve immediately.

HERB-ROASTED CHICKEN

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Easy, simple, and absolutely delicious. Regardless of your culinary experience and technique, this recipe is foolproof. Bring this dish to a potluck with your friends or serve alongside candlelight to a new love interest. No matter the audience, it's guaranteed to please all omnivorous taste-buds.

serves 2-3

2 chicken breasts or legs, skin-on and bone-in

2 Tablespoons coconut oil

choice of fresh or dried herbs

pink sea salt

2 garlic cloves, chopped

freshly ground black pepper

Preheat oven to 425°F. Loosen the chicken skins and slide in your selected herbs. As an example, we loved pairing our chicken with sprigs of fresh rosemary or some leaves of fresh sage. Add the chopped pieces of garlic under and over the skin as well. Season with salt and pepper. In a 12" skillet, heat coconut oil, over medium-high heat. When hot, place the breasts skin-side down and brown for about 5-6 minutes. Once they're ready, place on a baking sheet (skin-side up) and roast in the oven for 20 minutes. Remove from the oven and cool for 10-15 minutes prior to slicing.



QUINOA MAC AND CHEESE

Anna Hankins Wachusett Regional High School Holden, Massachusetts

Making quinoa macaroni and cheese is the perfect way to combine health with comfort food. This pasta has complex carbs, protein and calcium, yet makes no compromises towards taste. Snuggle up to this cheesy deliciousness with friends, family, or even just yourself (the pasta is really that comforting).

serves 2

2 ounces quinoa macaroni

1 ounce cheddar cheese

2 ounces heavy cream

quinoa greens (optional)

In large pot, bring water to a rolling boil. Once boiling, add enough salt so the water tastes salty. Add the 2 ounces of dried macaroni (per portion) to the water and cook (approximately 10 minutes). Pull macaroni out of the pot and spread out on a sheet tray to cool. In a saucepan, add 2 ounces of cream, 1 ounce of cheese, and 2 ounces of macaroni per serving. Place the pan on medium heat and cook until the cream starts to bubble and simmer. Slowly stir and allow the pasta to thicken (approximately 5 minutes). Season with salt, then scoop out the pasta onto the plate. Garnish with fresh quinoa greens.

*More flavorful than spinach, but less spicy than arugula, **quinoa greens** are a nutritional powerhouse. They contain 23 times more calcium than spinach, with 2920 mg per 100 grams. They also have seven times more iron than spinach and more protein than the quinoa grain. Popeye, we think you were eating the wrong greens!*



CUBAN PUMPKIN PASTA SALAD

Illana Penfield High School Penfield, New York

This recipe is a twist on the traditional bland pasta salad. Thanks to the simple ingredients and delicious combination of Cuban flavors from the paprika, cumin, ginger, and pumpkin, this dish is likely to become a staple in your kitchen.

serves 1

3 cups spinach

¼ teaspoon cumin

¾ cup whole grain pasta (gluten-free if desired)

½ teaspoon smoked paprika

½ cup pumpkin

½ teaspoon ginger

In a bowl, add spinach and set aside. In a pot, bring 3 cups of water and a generous pinch of salt to a boil. Add pasta, cook until soft. While pasta is cooking, mix pumpkin with cumin, smoked paprika, and ginger in a bowl. Heat pumpkin mixture in the microwave for 30 seconds and scoop over spinach. When pasta is cooked, strain and add to the pumpkin and spinach, mixing so that the heat from the pumpkin and pasta wilts the spinach.

ARIZMENDI CHILI

Lizzy Elliot Wesleyan University Middletown, Connecticut

This recipe is the ultimate comfort food, filled with warming spices and satisfying flavors. Feel free to pair it with homemade cornbread or try it as a filling for lettuce cups. You could even add grass-fed lamb, beef or pasture-raised turkey if that's your kind of thing. Perfect for vegetarians and omnivores alike, this delicious dish is a surefire hit, guaranteed to entertain your guests at your next get-together.

serves 4

- | | |
|-----------------------------------|--|
| 3 Tablespoons olive oil | 1 16-ounce can diced tomatoes or 1 ½ cups fresh |
| 1 onion, chopped | 1 16-ounce can pinto bean, drained and rinsed |
| 2 Tablespoons chili powder | 1 16-ounce can kidney beans, drained and rinsed |
| ¼ teaspoon cayenne | 6 cups vegetable broth |
| 1 Tablespoon cumin | 1 bunch cilantro, chopped |
| 1 Tablespoon oregano | 1 bunch parsley, chopped |
| 1 Tablespoon tomato paste | |

In a large pot, heat the oil and sauté onions for 5 minutes. Add chili powder, cayenne, cumin and oregano, stirring to combine. Add the bell pepper, tomato paste, and tomatoes, and cook for another 5 minutes. Add beans and vegetable broth. Bring to a boil, reduce to a simmer, and cook for 20 minute. Add cilantro and parsley, cook for another 10 minutes at a medium-low heat.

