



Spring Recipes

Basic Kitchari

Kitchari is well known in the world of Ayurveda, it can be served as an everyday meal or you can use it in a cleansing, balancing way anytime your gut and body need a reset, to do this you would eat kitchari as a “mono-diet” - in other words, eat kitchari and only kitchari all day. It’s so nourishing that you can continue a kitchari mono-diet for many days, it’s used this way in Ayurvedic treatment clinics.

During your Spring Reset you may want to:

- Simply eat kitchari as a meal a few times.
- Or you may want to try a kitchari mono-diet for 1-4 days.
- Or you may want to try a ghee and kitchari cleanse.
- [If you want to try or learn more about a ghee and kitchari cleanse, start here.](#)

Gather Your Ingredients:

- 6+ cups Water
- ½ cup yellow split mung dal (soaked overnight)
- ⅓ cup white basmati rice (soaked overnight)
- 1 Tablespoon Kitchari Spice Mix (see below)
- ½ - 1 teaspoon salt
- Spring Vegetables (optional): roots and hard veggies cut into ½ inch cubes, greens and leafy veggie cut into bite size pieces.
- Serve with Ghee (unless you’re doing the ghee cleanse)

To make a large batch of spice mix:

- Ideally you would use whole seed spices for the coriander, cumin, fennel and fenugreek, dry roast them just until fragrant in a dry pan on the stove top, then turn them to a powder with a mortar and pestle or a clean coffee grinder. You may use very fresh ground herbs if this process is just too overwhelming for you.
- Use this spice mix for making kitchari and/or you can transfer it into a shaker and use as a condiment spice for foods during spring. It will provide nourishment and balance for your digestive system at this time of year.
- Keep the batch in a shaker or jar with a lid.

1 tablespoon whole coriander seed

1 teaspoon fenugreek seed

1 tablespoon whole cumin seed

1 tablespoon whole fennel seed

1 tablespoon turmeric powder

1 tablespoon ginger powder

1 teaspoon ground black pepper

$\frac{1}{8}$ teaspoon cayenne

1 pinch of clove

Assemble Your Creation:

To make the batch of kitchari, in a large cooking pot, bring 5 cups of water to a boil over high heat, set the other 1 cup aside to add as needed. Drain and rinse the rice and mung in a strainer until the water runs clear. Add them to the pot of water once it comes to a boil, add the spice, keep the pot at high heat until the mixture returns to a boil. As soon as it reaches a boil turn the temperature to low. If you're using hard vegetables such as roots, add the cubes now. Cover the pot but leave a little crack in the lid, simmer for 20 minutes without stirring.

After 20 minutes check to see if the mixture is still submerged with water, if it's not add the extra cup of water or more water until it is. If you're using quick cooking veggies like greens add those now, on top of the mixture to steam. Return the lid with a crack and cook for an additional 10 minutes. Kitchari should have a consistency along the lines of thick soup or a light stew, you can add more water to suit your liking as you stir and have a look at this point. Serve it into bowls.

Eat Your Greens

Fresh broad leaf greens like kale, chard, collards, beet greens and more can usually be found in most growing environments throughout the year, either being grown locally or without having to be shipped too far. To prepare these nutrient dense veggies: steam, blanch, sauté, or lighter varieties can be massaged with oil + a bit of salt and left a while to marinate. We are able to assimilate the minerals found in vegetables better if we eat them with some good quality fat such as butter, olive oil, coconut oil or ghee.

Roasted Vegetables

Roots such as carrots, parsnips, turnips, beets, potatoes, sweet potatoes, yams are great fall and winter staples. They store well and are great for lubricating the GI tract. All roots can be roasted with a bit of high quality oil and seasoning to taste in a 375 oven until desired softness. Roasted roots can be made ahead of time and stored in the fridge for up to a week for quick easy meals.

Cultured Vegetables

The proliferation of lactobacilli in fermented vegetables enhances their digestibility and increases vitamin levels. These beneficial organisms produce numerous helpful enzymes as well as antibiotic and anti-carcinogenic substances. Their main by-product, lactic acid, not only keeps vegetables and fruits in a state of perfect preservation but also promotes the growth of healthy flora throughout the intestine.

