WholeSOME Eats
Kale, Chickpea, & Apple Salad

Serves 8
Prep time: 10 min

Ingredients
2 cans (15-oz.) Chickpeas, rinsed and drained
2 Tbsp. Extra-virgin Olive Oil
¼ tsp Kosher Salt
½ tsp Ground Black Pepper

1 tsp Extra-virgin Olive Oil
1 large bunch Kale
2 large Apples, chopped
¾ cup Cherries
2 cups Red Cabbage, shredded

For the dressing:
½ cup Lime Juice
¼ cup Honey
¼ cup Olive Oil
1 tsp Salt

Materials
1 Large Bowl ● Whisk or Fork ● Sharp knife ● Wooden Stirring Spoon ● Measuring spoons ● Measuring cups

Directions
1. Preheat oven to 425 °F
2. Pat chickpeas dry with paper towels
3. Toss chickpeas with olive oil, salt, and pepper
4. Roast in oven for 30 minutes, shaking occasionally, then let cool
5. In a large bowl, whisk lime juice, honey, and olive oil, add salt a little at a time and adjust other ingredients to taste
6. Massage kale with just a teaspoon of olive oil before chopping
7. Add kale, apples, raisins, and red cabbage to the large bowl and toss to coat
8. Top with chickpeas
9. Best served cold, but great immediately, as well
WholeSOME Eats
Southwest Quinoa Salad

Serves 5
Prep time: 15 min ● Cook time: 15 min

Materials
Sharp knife ● Cutting board ● Large bowl ● Small bowl ● Whisk ● Serving Spoon
Measuring spoons & cups ● Can opener ● Saucepan

Ingredients
For the salad:
2 teaspoons olive oil
2 garlic cloves minced
1 cup quinoa well rinsed and drained
1 3/4 cups low sodium vegetable broth or water
1 cup canned corn drained
15 ounce can black beans rinsed & drained
1 red bell pepper chopped
4 green onions sliced
2 tablespoons minced fresh cilantro

For the Lime vinaigrette:
3 tablespoons fresh lime juice
2 tablespoons olive oil
1 tablespoon honey
1 teaspoon chili powder
½ teaspoon cumin
Salt and pepper to taste

Directions
1. Heat the 2 teaspoons olive oil in a medium saucepan over medium heat. Add the garlic and sauté until fragrant, stirring, about 1 minute. Add the quinoa and vegetable broth (or water) and bring to a boil. Reduce the heat, cover, and simmer until the liquid has been absorbed, about 12-16 minutes. Remove from the heat.

2. While the quinoa cooks, prepare the lime vinaigrette. In a small bowl or jar, combine the dressing ingredients. Whisk (or shake in a jar with a lid) until well combined.

3. Transfer the cooked quinoa to a large bowl and stir in the corn, black beans, bell pepper, green onions, and cilantro. Add the dressing and stir gently to combine. Taste and adjust seasonings as necessary.

4. Serve salad warm or cold, with guacamole or sliced avocado if desired.
WholeSOME Eats
Carrot Dog

Serves: 8-10

Prep Time: 24 hours

Cook Time: 15 mins

Total Time: 24 hours 15 mins

Ingredients

- 8-10 organic carrots (size and shape described above)
- 2 cups of water

Marinade

- 2 Tablespoons liquid smoke
- ¼ cup Bragg’s Aminos or Tamari sauce
- 1 teaspoon granulated garlic
- 1 teaspoon kosher salt
- ¼ cup low sodium vegetable, not-chicken broth, or water
- ¼ cup red wine vinegar
- 1 Tablespoon maple syrup

How to Do It

1. Peel the carrots, shaping them with peeler to an even roundness. Trim the ends to fit your buns in length.
2. Place about 2 cups of water in a skillet and heat to boiling; add carrots and cover, simmer along for 8-10 minutes or until carrots are fork tender. Do not overcook!
3. While carrots are cooking, prepare your marinade by combining ingredients into a small bowl.
4. When carrots have cooked sufficiently, immediately pour contents of pot into a colander and drain, then run cold water over carrots to stop the cooking process.
5. Place carrots in an air-tight container large enough for all the carrots to lay flat (a zip style plastic freezer bag also works well). Place in refrigerator and allow carrots to marinate for 6-24 hours.
6. Place carrots and a few tablespoons of marinade in a hot non-stick skillet, and cook, allowing marinade to caramelize the carrots and create a nice brown exterior coating.
7. If you prefer, you can bake the carrot dogs in their marinade for 10-15 minutes at 350 degrees, turning halfway through to brown evenly. OR you can grill them over low coals.
8. Serve with your favorite sides and toppings.
WholeSOME Eats

Mason Jar Rainbow Salad

Serves 1
Prep time: 15 min • Cook time: 0 min

**Ingredients**

¼ cup Cherry tomatoes, sliced
¼ cup Bell pepper (yellow and/or orange), diced
¼ cup carrots, sliced
¼ cup cucumber, sliced
¼ cup red cabbage, shredded
½ cup Spinach, romaine lettuce or mixed greens, chopped or torn
¼ cup protein (grilled chicken, tofu, chickpeas, cooked quinoa)

**Vinaigrette**

3 Tbs olive oil
1 small clove garlic, minced
1 Tbs lemon juice
1 tsp Dijon mustard
½ tsp salt
¼ tsp pepper

**Directions**

Start with Vinaigrette: Whisk all vinaigrette ingredients together in a small bowl until completely combined.

