

Side Dishes

SWEET POTATO QUICHE (Paleo-friendly) (Breakfast, Lunch, or Dinner)



Serves 6

Ingredients

1/4 tsp coconut oil or grass-fed butter

1 medium sweet potato, peeled and sliced into 1/2" rounds

6 large eggs (preferably pasture raised)

1 1/2 cups unsweetened almond milk or raw milk

2 cups fresh organic baby spinach (may use frozen spinach, thawed and moisture squeezed out by using a towel).

1 onion, minced

2-3 slices of nitrate-free bacon, cooked and crumbled

Optional: 1/2 cup grass-fed cheese, shredded

Directions

Preheat oven to 375F. Grease the bottom of a deep dish pie pan or 9"x9" baking dish with coconut oil or butter. Layer the sliced sweet potato on the bottom. Top with the spinach, onion, and bacon. Using a wire whisk, beat the eggs and milk together until combined. Pour the egg mixture over the potatoes, veggies, and bacon; sprinkle with cheese if desired. Bake the quiche for 35-45 minutes or until the eggs are set. Season with salt and pepper if desired.

Source: K. Ruiz

HEALTHIER BUBBLE AND SQUEAK (vegetarian / gluten-free / rich in fiber)



Serves 4

Ingredients:

2 Tbsp organic grass-fed butter (divided)

1 small onion, finely chopped

1 cup fresh vegetable medley (cabbage, carrots, peas, Brussel sprouts), finely chopped

4 cups plain mashed potatoes (white or sweet, preferably with skins left on)

Sea salt, freshly ground black pepper, and garlic powder (seasonings optional)

Directions:

1. In a large frying pan or skillet, over medium high heat, melt 1 tablespoon of the butter and sauté the chopped onion and other raw veggies for 3 minutes or until soft. Season with salt, pepper, and garlic powder to your liking. (If using leftover cooked veggies, you do not need to cook them again).
2. Remove the veggies from the skillet and let them cool slightly in a large bowl.
3. Gently fold cooked veggies into mashed potatoes and form into equal sized patties.
4. Add the remaining tablespoon of butter to the skillet and return to medium high heat (be sure not to burn the butter).
5. Place the patties into the hot skillet, pressing each one down slightly with a spatula.
6. Cook for 5 minutes on each side or until heated through and nicely browned.

*Option: This recipe may be made using leftover cooked vegetables and mashed potatoes.

MASHED FAUX-TATOES (vegetarian / gluten free)

4 cups cauliflower florets -- about one head of cauliflower	Sea salt, pepper, and garlic powder to taste
2 Tablespoons grass-fed butter	Garnish with paprika and parsley (optional)
1 Tablespoons organic milk	
2 Tablespoons shredded Parmesan cheese	

Directions:

1. Steam cauliflower until very tender and drain well to remove excess moisture.
2. Mash with a fork or puree in a food processor. Stir in butter, milk, and cheese and season to taste.
3. Sprinkle with a little paprika and parsley if desired.

PEASANT GREEN BEANS

Serves 4-6

Ingredients:

1 pound fresh green beans	2 cloves garlic -- chopped
1 tablespoon light olive oil	1/2 teaspoon dried oregano
1/2 cup onions -- chopped	Sea salt and pepper -- to taste

Directions:

1. Wash green beans; trim ends and remove strings.
2. Arrange beans in a steamer basket over boiling water. Cover and steam for about 7 minutes or until crisp tender; drain.
3. Heat olive oil in skillet over medium heat. Add onion and garlic; sauté until tender.
4. Add steamed green beans to skillet; toss with onions and garlic, and season to taste.

HORMONE BALANCING ROASTED BRUSSEL SPROUTS



Serves 4

Ingredients:

1.5 lbs fresh Brussel sprouts, trimmed and thinly sliced vertically

1 small onion, thinly sliced

1/8 cup olive oil (don't use extra virgin, use a light olive oil instead)

Sea salt, pepper, and garlic powder to taste

Directions:

1. Raise the oven grate to the upper oven position (about 4 inches below broiler elements) and preheat the broiler to High.
2. Rinse, trim, and thinly slice the Brussel sprouts and place in a large bowl. Thinly slice the onion and place on top of Brussel sprouts. Drizzle olive oil over vegetables and toss well.
3. Spread the mixture out on a shallow rimmed baking sheet and place under the broiler for about 5 minutes, tossing at least twice. Some of the leaves will brown and get crispy but don't let them burn. The sprouts should turn bright green and get soft but not mushy.
4. Remove from oven and immediately season with desired amount of salt, pepper, and garlic powder. Toss well and serve hot.