Brothy Vegetable Pot

Put a couple cups of broth in a pot and turn on medium heat. Cut up some veg (like cabbage, broccoli, celery, fennel etc.) into bite size pieces and set aside. Grate some fresh ginger (about a teaspoon) throw it in the pot with a pinch or 2 of crushed chilies and other spice you might want. Put your cut veg in after that and maybe some frozen peas too.

Optionally you could add some shredded chicken meat. Simmer for about 5 mins or so until your veg are tender to your liking. Throw in a couple handfuls of spinach leaves or baby kale. Pour it in a bowl and add optionally, a Tablespoon of miso paste and or a teaspoon of ghee.

Veggie Sauté

Cut up veggies of your liking in relatively similar sizes. Options might include onions, carrots, cabbage, fennel, broccoli, bok choy, celery, leafy greens... pick a few that are really appealing to you and go with those. Turn on your large sauté pan over med high heat. Put 1-3 teaspoons of ghee or coconut oil in the pan and let it melt. Add the onions first and let them cook a couple of minutes. Proceed to add your veggies one kind at a time, cooking for a minute and stirring before you add the next vegetable. Start with the veg that will take the most time to cook and work your way towards the one that will take the least amount of time. Add the greens last.

Broths for Making Soups

While bone broth is technically a stock, and not a broth, the terms are often used interchangeably. This kitchen staple is an extraordinarily inexpensive food source, especially for its nutritive value. Beyond expanding your kitchen savvy and saving your dollars, bone broth is remarkably healthful.

In our home, we often have a crockpot of brewing stock bubbling away on the counter. We use it most days. When I deglaze a pan of dinner, I use bone broth. We sip it out of mugs at breakfast and of course, home brewed stock makes the base for our; quick blender soups, more involved soups, stews and pots of whatever else we want to simmer into savory, substantial goodness.

Beef Bone Broth

Gather Your Ingredients:

- 3 lbs marrow bones from Grass fed cows
- 3 lbs knuckle bones from Grass fed cows
- 2 onions, cut off the roots and take off the first few dirty layers of the golden skin, leave the under layers of golden skin and slice the onions in quarters.
- 4 huge cloves garlic, smash and leave the skins on
- 2 teaspoons peppercorns
- 4 bay leaves
- 4 stalks of celery, rinse and cut into 4” pieces
- Approximately 4 quarts filtered water
- ¼ cup vinegar, I use Braggs apple cider vinegar

Assemble Your Creation:

Thaw your bones and roast them in a 400 degree oven for about an hour. While the bones are roasting place the onions, garlic, peppercorns, bay leaves and celery in the crock pot.

When the bones are done roasting place them in the crock pot on top of the veggies. Add the water and vinegar. Let sit for 20 mins. Turn your crockpot on high and cook for 24 – 48 hrs. You can reduce the heat to medium after the first 12 hrs or so.

When you're ready, turn the crockpot off. Use tongs to fish out the larger pieces of bones and push the marrow out into the liquid. Then pour the mixture through a mesh strainer into a large bowl. Let the liquid come to room temperature then transfer it to the fridge until the gelatin in the broth sets and all the fat rises to the top, once this happens you can easily scrape the fat off. The fat can be reserved as a cooking oil if you desire. At this point you can store the stock in jars or plastic bags in the fridge for up to 5 days or in the freezer for months

Chicken Stock

Gather Your Ingredients:

- 1 whole chicken
- Approximately 4 quarts filtered water
- 2 tablespoons vinegar
- 1 large onion, cut off the root and dirty outer skin but leave the inner golden skin, cut in quarters
- 4-5 huge cloves of garlic
- 2 teaspoons black peppercorns
- 4 bay leaves

Assemble Your Creation:

Place chicken in a large pot with water or a slow cooker, add the vinegar, onion, garlic, bay leaves and peppercorns. Let stand 30 minutes.

Bring to a boil or turn your slow cooker on high, as it heats up and comes to a boil, remove any scummy bubbles that rise to the top. Reduce heat, cover and simmer for about 4 hours. Use tongs to grab the chicken and place it in a large bowl. Let it sit at least 20 minutes so that it cools a bit so it's easier to handle. Remove the meat from the bones and place it in a storage container, it's now ready to be used for recipes that will go good with "shredded chicken meat". Return the bones back to your cooking vessel.

