

Soups, Salads, and Appetizers

GUACAMOLE



Ingredients:

3 avocados – peeled, pitted, and mashed

1 lime, juiced

1 teaspoon salt

½ cup diced onion

3 tablespoons chopped fresh cilantro

2 Roma (plum) tomatoes, diced

1 teaspoon minced garlic

1 pinch ground cayenne pepper (optional)

Directions:

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor or serve immediately.

REAL HUMMUS



Ingredients:

1 clove garlic	2 tablespoons tahini
1 (19 oz) can garbanzo beans, half the liquid reserved	1 teaspoon salt
4 tablespoons lemon juice	Black pepper to taste
	2 tablespoons olive oil

Directions:

1. In a blender, chop the garlic. Pour garbanzo beans into blender, reserving about a tablespoon for garnish. Place lemon juice, tahini, chopped garlic and salt in blender. Blend until creamy and well mixed.
2. Transfer the mixture to a medium serving bowl. Sprinkle with pepper and pour olive oil over the top. Garnish with reserved garbanzo beans.

SPICY PUMPKIN SEEDS (vegetarian / gluten free)

Ingredients:

1 cup raw green pumpkin seeds	½ teaspoon coarse salt
1 teaspoon chili powder	2 teaspoons fresh lime juice
1/8 teaspoon cayenne pepper -- (1/8 to 1/4)	

Directions:

1. Preheat oven to 350°. In a medium bowl, combine pumpkin seeds, chili powder, cayenne pepper, salt, and lime juice; toss to coat.
2. Spread on a rimmed baking sheet; bake until puffed and browned, about 10 minutes.

FRESH SALSA (vegetarian / gluten free)



Ingredients:

4 cups chopped peeled fresh
tomatoes

1/4 cup finely chopped onion

1 jalapeno pepper, seeded and
finely chopped

1 teaspoon salt

1 garlic clove, minced

2 Tablespoons fresh cilantro,
minced

1/2 of a lime, squeezed

Directions:

Combine all ingredients in a large bowl and allow to stand at room temperature for 1 hour before serving. Store in a covered container in the refrigerator.

EASY AND AWESOME SALAD DRESSING

Ingredients:

1 cup extra virgin olive oil

1/3 cup balsamic vinegar

1 teaspoon sea salt

1 teaspoon pepper

1-2 fresh cloves of garlic, peeled

Directions:

Put all ingredients into a high speed blender and let process for about 10-15 seconds. Keeps in the refrigerator for about a week. Enjoy!

EASY BONE BROTH (gluten free)

(great for gut related disorders)

Ingredients:

1 to 2 organic chicken or turkey carcasses (can be made with organic beef bones as well)

1 onion, cut in half, paper skin left on

2 stalks of celery, roughly chopped

2 carrots, roughly chopped

2 tablespoons apple cider vinegar

Filtered water to cover

Directions:

1. Put your chicken carcasses into a large slow cooker and cover with filtered water. Depending on how concentrated you want your stock, you can adjust the amount of water. However, the water must cover the bones by at least 1 inch.
2. Add 2 tablespoons of apple cider vinegar to the slow cooker. This will help remove minerals from the bones. Add the veggies and cover with the lid.
3. Set the slow cooker to LOW and cook for at least 10 hours or up to 24 hours to get a richer broth. I usually do this in the evening so it's cooking while I'm sleeping.
4. Skim any foam or impurities off of the top of the water. Then, discard the bones and veggies (be sure to pick off any meat) and strain the liquid into a large container and allow to cool.
5. Pour the broth into food-safe containers and store in the fridge. If you're not going to eat the broth within five days or so, pour it into freezer-safe containers and store in the freezer.

*Bone broth is great for making soups, stews, and sauces.