CAULIFLOWER CRUST PIZZA

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

This recipe is a fun and healthy take on traditional pizza. Regular pizza dough is given a completely veggie (and gluten-free) makeover using cauliflower. Feel free to top it off with your favorite pizza toppings. You won't miss the gluten because you'll be too busy NOT feeling guilty eating slice after slice!

serves 2-3

1 Tablespoon coconut oil

1 large yellow onion, diced

2-3 cloves garlic, minced

10 medium tomatoes, chopped

2 Tablespoons tomato paste

2 Tablespoons basil, chopped

1 Tablespoon oregano, chopped

½ cup white wine (optional)

salt and pepper to taste

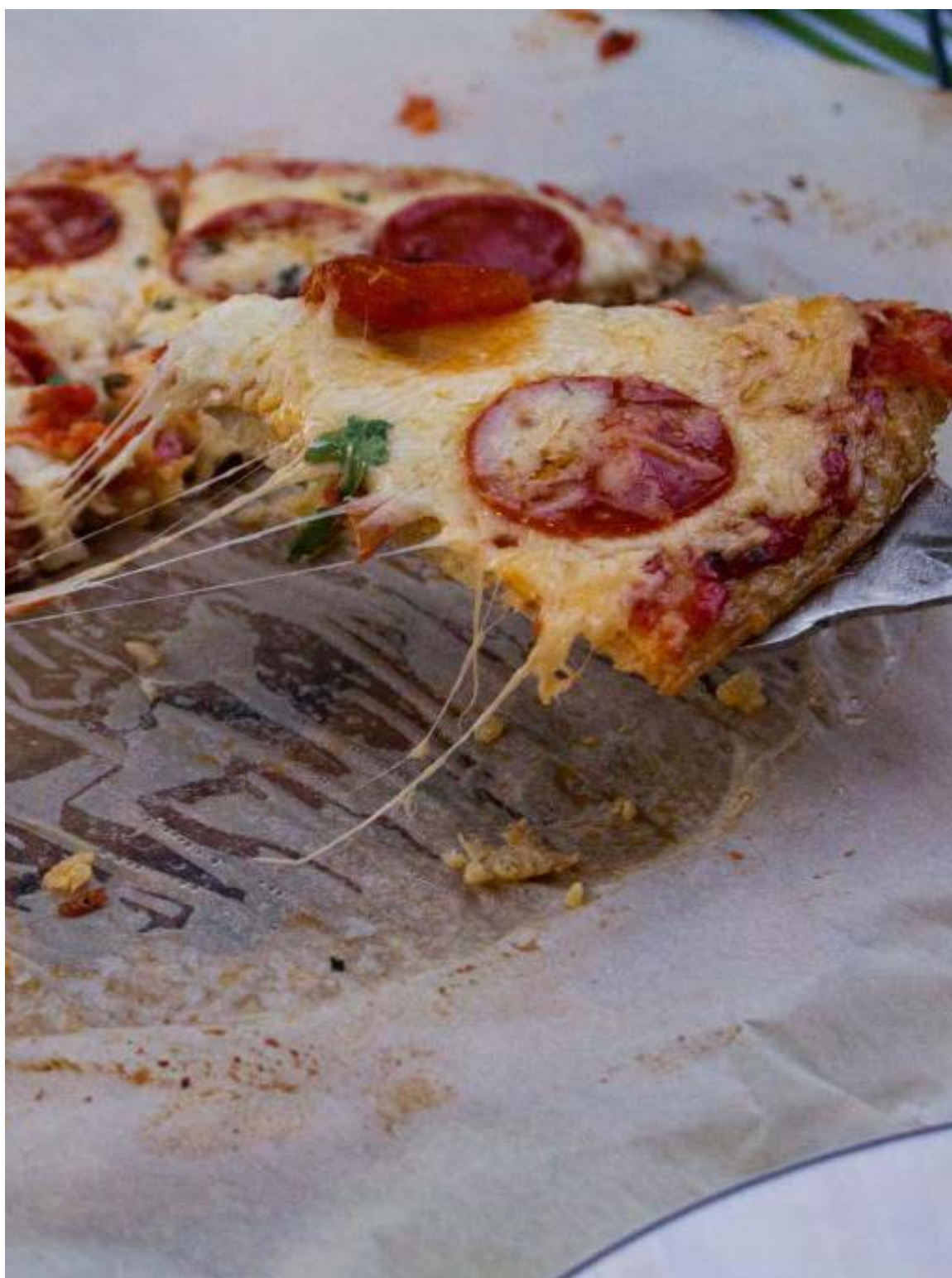
3 heads cauliflower, cut into florets

2 large pastured eggs

2 cloves of garlic, minced

pizza toppings of choice

Preheat the oven to 350°F. In a sauté pan, heat the coconut oil and add the onion and cook covered until translucent, stirring occasionally. Add the garlic and cook, stirring, another 30 seconds. Add tomatoes, stir, and simmer on medium-low heat for about 15-20 minutes. Add the herbs, tomato paste, white wine, and salt and pepper to taste. Cook for about 20 minutes until the sauce thickens. Place the cauliflower florets into a food processor and pulse until finely chopped and about the consistency of rice. In a well-greased skillet, cook the cauliflower until tender. Allow it to cool on a kitchen towel for 5-10 minutes. Bundle the cooled cauliflower into the towel and strain out as much excess liquid as you can by twisting and squeezing the towel. When you unwrap the cauliflower, it should hold a shape similar to a round ball of dough. Place the cauliflower into a mixing bowl and combine with the eggs. Add salt and pepper to taste and transfer the dough mixture onto your baking surface. We recommend using a piece of parchment paper to prevent it from sticking. Now, using your hands, gently shape your pizza crust and bake for 15 minutes, or until your crust begins to harden and brown on the edges. Remove from the oven and top with the pizza sauce and toppings. Return to oven and cook another 5 minutes before eating.