Continue to simmer the bones for 24 hours or a bit longer if you need the extra time before you can get to it. When you're ready, pour the stock through a strainer into a large bowl. Let it come to room temperature then chill your bowl of stock in the refrigerator until the fat rises to the top and congeals. Skim off the fat and store the stock in jars or plastic bags, it will last in the fridge for 5 days or you can freeze it and it will last for months.

Home Made Vegetable Broth

Gather Your Ingredients:

- 1 small to medium leek, sliced lengthwise and well cleaned (use white and light green parts)
- 2 medium carrots
- 3 stalks of celery
- 2 large or 3 medium whole cloves of garlic, crushed
- 1 very small or ½ large regular or Japanese sweet potato
- 1 cup winter squash (like butternut)

- ½ a small bunch bunch kale or chard (or a mixture of leafy greens), leaves only
- ½ cup fresh or ¼ cup dried shitake mushrooms (or a blend of mushrooms)
- 1 handful fresh flat leaf parsley
- 1 large piece of kombu (seaweed)
- 1 or 2 inch piece of fresh ginger, skin removed and grated
- 1 or 2 inch piece of fresh turmeric, skin removed grated (or ½ tsp dried ground if fresh is not available)
- ½ teaspoon fine sea salt
- ¼ teaspoon freshly ground black pepper
- 3 quarts/12 cups filtered water
- 1 Tablespoon of butter or extra virgin olive oil for serving

Assemble Your Creation:

1. Coarsely chop the vegetables into even sized pieces.
2. Place all the ingredients except for the butter or olive oil into your slow cooker and add the water to cover. Set to 5 to 6 hours on high or 10 to 12 hours on low. (You can simmer it for longer for a more flavorful and reduced broth)
3. (To make on the stovetop) In a large stock pot , cover the vegetables, herbs and spices with the water and bring to a boil. Reduce heat and barely simmer on low for about 90 minutes.

For a brothy vegetable soup with chunks of vegetables:

4. Serve as is with a drizzle of olive oil or pat of butter and additional salt to taste.

For a strained broth:

5. Strain liquid through a fine mesh strainer (set vegetables aside). Salt to taste. Let cool to room temperature before refrigerating or freezing.

For a velvety soup:

6. Place the strained vegetables and about 1 cup/240ml of broth together into a blender. Add a Tablespoon of butter or olive oil and season to taste with additional salt and pepper. Blend on high until liquefied.
7. Store broth and soup up to a week in an airtight container in the fridge or freeze for up to three months.

Gently Cooked Soups

Cream 'O Green Soup - moderate time

Gather Your Ingredients:

- 1 medium avocado
- 1 cup parsley, rough chopped, stems okay
- 1 sm lemon, yellow rind and seeds removed
- 2 cups fresh spinach
- 1+ cups broth or water
- 1 cup cauliflower, cut into small florets
- 5 small white mushrooms, sliced thinly
- 2 cups spinach leaves, roughly chopped
- 2 stalks of celery finely diced
- 1.5 cups boiling broth or water

Assemble Your Creation:

Blend the first 5 ingredients at high speed adding more water as necessary to blend easily but keeping the mixture thick. Place the last 5 ingredients in a bowl or pot with a lid and let sit for 5 minutes. Pour the blended mixture into the pot or bowl with the other ingredients. Add salt and pepper to taste. Serves 5.

Subtle Asparagus Soup – Quick

Gather Your Ingredients:

- 2 cups water or stock
- ½ cup onion, diced
- 1 cup turnip, peel and cut into cubes
- 1 clove of garlic, peeled
- 1 teaspoon mustard seeds
- ½ teaspoon thyme
- 1 Tablespoon flax seeds
- 2 ½ cups asparagus, cut in small rounds
- 3 Tablespoons Sunflower Seeds
- 2 big handfuls of spinach, roughly chopped

***Garnish For Your Bowl: sprouted mung beans or other sprouts of your liking.**

Assemble Your Creation:

Place the onion, turnip, garlic clove and water or stock in a pot. Bring to a gentle boil and cook until just tender, remove from the heat. Stir in asparagus, seeds and thyme; cover the pot with a lid and let sit for 5 minutes. Place ingredients in the blender and puree at high speed until smooth and creamy. Place the chopped spinach in the pot that you cooked the veggies in and pour the blended mixture over the top, cover with the lid and let sit for 3 minutes. Serve into bowls and garnish with sprouts, add salt, pepper and or cayenne to taste. Makes 3 servings.