1. Add vinaigrette to your mason jar, about 1-4 tablespoons.
2. Add hard vegetables – carrots, peppers, then cucumbers.
3. Next add your protein or grains – chickpeas, chicken, quinoa.
4. Add cherry tomatoes.
5. Add red cabbage, and finally your spinach, romaine lettuce or mixed greens.
6. Cover tightly with lid, and store in refrigerator.
7. When ready to eat, shake to distribute dressing, then pour contents into a bowl.
8. Salads should stay fresh for up to 5 days.

**Materials**

Wide-Mouth Quart Mason Jar
● Small Bowl ● Sharp Knife ● Cutting Board ● Whisk ● Measuring cups and spoons

*Vinaigrette adapted from “Everyday Salad Dressing” by Gimme Some Oven
https://www.gimmesomeoven.com/salad-dressing/#tasty-recipes-74555*
WholeSOME Eats

Back-to-School Recipe Quickies

3-ingredient Breakfast Cookies

Serves 8 cookies

Prep Time: 15 mins Cook Time: 12 mins

Ingredients
1 cup oats
2 bananas

Preparation
- Preheat oven to 350°F (180°C).
- In a large mixing bowl combine the oats and banana and mash banana and mix until well incorporated.
- Add additional ingredients should you desire (chocolate morsels, cranberries, blueberries, etc.).
- Bake for 12 minutes.
- Enjoy!

Cheerio Bar Recipe

Ingredients
1/2 cup of honey
1/2 cup of sunflower butter or nut butter
3 cups of cheerios (could be any type)

Preparation
- Line an 8x8 baking sheet with parchment paper.
- Add cheerios to a bowl.
- In a medium pot, melt honey and sunflower butter and stir until everything is well combined.
- Remove from heat and pour over cheerios. Mix well.
- Pour into baking dish and press down firmly.
- Refrigerate for at least one hour, then cut into squares. Store in airtight container.

Adapted by Chrissy Carroll
Egg Muffins Recipe: [https://www.wellplated.com/healthy-breakfast-egg-muffins/](https://www.wellplated.com/healthy-breakfast-egg-muffins/)

Sheet Pan Sweet Potato Breakfast
Servings: 4
Prep Time: 10 minutes
Cook Time: 25 minutes

Ingredients

- 3 medium sweet potatoes, diced into 1-inch pieces
- 1 – 2 tbsp light olive oil or avocado oil
- 2 cloves of garlic, chopped
- ½ Vidalia onion, chopped
- ½ tsp salt
- ¼ tsp paprika
- ¼ tsp black pepper
- ¼ tsp onion powder
- ½ lb ground maple sage ground turkey, cooked (see recipe below)

Instructions:

1. Preheat oven to 375 degrees, line a baking sheet with parchment paper.
2. Spread diced sweet potato on the prepared baking sheet along with chopped garlic and onion.
3. Drizzle with olive oil, sprinkle seasonings on top, and toss potatoes so that they are coated in the oil. Spread in a single layer. Bake for 15 mins.
4. Remove from oven and add cooked ground turkey to the sheet pan. Toss with sweet potatoes and spread everything into a single layer. Bake for another 10 minutes.
5. Remove from oven and sprinkle fresh chopped parsley on top. Serve immediately.

Maple Sage Breakfast Sausage

Ingredients

- 1 lb. lean ground turkey
- 1 tsp dried sage
- 1 tsp sea salt
- ½ tsp dried thyme
- ¼ tsp garlic powder
- ½ tsp smoked paprika
- 1 Tbsp maple syrup
- Black pepper
- 1 Tbsp coconut oil

Materials

- Medium frying pan
- Large bowl
- Parchment paper

Directions

1. Add ground turkey, sage, thyme, garlic powder, smoked paprika, maple syrup, salt and black pepper to a bowl.
2. Use your hands to mix the ingredients together until the ground turkey is evenly mixed with seasonings.
3. Using a ¼ cup measuring cup, portion and shape the ground meat mixture into patties on parchment paper.
4. Flatten the patties until they are very thin as they will shrink inward and get thicker in the center as they cook. The shaped patties should be about 3-inches wide.
5. Add 1 tbsp of coconut oil to a skillet and heat over medium. Once hot, add the sausage patties and cook 3 – 5 minutes on each side, or until browned on the outside and cooked through 145 degrees F in the inside.
Egg-Free Chocolate Butternut Squash Muffins

Servings: 12 muffins
Prep time: 10 min ● Cook time: 20 min

Ingredients
1 cup unsweetened applesauce (or sub mashed banana)
1 1/2 cups canned butternut squash puree
1/2 cup honey or maple syrup
1/4 cup avocado oil or melted coconut oil
1 tsp baking powder
1 tsp baking soda
1/4 tsp sea salt 1 tsp cinnamon
2 cups white whole wheat flour (or sub gluten free 1:1 flour blend)
1/3 cup cocoa powder
1/3 cup chocolate chips optional + extra for topping if desired

Materials
Large mixing bowl ● Large stirring spoon or wire whisk ● measuring cups and spoons ● 12-cup muffin pan ● paper muffin liners ● Wooden Stirring Spoon

Directions
1. Preheat oven to 375 degrees and line a 12-cup muffin tin with liners. Set aside.
2. In a large bowl, combine applesauce, canned butternut squash puree, maple syrup/honey, and oil. Mix.
3. Add remaining ingredients except chocolate chips (if using) to the bowl and mix until all of the ingredients are well incorporated.
4. Fold in chocolate chips, if using.
5. Portion out the batter into the prepared muffin tin and top with extra chocolate chips if desired.
6. Bake for 20-22 minutes or until a toothpick inserted into the middle of the muffin comes out clean. Remove muffins from the oven and let cool for 5 minutes before enjoying. Once completely cool, store muffins in an airtight container.

Adapted from the Natural Nurturer’s “Egg-Free Chocolate Butternut Squash Muffins”