HUMMUS VEGGIE WRAPS

Lizzy Elliot Wesleyan University Middletown, Connecticut

This nutty, cheesy, delicious wrap is guaranteed to make your mouth water. With hummus, almonds, and edamame, this meal is packed with protein, healthy fats, and lots of nutrients. This wrap is easy to take on-the-go or share with friends and perfect for staying satisfied throughout the day.

serves 2

2 Tablespoons balsamic vinegar

2 Tablespoons olive oil

1 inch piece fresh ginger, peeled and grated

salt and pepper to taste

½ cucumber, diced

¼ red onion, diced

½ cup almonds, diced

⅓ cup edamame

2 spinach tortillas

½ cup organic hummus (homemade or store bought)

2 cups mixed greens

2 cups baby spinach

½ cup feta cheese, crumbled

In a medium bowl, whisk together the vinegar, olive oil, and ginger in a small bowl. Add salt and pepper to taste. Add cucumbers, onion, almonds, edamame and toss to coat. Spread half of the hummus onto each of the tortillas. Divide the salad mixture and greens between the two tortillas, sprinkle each tortilla with feta cheese, and wrap up like a burrito!

*Make your own **hummus** by combining 1 ½ cups cooked chickpeas, 1 small garlic clove, ¼ cup water, 2 tablespoons lemon juice, 2 tablespoons tahini, and 2 tablespoons olive oil in a food processor. Add salt and pepper to taste.*

CREAMY AVOCADO PASTA

Sarah Settani University of Illinois Urbana, Illinois

This delicious pasta is the epitome of comfort food. Acquainting the creaminess of avocado to parmesan escorts your taste buds to the ultimate pasta-heaven. The garlic and lemon are perfect complements to the creamy avocado, which all work together to make this a lighter dish. With a quick 15 minutes in the kitchen, we can guarantee your standards for pasta will be changed forever.

serves 4

12 ounces whole grain pasta (gluten-free if desired)

2 ripe avocados, pitted and scooped

1 organic lemon, juiced

2 cloves garlic

¼ cup olive oil

1 handful fresh basil

¼ teaspoon salt

Freshly grated parmesan (or nutritional yeast for vegan option)

Fill a medium-sized pot with water and bring to a boil. Add pasta, reduce heat slightly, and cook until al dente. In a food processor or blender, combine avocado flesh, lemon juice, garlic, olive oil, basil, and salt. Blend until smooth and creamy. Set aside in a large bowl. Transfer cooked pasta to the bowl and toss with avocado mixture. Serve with grated parmesan or nutritional yeast, if desired.

*Have a lingering cough or headache? Rather than reach into the medicine cabinet you might want to try eating **basil**, a powerful antibacterial and anti-inflammatory. The volatile oils in basil have been shown to slow the growth of disease-causing bacteria and one chemical, eugenol, works to decrease inflammation similarly to anti-inflammatory drugs. Tea made from basil can actually help relieve symptoms of cramps, constipation, anxiety, and depression. That is what we like to call food as medicine!*





SPAGHETTI SQUASH WITH RED SAUCE

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Slightly sweet, yet incredibly savory. This recipe is a wonderful way to incorporate more vegetables into your life. Spaghetti squash is literally nature's pasta. No flour needed. This healthy take on comfort food is sure to leave you feeling refreshed and enlightened.

Serves

2 spaghetti squash

5-6 roma tomatoes

Need cooking directions

DESERTS

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CANDIED PEACANS

Madeleine Welsch Skidmore College Saratoga Springs, New York

Pecans are a nice, simple snack, but candied pecans are even better. Sugar and cinnamon give this classic an extra kick - making dessert time that much sweeter and tastier.

serves 6-8

1 cup granulated sugar

2 teaspoons ground cinnamon

1 teaspoon salt

2 egg whites

2 Tablespoons water

½ teaspoon vanilla extract

1 pound pecan halves

Preheat oven to 250°F. Line a large rimmed baking sheet with parchment paper; set aside. In a large bowl, combine the sugar, cinnamon and salt. In another bowl, whisk together egg whites, water and vanilla extract. Add pecans to white mixture and stir with a spatula until they are evenly coated. Using a slotted spoon, remove pecans from the egg white mixture and drop into the bowl with the cinnamon-sugar mixture. Mix until pecans are fully coated. Using a slotted spoon, remove pecans from the bowl and place onto the prepared baking sheet in a single layer. Bake for 1 hour, stirring every 15 minutes. Remove from the oven and cool to room temperature. Feel free to switch out pecans for other nuts such as walnuts, almonds, or create your own nut mix.

*An ounce of **pecans** provides you with 10% of your daily fiber intake, which aids in moving things better through your digestive system. Pecans are also good for your heart, with antioxidants, 19 vitamins and minerals, and healthy fat.*

VANILLA CHIA SEED PUDDING

Erin Ohio State University Columbus, Ohio

Prepare yourself for a delightfully tasty, nutritious, and simple pudding. Did you know that these energizing seeds have been linked to weight loss, improved blood pressure, and are an excellent source of omega-3 fatty acids? Treat yourself, guilt-free, to this sweet pudding for dessert, breakfast, or even as a pre-workout energy booster.

serves 1

1 cup unsweetened vanilla almond milk

1 ½ Tablespoons honey

1 teaspoon vanilla

¼ cup chia seeds

In a medium bowl, whisk together all the ingredients and let sit in refrigerator overnight. Top with fresh berries, almonds, or granola to serve.