Cleansing Raw Borscht - most involved

Gather Your Ingredients:

- 3 Medium size beets, peeled and cut into ½ inch cubes
- 2” of ginger root, thinly sliced
- 3 cloves of garlic
- 2 cups hot water or stock
- 2 cups hot water or stock
- 1 carrot, peeled and roughly chopped
- 2 stalks celery, roughly chopped
- 1 Tablespoon apple cider vinegar
- 1 orange, peeled, seeds removed
- ½ cup walnuts
- 1 teaspoon sea salt
- ¼ med sized head of green cabbage
- 1 carrot, peeled and grated
- ½ bunch parsley, chopped

***Garnish: 1 teaspoon olive oil, drizzled in each bowl if desired.**

Assemble Your Creation:

Lightly steam the beets until just tender. Place them in your blender with the next 3 ingredients and puree until smooth. Pour into a pot or bowl and cover with a lid.

Place the next 6 ingredients in the blender and pulse until chopped and chunky, not smooth and creamy! Pour into the pot or bowl with the beet mixture, add in the next 5 ingredients, stir and cover with the lid. Let sit for 5-10 minutes. Makes 5 servings.

Salads and Dressings

Foundational Kale Salad

Gather Your Ingredients:

- 1 bunch Kale of any kind
- 3 T olive oil
- ½ lemon juiced
- ½-1 t sea salt

Assemble Your Creation:

Remove the kale leaves from their stems and cut the leaves into bite size strips, place in a bowl with the remaining ingredients. Mix with your hands, squeezing and massaging the juices into the kale. Let this marinate at room temperature for at least 15 mins. Store for 2+ days in the fridge to build into quick meals. Depending on how many people you're cooking for, and how much prep you want to have made up you may want to double this recipe!

- Add finely shredded purple cabbage and grated carrot for extra nutrients and color.
- Substitute 1 teaspoon of the oil for toasted sesame oil, add toasted sesame seeds.
- Pile on some steamed veggies, a bit of ghee and call it good.
- Add in sundried tomatoes, goat parm and some pumpkin seeds.
- Throw it into some prepared soup at service time.
- Put a handful into a wrap.
- Use this as a base and the possibilities are endless.

Sesame Kale Salad

Gather Your Ingredients:

- 4 cups Kale, cut into ribbons
- 1 cup grated carrot
- 1/3 cup fresh orange juice
- 2 ½ teaspoons rice vinegar
- 2 teaspoons toasted sesame oil
- ¼ teaspoon crushed red chili flakes
- ½ - 1 teaspoon sea salt
- ¼ cup sesame seeds to garnish

Assemble Your Creation:

Place the kale and carrots in a bowl. Mix the rest of the ingredients, except the sesame seeds, together and pour over the veggies. Massage and squeeze the liquids into the veg with your hands. Let sit for 1-12 hours. Garnish your plate with some sesame seeds and fresh sprouts.

Endive, Corn, Radicchio, Cilantro Slaw

Gather Your Ingredients:

- ½ bunch of Endive, cut into large bite size pieces
- ¼ cup radicchio, thinly sliced
- ½ bunch Cilantro, rough chopped
- 2 Tablespoons Apple Cider Vinegar
- 2 Tablespoons Avocado, Sunflower or Olive Oil
- 1 teaspoon salt
- ½ teaspoon fennel seeds
- Black pepper to taste
- Pinch of crushed red chili

- ½ cup frozen corn, thawed (optional)

Assemble Your Creation:

Place all ingredients in a large bowl except the corn. Massage with your hands to evenly coat everything with oil and break down the fibers a bit. Add the corn. Toss. Serve or save for later, this stores nicely for 24+ hours.