CARROT CAKE MUFFINS WITH MAPLE CREAM CHEESE FROSTING

Anna Rhoads Humboldt University Humboldt, California

Almond flour has a very high nutrient density and adds a perfectly nutty flavor to the already delicious blend of fresh carrots and coconuts. These muffins, packed with healthy fats and nutritional benefits that will keep you powered throughout the day.

serves 12

for the muffins:

2 cups almond flour

1 teaspoon baking soda

1 ½ teaspoons baking powder

½ teaspoon kosher salt

2 teaspoons ground cinnamon

¾ cup granulated sugar

½ cup packed light brown sugar

3 cups organic carrots, peeled and grated

1 cup chopped macadamia nuts (optional)

½ cup organic coconut oil

4 pastured eggs, beaten

1 teaspoon apple cider vinegar

½ cup room temperature organic milk or dairy substitute

for the maple cream cheese frosting:

1 ½ cups cream cheese

¼ cup maple syrup

1 teaspoon cinnamon

2 Tablespoons milk

Preheat oven to 350°F. Line two standard 12-cup muffin tins. Set aside. In a large bowl, place the flour, baking soda, baking powder, salt, cinnamon and granulated sugar. Whisk to combine well. Add the brown sugar. In a separate, bowl, place the carrots and chopped nuts. Add a tablespoon of the dry ingredients to the bowl of carrots and nuts, and toss to combine. Set both bowls aside. In a separate bowl, place the oil, eggs, vinegar and milk, and whisk until mixture is pale and frothy. Working quickly, create a well in the center of the bowl of dry ingredients, and pour in the oil and eggs mixture. Mix to combine well. Add carrots and nuts mixture to batter, and mix until just combined. Fill muffin tins ¾ full and bake until a toothpick inserted into the batter comes out clean. For the frosting, cream all ingredients together in a mixer or by hand. Top muffins once they are cooled. These can be refrigerated and stored for up to a week. About 20-25 minutes.

HEMP OATMEAL COOKIE

Erin Schrode Co-founder, Turning Green Marin, California

Hemp is among the most versatile, sustainable supercrops on earth. We incorporate hemp-based goods into our lives wherever and whenever possible – food, apparel, paper, textile, soap, you name it. And baked goods are no exception! This spectacular hemp oatmeal cookie recipe is gluten-free AND vegan – packing nutrition and flavor into deliciously phenomenal morsels. Give it a whirl! Feel free to add nuts, chocolate, dried superfoods, or anything you desire when you mix in the oats. Here's to hemp!

serves 6-12

1 cup coconut butter at room temperature

½ teaspoon salt

1 ½ cups coconut sugar

1 ½ cups oat flour (simply grind up oats in a blender)

**2 Tablespoons chia seeds (pre-hydrate in 6
Tablespoons water for 15 minutes until viscous)**

3 cups old-fashioned oats

2 teaspoons vanilla extract

**1 bag hemp seeds (Nutiva shelled seeds shine bright in
this recipe!)**

1 teaspoon baking soda

Preheat oven to 350°F. Cream coconut butter and sugar. You can do this by hand with a wooden spoon. Add the chia seed mixture and vanilla. Stir in baking soda, salt, and flour. Finally, mix in the oats. Pour hemp seeds onto a plate and begin to form cookie dough into small balls. Dip into hemp seeds to coat the top. Bake for 10 to 15 minutes. Let cool and enjoy!

*We aren't kidding when we call **hemp seeds** a superfood. Every hemp seed brings you closer to good health; they're good for your heart, skin, and hair, and they stimulate digestion, build muscle mass, balance hormones, improve your immune system, reduce symptoms of menopause and menstruation, stimulate metabolic activity, build strong bones, treat insomnia and anemia, aid in weight loss, and prevent various cancers.*





SUMMER SEASONAL FRUIT SALAD WITH TANGY LIME DRESSING

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

This summer salad will transform your local seasonal fruit from the farmer's market into an alluring and appetizing salad. The dressing, a tangy lime sauce, will ornament your fruit to give it that extra oomph. This isn't just your regular fruit salad, this is a carefully crafted creation.

serves 2

½ cup unsweetened whole fat yogurt

1 teaspoon lime zest

¼ cup fresh lime juice

¼ cup honey

2 cups peaches, diced

2 cups cantaloupe, peeled and diced

2 cups halved hulled strawberries

1 cup blueberries

1 ½ cup raspberries

Add any other fruit depending on what is fresh and seasonal at the time!

In small bowl, whisk the yogurt, lime zest, lime juice, and honey to blend and set dressing aside. In a large bowl, combine remaining ingredients together. Mix dressing into fruit and let stand for 15 minutes prior to serving to blend flavors.

*We aren't kidding when we call **hemp seeds** a superfood. Every hemp seed brings you closer to good health; they're good for your heart, skin, and hair, and they stimulate digestion, build muscle mass, balance hormones, improve your immune system, reduce symptoms of menopause and menstruation, stimulate metabolic activity, build strong bones, treat insomnia and anemia, aid in weight loss, and prevent various cancers.*

DARK CHOCOLATE AVOCADO MOUSSE WITH PISTACHIOS + RASPBERRIES

Madeleine Welsch Skidmore College Saratoga Springs, New York

Decadent, indulgent, silky, rich, and nutritious? Believe it or not, but all of these words CAN belong in one sentence. Looking to entertain some friends? Impress a significant other? Or just feel like gorging on some chocolate alone in your room? Look no further than this simple - yet stunningly fancy - chocolate mousse.

serves 2

½ cup fair trade organic dark chocolate chips

1 large ripe avocado

2 Tablespoons 100% pure maple syrup (plus more to taste)

¼ cup raw cacao powder, sifted

¼ cup unsweetened coconut milk

1 Tablespoon melted coconut oil

1 teaspoon organic vanilla extract

¼ teaspoon of high quality sea salt

½ cup raspberries

¼ cup crushed pistachios

Place chocolate chips in a small glass bowl. To create a double boiler, place the bowl on top of a small saucepan of simmering water. Make sure the bottom of the bowl doesn't touch the water. Stir until the chocolate is melted and smooth, about 3 minutes. Set aside to cool slightly. Place the melted chocolate, avocado, maple syrup, cacao powder, coconut milk, coconut oil, vanilla and salt in a food processor. Blend until smooth and creamy, scraping the sides of the bowl as needed. Transfer the mousse to individual bowls and garnish with fresh raspberries and pistachios. Serve chilled.

*Feel good about eating fair trade chocolate! **Fair trade** ensures that farmers are receiving a fair price for what they produce and prohibits slave or child labor. Plus, fair trade allows farmers to explore organic techniques that make their chocolate pesticide and herbicide free.*

RASPBERRY CHOCOLATE ECLAIRS

Madeleine Welsch Skidmore College Saratoga Springs, New York

The indulgent combination of raspberry and chocolate is unforgettable within itself, but once you stuff these flavors into an éclair, it is very possible that your life will be changed forever. Don't say we didn't warn you.

serves 2-3

for the pâte à choux:

½ cup water

½ cup whole milk

½ cup (115 g) butter, cut into pieces

2 teaspoons sugar

½ teaspoons salt

1 cup flour, sifted

4 large pastured eggs

for the vanilla pastry custard:

2 cups whole milk

½ cup sugar

5 egg yolks

2 Tablespoons flour

4 Tablespoons cornstarch

1 teaspoons vanilla extract

2 Tablespoons butter

for the chocolate glaze:

¼ cup heavy cream

4 ounces fair trade dark chocolate or semi-sweet chocolate chips

1 Tablespoons butter

for the decoration (optional):

organic Raspberries

fair trade white chocolate

For the pâte à choux: Preheat the oven to 425°F and line a large baking sheet with baking paper. Put the water, milk, butter, sugar, and salt in a large saucepan and bring to a boil over medium high heat. When it boils, remove it from heat immediately and quickly stir in the sifted flour with a wooden spoon all at once. Put the pan back over the heat, and vigorously stir the dough, until it pulls away from the sides of the pan and no longer sticks to the spoon. Scrape the dough out into a bowl, and add the eggs one at a time, stirring constantly until the dough is glossy and smooth. Fill a pastry bag with a large plain tip and pipe out 8 4-5" lengths of dough. If you don't have a pastry bag, recycle an old sandwich bag and cut the tip off. Bake for about 15 minutes, then reduce the heat to 375°F and prop the oven door open with the handle of a wooden spoon and bake for about 25 minutes more, until golden brown. Cool completely on a wire rack at room temperature.

Pastry cream: While the eclairs are baking, in a medium saucepan, bring the 2 cups of milk to a boil over medium heat, then remove from heat. In a mixing bowl, whisk the sugar and egg yolks together, until white and fluffy. Add the flour and cornstarch, and mix thoroughly until combined and smooth. Whisk in about $\frac{1}{2}$ cup of the hot milk into the egg yolk mixture, whisking constantly as you pour it in. Whisk in the remaining hot mixture, then pour it back into the saucepan and cook again over medium high heat, whisking constantly, until the mixture thickens and begins to boil. Stir in the vanilla and butter and allow to cool.

Chocolate glaze: While the eclairs are cooling, heat the cream in a glass bowl above boiling water in medium saucepan. Once the cream is hot, pour it over the chocolate and butter. Let it sit for a minute or less and then stir to combine.

Assembly: Fill a pastry bag with the pastry cream, and use a medium small tip to pipe the filling into the eclairs. You can do this from the bottom, making two holes. Do not over-fill. Alternately, you can also cut the eclairs almost in half and just pipe the cream into the middle of them. Dip the top of the eclairs into the still warm chocolate glaze, then set on a sheet pan and chill in the fridge for about 1 hour to set the glaze. Decorate the eclairs with raspberries or another fruit. Heat white chocolate in a glass bowl above a pan of water and once melted, drizzle the chocolate over eclair.