***Experiment with this recipe! Mix and match veggies for this recipe, let your senses be the guide, the possibilities are endless.**

Avocado Caesar

Gather Your Ingredients:

- 1 small head of romaine lettuce
- ½ cup capers
- 1 avocado
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 small clove of garlic
- 1 cup + 2 tablespoons H2O
- 1 teaspoon salt
- ½ teaspoon mustard powder
- 1 teaspoon fresh ground pepper
- Optional: Pumpkin or Sunflower seeds to sprinkle on top
- Optional: A hard variety of goat cheese, grated

Assemble Your Creation:

Prep romaine into bite size pieces and toss in a bowl with the capers. Place the remaining ingredients into a blender and blend until smooth and creamy. Pour over the lettuce and toss. If you can wait, let sit for 30 mins to an hour.

Chard and Dandelion Curry Salad

Gather Your Ingredients:

- 3 cups ribbon chard stems removed, chopped
- 1 cup young dandelion greens, chopped
- ½ cup grated carrot
- ½ cup grated apple
- 1 teaspoon grated fresh ginger
- 3 tablespoons olive oil
- 1 orange, fresh squeezed
- ½ teaspoon salt
- ½ teaspoon curry powder

Assemble Your Creation:

Place the first 5 ingredients in a large bowl. Combine and whisk the remaining ingredients together. Pour over the veggies, toss and gently squeeze/massage the bowl full of goodies with your clean hands. Then wash hands again. ;-) Let sit at room temperature for 1+ hours - eat it for lunch and dinner if you like.

Rainbow Cabbage Slaw

Gather Your Ingredients:

- 1 Cup Purple Cabbage, Finely Shredded
- 1 Cup Green Cabbage, Finely Shredded
- 1 Medium Carrot, Peeled and Grated
- 1/4 Cup Tiny Broccoli Florets, Finely Sliced
- 1/2 Cup Organic Raisins or Currents
- 1 t Caraway Seeds
- 1 Beet, Peeled and Grated (optional)

Dressing Ingredients:

- 1/4 Cup Plain Yogurt, Kefir or Full Fat Coconut Milk
- 3 T Olive Oil
- 1T Apple Cider Vinegar
- 1 T Lemon Juice
- 1 t Prepared Mustard
- 1T Honey
- T Dill Weed
- 1/8 t Cayenne
- 1/2 t Bragg's, Tamari or Nama Shouyo

Assemble Your Dressing:

Blend all ingredients into a creamy consistency with a whisk and bowl or in a blender.

Assemble Your Creation:

Combine all the ingredients except the beets in a bowl and toss with the dressing (use desired amount) – let the salad marinate at room temp for at least 15 mins or for up to an hour. Then serve and garnish with the

beets. This can be made ahead and stored in the fridge for 3 days. Makes 3 - 5 servings.

A Couple Dressing Options

Massaged salads are great without dressing. If you're like me, your taste buds might adapt to preferring your salads and veggies without dressings. But sometimes I like them for a treat, when I'm craving more richness and flair.

Ginger Miso Dressing

Gather Your Ingredients:

- 3 Tablespoons white miso
- 2 tablespoons grated ginger root
- 1 clove garlic minced
- 1 green onion, sliced
- 2 Tablespoons nama shoyu
- 2 – 4 Tablespoons olive oil
- 1 Tablespoon raw honey
- 2 Tablespoons rice vinegar
- ¼ cup lemon juice
- ¼ cup orange juice
- ¼ to ½ cup H2O

Assemble Your Creation:

Blend all ingredients together except for the H2O. Add H2O as necessary to make a thinner dressing.

Mustard Seed Sauce - For Steamed Vegetables or Salads

Gather Your Ingredients:

- ½ inch ginger root, sliced thin
- ½ inch turmeric root, sliced thin or ½ teaspoon dry powder
- 1 small garlic clove
- 2 Tablespoons onion, chopped
- 2 Tablespoons white miso
- 4 Tablespoon sunflower seeds, soaked
- 2 Tablespoons hemp seeds
- 1 teaspoon mustard seeds, toasted
- 2 Tablespoons nutritional yeast
- 2/3 + cup H2O

Assemble Your Creation:

Place mustard seeds into a skillet with the heat turned to medium; stand by stirring them occasionally and toast just until they become fragrant, remove from the heat immediately and pour into your blender. Add the rest of the ingredients and blend on medium to low speed until creamy, add extra H2O as needed.