RHUBARB BERRY BREAD

Madeleine Welsch Skidmore College Saratoga Springs, New York

This rhubarb berry bread is bursting with delicious flavors in every bite. Don't feel like making bread? No problem! This recipe can be easily adapted into a basic muffin recipe. You could even make scrumptious bread and muffins in one sitting - if you dare! Sharing is highly recommended, but not mandatory.

serves 6-8

1 cup fresh rhubarb

1 ½ cups mixed berries (raspberries, blueberries, and strawberries), strawberries cut into chunks

1 cup sugar, divided

2 cups sifted flour

2 teaspoons baking powder

¼ teaspoon baking soda

½ teaspoon salt

¼ teaspoon ground cinnamon and a little for the topping

dash or two ginger powder and a little for the topping

½ cup butter or coconut oil

2 eggs beaten

Preheat oven to 350°F. Combine rhubarb with ⅓ cup sugar until it becomes juicy. Then add the berries and stir. Sift flour, baking powder, soda, salt, cinnamon and ginger. Cream butter or coconut oil, gradually add ⅔ cup sugar and continue until light and fluffy. Add eggs and beat well. Add flour mixture alternately with the rhubarb berry mixture. Be careful not to over mix. If there doesn't seem to be enough liquid, add some unsweetened applesauce before mixing the wet and dry ingredients together. Pour into a well-greased bread pan and top with a fine coating of cinnamon and raw sugar. If you like you can also insert a few berries into the top of the bread for ornamentation. Bake for approximately 1 hour and 10 minutes (insert a knife into the bread, when the point comes out dry the bread is done). Recipe can be adapted for muffins by reducing the baking time.

Coconut oil is an incredible butter alternative in many recipes. It's good for your cholesterol, aids in digestion, and helps in absorbing fat-soluble vitamins. It also has an incredible amount of uses outside of the kitchen, from oil pulling (whitens teeth, kills germs, freshens breath), to moisturizing hair and skin. Get creative- there are over one hundred uses for coconut oil!



CINNAMON ALMOND CAKE WITH THYME ROASTED PLUMS

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Cinnamon and almonds are truly a match made in heaven. Add a couple of roasted plums, perfectly ripened and dressed with a hint of thyme, and you've got a cake that has everything going for it. The warm essence of cinnamon, the nutty spirit of almond, the subtle tartness of lemon, and the mild sweetness of plum, make this cake simply wondrous to devour.

serves 6-8

for the cake:

1 ½ cups blanched almonds

6 pastured eggs

¾ cup organic coconut sugar

zest of one lemon

1 teaspoon vanilla extract

1 teaspoon cinnamon

½ teaspoon sea salt

for the plum mix:

5-7 seasonal plums

1 teaspoon dried thyme

1 teaspoon cinnamon

Preheat the oven to 350°F. Grease and line a 9-to-10-inch cake pan (springform or tube pan) with parchment paper. For the cake, grind almonds in a food processor to make almond meal. Be careful not to over process or you will end up with almond butter. Separate eggs into two bowls. Beat yolks with sugar and zest. Stir in almond meal. Beat the whites to peaks. Stir a spoonful of whites into the yolk mixture, then gently fold in the rest. Pour the batter into the pan and bake until set, about 45 minutes. Allow cake to cool before unmolding onto a serving platter. For the plums, preheat oven to 180°F. Mix all ingredients, scatter plums on a baking sheet and bake for 10-15 minutes until the plums are soft and their skin starts to peel. Cool completely. Top cake with the roasted plums and serve.

ARTIFICIAL SWEETENERS

Artificial sweeteners are cheap and unnatural alternatives to sugar and corn syrup that usually contain less food energy. Used in diet soft drinks, sweet tea, and sugar-free foods, artificial sweeteners are often manufactured and synthesized to be many times sweeter than natural sucrose. The FDA, citing that these processed additives pose health risks, has long debated artificial sweeteners. The use of artificial sweeteners has been attributed to weight gain, which can lead to more serious problems such as Type 2 diabetes or cardiovascular disease. Sugar signals the brain to eat more, and those who depend on artificial sweeteners as a substitute for real sugar trick their brain into thinking they're hungry, even if they're not. It's also possible to psychologically become dependent on these sweeteners based on the belief that consuming them has no effect on the body. Eating more artificial sweeteners can cause us to crave more sweet drinks and foods, which can be dangerous to the body.

Be careful with the labels and packaging; even if some products say they are "sugar-free," their sweet taste most likely originates from an artificial sugar-like substance. If you want a natural sweet flavoring, try using organic honey. Natural sweeteners like honey, stevia, or agave nectar add sweetness without the negative side effects of refined artificial sweeteners.

COCONUT STONE FRUIT COBBLER

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

This dessert is an easy-to-make treat that truly showcases the natural sweetness from stone fruit (peaches, plums and nectarines). Paired with the cinnamon and the delightful crunch of coconut, this simple and scrumptious cobbler is the perfect fruity treat to end any meal.

serves 4

8-10 pieces of stone fruit (peaches, plums, pluots, etc.), sliced	¼ teaspoon sea salt
1 teaspoon cinnamon	¼ cup shredded coconut
1 teaspoon vanilla extract	1 Tablespoon coconut oil

Preheat the oven to 350°F. Mix stone fruit with cinnamon, vanilla and sea salt. Place fruit in a baking dish and bake in the oven for 10 minutes. Place shredded coconut in a blender. Pulse on high until it's a flour consistency. In a bowl, combine coconut flour and coconut oil, using your hands to mix. Take the peaches out and stir with a spoon. Evenly top with coconut mixture. Place in oven for another 25-30 minutes or until golden brown.





FLOURLESS CHOCOLATE CAKE

Ashley Ugarte

Program Coordinator of The Conscious Kitchen

Mill Valley, California

Because of its unrivaled deliciousness, it's surprising that this decadent cake has only four ingredients. It's quick and simple to prepare, loaded with healthy fats and naturally sweetened. Oh and did we mention it's flourless?

serves 6-8

6 Tablespoons coconut oil, or grass-fed unsalted butter, plus more for pan

8 ounces organic, fair trade bittersweet or semisweet chocolate, finely chopped

6 large pastured eggs, yolks and whites separated

½ cup coconut sugar

Preheat oven to 275°F with the rack in the center. Grease bottom and sides of a 9-inch springform pan. Set aside. Combine coconut oil and chocolate in a large glass bowl and place on top of a pot filled with water (make sure the bottom of the bowl is not touching the water). Heat the pot on medium heat and bring to a boil (this creates a double boiler). Make sure to stir until completely melted. Let cool slightly. Whisk in egg yolks. In a large bowl, beat egg whites until soft peaks form. Gradually add coconut sugar, and continue beating until glossy stiff peaks form. Whisk ¼ of the egg whites into the chocolate mixture; then gently fold in remaining egg whites. Pour batter into the prepared pan, and smooth the top with the back of a spoon. Bake until the cake pulls away from the sides of the pan and is set in the center, around 45 to 50 minutes. Cool completely on a wire rack; remove sides of pan. Serve at room temperature.

GLUTEN

Gluten is a protein compound found in grains like wheat, rye, and barley, and is what helps dough rise, keep its shape, and gives it that characteristic chewy consistency. Many people are sensitive or allergic to the protein and are unable to consume it, or avoid it by choice.

For those who can't consume gluten, a gluten-free diet is crucial. But there are many misconceptions around gluten, and it is important to be vigilant when choosing a gluten free diet for health reasons. For example, the gluten-free cookies at your local grocery store aren't any healthier than those with gluten, and will often contain more sugar and fat. Some gluten-free foods may lack necessary vitamins, minerals, and fiber, so it is important to maintain a healthy, well-rounded diet of whole foods like bulgur, farro, kamut, and spelt to ensure you are providing your body with a nutritious source of iron and protein.

MORE

RESOURCES

Now you are armed with the tools and recipes for your very own Conscious Kitchen! If you want to take your superfood knowledge a step further, we've provided a number of sources for you, including books, cookbooks, websites, and how to find your local farmers' market.

Books

Local by Douglas Gayeton
Zero Waste Home by Bea Johnson
The Omnivore's Dilemma by Michael Pollan
The Third Plate by Dan Barber
Farmacology by Daphne Miller, M.D.

Cookbooks

The Forest Feast by Erin Gleeson
Feast by Sarah Copeland
The Art of Simple Food by Alice Waters
The Commonsense Kitchen by Tom Hudgens
Roots by Diane Morgan
Plenty by Yotam Ottolenghi
Thug Kitchen by Matt Holloway and Michelle Davis
The Sprouted Kitchen by Sara Forte
How to Cook Everything Vegetarian by Mark Bittman
Simply Organics by Jesse Ziff Cool

Movies

Food Inc. (directed by Robert Kenner)
Fed Up (directed by Stephanie Soechtig)
Bananaland (directed by Lloyd Molander Adams & Richard Fortenberry)
The World According to Monsanto (directed by Marie-Monique Robin)
King Corn (directed by Aaron Woolf)
Forks Over Knives (directed by Lee Fulkerson)

Farmers' Markets

USDA Farmers' Markets Directory Search (<http://search.ams.usda.gov/farmersmarkets/>)
Eat Well Guide (<http://www.eatwellguide.org>)
Epicurious' Peak-Season Map (<http://www.epicurious.com/archive/seasonalcooking/farmtotable/seasonalingredientmap>)

MEEET

THE CONTRIBUTORS



ALICE BEITTEL

Co-editor

Alice's passion for food justice grows from a firm belief in equal access to healthy, safe, nourishing, affordable, and FLOSN food. Her love for all things yummy began with her dad's superb cooking and continues with a deep appreciation for all things green and growing. As a freshman at the University of California, Davis, Alice is excited to explore how food serves as a keystone in the interdisciplinary network of society, health, power, and economics. Alice began her journey with Turning Green as a Project Green Challenge 2013 finalist, where her reverence for nature was transformed into a conscious lifestyle and an impenetrable drive to leave this world better than she found it. From spending countless afternoons in her high school's three-acre certified wildlife habitat and vegetable garden, Alice is happiest outside digging her hands into the soil while telling vegetable puns to her friends and family. When not outside, you may catch her reading a mystery novel or experimenting with the latest seasonal fruits and veggies to find new dishes for her family.



ASHLEY UGARTE

Co-editor & Food Photographer

Ashley is a recent graduate of Rice University in Houston, Texas, where she received a Bachelor's of Arts in Health Sciences. As a longtime food enthusiast, Ashley's passion for cooking quickly evolved when she became diagnosed with Polycystic Ovarian Syndrome (PCOS), an endocrine disorder that is greatly affected by lifestyle and environmental toxins. Through her own transition from conventional to conscious living, Ashley grew to recognize the impact of quality ingredients on her health and became an advocate for organic, local, seasonal, and non-GMO agriculture. Her culminating work as an environmental activist and spokesperson, both for Turning Green and at Rice, has evolved her passion for food into a commitment to raising awareness about the relationship between human and environmental health. Ashley is currently an NCI R25E Research Fellow in the Integrative Medicine Program at the MD Anderson Cancer Center in the Texas Medical Center. Her research is focused on uncovering the benefits of organic and sustainably grown crops, both in terms of increased phenolic content and reduced pesticide exposure, and its application to public health, oncology and cancer prevention. For the future, Ashley plans to attend medical school and eventually pursue a Master's in Public Health, concentrating in environmental health and medicine. She hopes to utilize her passion for education and research to help mitigate health disparities and make it possible for anyone to embrace a healthy lifestyle.