Smoothies

General Smoothie Ingredients: Fruits can be frozen but avoid having a freezing cold smoothie unless it's a hot day; instead use warm water to bring the temperature of your smoothie up to room temperature or a little cooler.

General Method for blending: Place all your ingredients into the blender, start the speed slow until things begin to combine together a bit, then increase the speed and blend until smooth and creamy.

Detox Green

- ½ lemon, yellow peel sliced off
- ½ lime, green peel sliced off
- 1 orange, colored peel sliced off
- ½ - 1 inch ginger root, grated
- ½ cup dandelion leaves
- 1 cup spinach
- 1+ cup H2O, room temp or warmer

More Substantial Green

- cup blueberries
- ½ cup Kale
- 1 cup Spinach
- ½ cup dandelion greens
- 2+ tablespoons full fat Coconut Milk
- 1 cup H2O
- Tablespoons hemp seeds
- 1 teaspoon vanilla
- 1 – 3 teaspoons honey (optional)
- 1" ginger root

- 5-10 almonds, soaked overnight and peeled

Whole Lotta Green

- 1 banana
- 1 apple
- 1 cup kale
- 1 cup spinach
- ½ dandelion greens
- ½ - 1 inch ginger root, grated
- 1+ cup H2O, room temp or slightly warm

Strawberry Green

- 2 small oranges, add ¼ tsp grated peel for more flavor
- 1 cup whole strawberries
- 2 cups spinach
- 1 cup H2O
- 1 Tablespoon vanilla

Teas and Spice Remedies

Spice Remedies and Teas The benefits of consuming herbs and spice go far beyond adding flavor to your dish. The recipes found in this section will aid your body's immune and digestive systems.

Ginger Pizza

Gather Your Ingredients:

- Ginger Root
- Salt
- Lemon Juice

Assemble Your Creation:

Slice the ginger root into several thin circles and place them on a small plate. Squeeze the juice of a fresh lemon over the top of the ginger slices. Lightly sprinkle with salt. Eat a slice about 10 minutes before your meal to stimulate digestion. You may store the extra slices in the fridge for the day or you can make enough for 2 days.

Cumin, Fennel, Coriander Digestion Tea (C, C, F Tea)

Make a big batch of this and sip throughout the day. For ease you can make and/or heat it up in the morning and keep it in a Thermos or an insulated metal water bottle like a Hydro Flask.

Gather Your Ingredients:

- 1 qt. water
- 1 tsp. cumin seed

- 1 tsp. fennel seed
- 1 tsp. coriander seed
- ½ tsp. of raw honey added to each cup you drink (optional)

Assemble Your Creation:

1. Place the herbs and water together in a pot and bring to a boil, then simmer uncovered for 15 minutes.
2. Remove from heat and let cool. Strain. The tea will last for up to 3 days stored in the refrigerator.
3. It is best to drink the tea hot or at room temperature. (Use the stove, not microwave, to reheat.) Add honey as needed. Drink two to three cups of tea a day between meals.

Turmeric Honey - for digestive aid and keeping mucous at bay.

Make Ahead Stuff

- [Basic Grain and Bean Cooking](#)
- How to Love Your Grains Tip Sheet
- Make a pot of grains and or legumes keep them in the fridge and use them for meals for 1-3 days.
- Wash and chop vegetables, keep them in the fridge, ready to be made into your recipes or quickly: steamed, massaged, roasted, blanched or sauted.
- Make a roasted chicken as lunchtime protein for a couple days. Use the bones to make broth.
- Make a large salmon fillet, use it for lunchtime protein for a couple days.

Basic Chia Pudding

Gather Your Ingredients:

- 1/3 cup Chia seeds
- 2 cups hot water
- 1 teaspoon vanilla extract (optional)

Assemble Your Creation:

Bring water to a boil and set aside. Measure chia seeds and coconut milk into a bowl and pour the hot water over the top. Stir with a whisk and stir a few more times over the next 15 minutes. Leave it to cool for about 20 minutes, then add the vanilla extract. Add the coconut flakes if you want a more coconut flavor and more chewing with your pudding.