JENNA ZIMMERMAN

Food Photographer

Jenna Zimmerman is a student at New York University studying marketing and sustainability. Jenna enjoys cooking for herself and others, whenever possible. She loves tweaking recipes based on what ingredients are seasonal, inexpensive or preferred. When it comes to her taste, she's a bit of a purist. She doesn't like to cook with many spices or sauces and loves to let the wonderful ingredients speak for themselves! Jenna is passionate about FLOSN because she believes the best place to turn for nourishment is to turn back- back to a simpler time when sustenance occurred in the the most naturally supported way. On a Sunday morning, you are very likely to find Jenna at her local Farmer's Market in NYC. She describes talking to growers and stalking up on her favorite local produce and dairy as her favorite time of the week. She also believes there is no cooking mishap that a little local, organic butter can't fix. For Jenna, no meal is complete without the story of her food.



KELLY MULVIHILL

Graphic Designer

Kelly is a recent graduate from Skidmore College, with a Bachelor of Science in both Studio Art (with a communication design concentration) and Spanish. Kelly is passionate about communication and its applications. She loves all modes of communication- traditional languages, humor, visual design, and coding languages, to name a few- and values wit, intelligence, and innovation as aspects integral to successful and interesting communication. She was drawn to this Turning Green project due to the original, yet effective methods through which the Turning Green team is bringing sustainable, healthy food into the daily lives of young people. Kelly also loves to travel, and hopes to try as many types of food and experience as much culture as she can in the future. You can check out her portfolio at www.kellymulvihill.com.



LIZZY ELLIOT

Co-editor & Food Photographer

Lizzy Elliott, San Francisco Bay Area native, is a rising senior at Wesleyan University completing her Bachelor's of Arts in American studies. Since childhood Lizzy has felt a strong sense of comfort and belonging in the kitchen, feeling happiest when she's cooking, plating, and serving meals for friends and family. She has been lucky enough to grow up in an area with access to fresh, organic beautiful produce year-round and many high-end restaurants prioritizing sustainable farming. Throughout high school Lizzy immersed herself in this abundant world, learning to cook from her mother and learning to farm while working on small organic permaculture farms. During college and experiences traveling abroad, Lizzy realized the extent to which California was a bubble of bounty unlike most places in the world. She became motivated to both take full advantage of this opportunity, and do everything possible to help others get the most flavor out of their respective local resources. At Wesleyan, Lizzy works as a prep chef in a small restaurant that strives to connect students with their food systems. With many of her recipes appearing in this book, Lizzy loves teaching people tricks to eating flavorfully and healthfully on a college-student budget. Passionate about photography, Lizzy employs her creativity and keen attention to detail to capture the essence of each recipe contributed to this cookbook. After college Lizzy hopes to continue to use the arts as a multi-media platform for spreading awareness about food justice and sustainability. She seeks to showcase the talents of local artists, harnessing their powerful work to communicate and ultimately solve relevant food issues within their communities.



MADELEINE WELSCH

Food Photographer

Madeleine is a junior at Skidmore College in Saratoga Springs, NY where she majors in Visual Art with concentrations in Communication Design and Printmaking. Growing up amidst her parents' large garden in rural Hardwick, Massachusetts spurred her passion for cooking and agriculture. Madeleine continues to pursue her food-related interests throughout college and focuses on Environmental Studies courses when not in the studio. After winning Project Green Challenge in 2013, Madeleine began to develop a voice for change within her local and global communities. As a freshman, she founded SkidEats, a student-led organization dedicated to sustainable campus food policy and food celebration. An avid traveler, food photographer, and educator Madeleine has WWOOFed in Portugal and facilitated youth workshops on the "Art of Food Justice" at Northeast Organic Farming Association conferences. By fusing her passion for art and the sustainable food movement, Madeleine hopes to put the culture back in agriculture while working towards a career in social innovation and collaborative design. In her spare time, she hosts a Bollywood radio show, bakes peach pie, and hikes every peak she can get her feet on.



MANUELA TAUSCHER

Co-editor

Manuela is a junior at Skidmore College whose understanding of the importance of the environment was inspired by a class taken on a whim. Her drive to preserve the environment is ingrained in her love of food, which comes from growing up with parents who loved to cook. Manuela didn't connect the world of food to the world of sustainability until very recently, when terms like "food miles" and "seasonality" became part of her vocabulary, and she began to look up to heroes like Michael Pollan, Dan Barber, and the vendors at the farmers' market. Manuela's ultimate goal is to spend her life doing whatever she can to make fresh, local, organic, seasonal, and non-GMO food available and accessible to anyone, no matter who they are. Nothing makes Manuela happier than a home-cooked meal with close friends and family, and with the understanding that food brings people together, she often seeks the opportunity to share her cooking with others. When she isn't cooking, you'll find her with her cat, reading, hiking, or, most likely, shopping for more food.