Let it sit for at least two hours so the seeds can soak up the liquid. I like to make it at night before, store it in the fridge, then it's ready in the morning. Store in the fridge for up to 4 days.

If you like things a bit sweeter you can add a dash of pure maple syrup to your bowl. Serve with chopped nuts and or nut butter in the fall and winter. Top with berries, cherries or peaches in the summer. Or, have it be a side dish with the other parts of your meal.

A Pot of Spiced Millet

Gather Your Ingredients:

- 1 cup millet
- 1 tsp apple cider vinegar or lemon juice
- 4 cups water
- 1 tbsp ghee
- ½ tsp cumin
- ½ tsp mustard seeds
- ½ inch fresh ginger, julienned
- ½ tsp sea salt
- 1 tsp dry turmeric
- 1 tbsp raw unsalted butter or ghee

Assemble Your Creation:

12 hours before you plan to cook (this could be overnight if you're cooking in the AM or in the morning if you're cooking in the PM) - place your millet in a measuring cup or bowl, cover it with 1 inch of water, add 1 tsp vinegar or lemon juice and let it sit overnight.

Use a heavy-bottom pan to melt the ghee and add cumin, ginger, turmeric and mustard seeds when hot. When mustard seeds start popping, add water, millet and salt. Bring to boil, then put on low-medium heat and cook covered for 30 - 40 minutes. Check at 3 minutes to see if the grain is soft and most of the water is absorbed. Take off the heat and let sit, covered for 10 minutes.

Meats

PERFECT ROAST CHICKEN

Gather Your Ingredients:

- 1 Pasture- or Meadow-raised Chicken (Preferably Fresh)
- 1 Bunch Organic Parsley
- 1 Bunch Organic Rosemary
- 1 Bunch Organic Chives
- 1 Bulb Organic Garlic
- ¼ Cup Ghee from Grass-fed Cows
- Coarse Celtic Sea Salt
- Fresh Ground Organic Pepper

Assemble Your Creation:

Take half of each bunch of fresh herbs and chop them finely—discarding the tough stems when you can. Additionally, divide the bulb of garlic in half. Reserve half of the cloves for stuffing inside the chicken, then peel and slice the other half of the cloves as thinly as possible.

Mix the herbs and garlic thoroughly with the ghee. Just as it's critical to purchase pasture-fed poultry, it is also critical to purchase ghee from grass-fed cows as it is rich in nutrients—particularly vitamin A.

Loosen the skin of the chicken breast by running a butter knife between the skin and the flesh of the bird. When the skin is sufficiently loose, spread some of the herb mixture between the skin of the breast and its flesh. Now, take the remaining mixture and spread it on the skin of the bird—everywhere you can.

Stuff the remaining garlic inside the cavity of the chicken, and then sprinkle the bird with coarse celtic sea salt. Be liberally generous with the salt.

Next, stick the chicken in the oven at 300 ° F for two hours, then raise the temperature to 425 ° and continue to roast the chicken for 20 minutes or until the skin is golden brown.

Garnish the chicken with the remaining fresh herbs and serve it in all its yumminess. You should, of course, truss the bird which I am usually too lazy to do. So ... I guess it's just almost perfect.

Chicken Breast on Top Of Vegetables

Gather Your Ingredients:

- Boneless skinless chicken breasts
- Salt
- Pepper
- Seasonings or marinade of choice

Assemble Your Creation

- 1 Start with completely defrosted chicken breasts.
- 2 Pound your chicken breasts to an even thickness by placing your chicken breast smooth-side up between two layers of plastic wrap or in a large disposable plastic bag (my preferred method) and go to town. Start with the thickest part of the meat and strike it, working outward until the breast is the same thickness all over.
- 3 Marinate or sprinkle both sides of your chicken with salt, pepper, and your preferred spices before it goes on the heat.=
- 4 Heat pan over medium to medium-high heat, grease with cooking spray or a drizzle of oil, and add your chicken to the pan. Cook for 5-8 minutes per side. Turn heat down if chicken begins to burn.

- 5 Use a meat thermometer to check the temperature of your meat. Pull the chicken breast when it reaches 160 degrees and allow to rest for at least 5 minutes.
- 6 Deglaze the pan with 2 tablespoons of white wine, chicken broth, or water and pour back over chicken.
- 7 Slice and enjoy!

Salmon Fillet

** Note - the measurements in this recipe are not exact. They can be varied to taste and used for a small piece of fish or an entire large, boneless fillet. This recipe is great as a leftover the next day. When choosing salmon, always go for wild caught.*

Gather Your Ingredients:

- 6 - 8 oz piece of boneless salmon fillet with the skin on
- 1 tablespoon large + coarse grain salt (smoked salt is really nice)
- 1 tablespoon butter or ghee
- 1 lemon, juiced
- 1 clove garlic, minced
- 1 green onion, sliced thinly
- 1 tsp herb of choice: ginger, dill, basil, etc

Assemble Your Creation:

In a small saucepan combine butter, lemon juice, garlic, onion and herb - let it sit on low on the stove until you need it.

Rinse your piece of fish and pat dry with a paper towel. Sit in on a plate or flat baking dish, skin side down. Sprinkle the salt evenly across the orange flesh, let sit for 15 minutes.

While the fish is sitting prepare where you will cook the salmon: on a grill, in a frying pan on the stove top, in an oven or even a toaster oven. If you're using a frying pan you may need to use a small bit of butter in the bottom of the pan. Plan to have the heat on medium high when you put the fish on then turn the heat to medium.

After 15 minutes rinse the salt off of the fish into the sink, then pat dry again. Place the fish, skin side down, wherever you are cooking it. Let it cook for 3-5 minutes, until the edges start to turn a milky color. Grab your butter/lemon juice mixture, either using a brush or a small spoon, put a generous coating of the mixture on the fish, if I'm using a spoon I use the back of the spoon to spread it around. Cover with a lid for 3 or so minutes (watch closely since salmon cooks very fast!). Take the lid off, if most of the piece of fish has that translucent, milky look, it's time to flip, if it still looks raw give it a bit more time. When it's ready, flip and peel off the skin. Place the skin to the side of the fish and keep cooking until it's crisp, some people like to eat it and ALL dogs love to eat it. After the fish is flipped, spoon on the remainder of the marinade, maybe in two separate batches. Again, stay close, the rest of the cooking time will be 3-5 mins. To check for doneness, take a knife and place it between the flakes at the thickest part of the fillet and pull it open so you can peek inside, if it's still raw you will be able to see the darker color. Only cook until the darker color is JUST gone and no more. Remove from the heat and let it sit for 5 minutes.

Breakfast Ideas

- [Baked Grapefruit](#)

- Variations on Chia Pudding
- Green Smoothie
- [Basic Egg Cookery](#)
- Meat and Veggies
- Grain and Veggies
- Eggs and Sauteed Greens
- Eggs and Steamed Greens
- [Breakfast BLT Salad](#)

Lunch Ideas

- Salmon Tacos with Sprouted Corn Tortillas, Endive Slaw and Cheve
- Chicken Breast with Avocado Caesar - you could make this a wrap
- Bowl of Steamed Veggies with ½ - 1 cup cooked grains
- Soup + Salad + Seeds and Grains

Dinner Ideas

- Bowl of Soup
- Marinated Salad
- [Basic Broth Soups](#)
- Green Smoothie
- Steamer Salad

Desserts and Cravings

- Rice Cake and Raisins

- Coconut flakes, dried fruit and sunflower seeds mixed together
- A spoonful of raw honey
- **Chocolate Spice Chia**
 - Make the basic chia pudding recipe. Combine 1 tablespoon dried date crystals, 1 tablespoon raw cacao powder, ¼ teaspoon cinnamon powder and ¼ teaspoon ginger powder. Sprinkle 1 or 2 teaspoons a top your serving of chia pudding.
- **Matcha Green Tea Chia**
 - Make the basic chia pudding recipe. Combine 1 teaspoon Matcha Powder and 1 tablespoon dried date crystals. Sprinkle 1 or 2 teaspoons a top your serving of chia pudding.