

# Nutritious Winter Eats

Winter calls for hearty dishes and warming spices to keep you feeling nourished and cozy all season long. These nutritious recipes do just that, combining colourful vegetables, various proteins, and tasty flavours for those long winter nights.



# Grocery List



43 ingredients

## FRUITS

- 6 Clementines
- 1 1/2 Lemon
- 1 Mango
- 1/2 cup Pomegranate Seeds

## BREAKFAST

- 1/2 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 1/4 tsp Black Pepper
- 1 tsp Cumin
- 2 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Slivered Almonds
- 1 tsp Turmeric
- 2 tbsps Za'atar Spice

## FROZEN

- 1/2 cup Frozen Spinach

## VEGETABLES

- 1 cup Baby Spinach
- 8 Carrot
- 1/2 head Cauliflower
- 1 1/2 cups French Shallot
- 10 Garlic
- 5 cups Green Beans
- 2 cups Kale Leaves
- 2 cups Mushrooms
- 1 cup Parsley
- 1 cup Red Onion
- 2 tbsps Rosemary
- 1 Sweet Onion
- 16 White Button Mushrooms

## BOXED & CANNED

- 2 cups Chickpeas
- 1/2 cup Quinoa
- 3 cups Vegetable Broth

## BAKING

- 1 tbsp Arrowroot Powder
- 1 tsp Baking Powder
- 2 tbsps Nutritional Yeast
- 2 cups Oat Flour

## BREAD, FISH, MEAT & CHEESE

- 1/2 cup Goat Cheese
- 4 lbs Whole Roasting Chicken
- 8 1/8 ozs Whole Wheat Flatbread

## CONDIMENTS & OILS

- 2 tbsps Balsamic Vinegar
- 2 tbsps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Tahini

## COLD

- 6 Egg
- 1 cup Unsweetened Almond Milk

## OTHER

- 2 3/4 cups Water



# Spinach & Goat Cheese Stuffed Mushrooms



7 ingredients



40 minutes



4 servings

## DIRECTIONS

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Wipe the mushrooms with a damp paper towel to remove any dirt and snap the stems off. Set mushroom caps aside.
3. To the bowl of a food processor add the mushroom stems, goat cheese, oil, garlic, salt and pepper. Blend until smooth.
4. Squeeze any excess moisture from the thawed spinach and add it to the food processor. Blend again until combined.
5. Spoon about one tablespoon of the filling into each mushroom cap and arrange on prepared baking sheet. Bake for 25 to 28 minutes or until mushrooms are very tender. Serve immediately with a sprinkle of fresh ground pepper on top. Enjoy!

## NOTES

### Serving Size

One serving is equal to four stuffed mushrooms.

### No Goat Cheese

Use parmesan or cashew cheese instead.

### No White Button Mushrooms

Use portobello mushrooms instead.

### Tipsy Mushrooms

Cut a small slice off the bottom of each mushroom to create a flat surface so they don't fall over.

## INGREDIENTS

- 16 White Button Mushrooms (whole)
- 1/2 cup Goat Cheese (crumbled)
- 1 tbsp Extra Virgin Olive Oil
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/2 cup Frozen Spinach (thawed)

## NUTRITION

### Amount per serving

Calories	88	Cholesterol	5mg
Fat	7g	Sodium	231mg
Carbs	4g	Vitamin A	2288IU
Fiber	1g	Vitamin C	3mg
Sugar	2g	Calcium	39mg
Protein	5g	Iron	1mg





# Creamy Carrot Soup



11 ingredients



50 minutes



4 servings

## DIRECTIONS

1. In a large pot, heat olive oil over medium heat. Stir in onion, garlic, carrots, cumin and turmeric. Season with salt and pepper to taste. Sauté for about 10 minutes or until veggies start to brown.
2. Add in vegetable broth. Cover with lid and let simmer for 30 minutes.
3. After 30 minutes, pour in almond milk and stir well. Transfer soup to a blender to puree. Always be careful to leave a hole for the steam to escape or the lid will pop off while blending. Blend in batches and transfer back to pot. Taste and season with more sea salt and pepper if desired.
4. Ladle soup into bowls. Garnish with chopped spinach and drizzle with a squeeze of lemon wedge. Serve with a slice of bread for dipping and/or a mixed greens salad.

## INGREDIENTS

- 1 **tblsp** Extra Virgin Olive Oil
- 8 Carrot (chopped into 1 inch rounds)
- 1 Sweet Onion (chopped)
- 2 Garlic (cloves, minced)
- 1 **tsp** Cumin
- 1 **tsp** Turmeric
- 3 **cups** Vegetable Broth
- 1 **cup** Unsweetened Almond Milk
- 1 Lemon (cut into wedges)
- 1 **cup** Baby Spinach (chopped)
- Sea Salt & Black Pepper (to taste)

## NOTES

### Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

### Serving Size

One serving is roughly 1 1/2 to 2 cups of soup.

## NUTRITION

### Amount per serving

<b>Calories</b>	133	<b>Cholesterol</b>	0mg
<b>Fat</b>	5g	<b>Sodium</b>	629mg
<b>Carbs</b>	22g	<b>Vitamin A</b>	21612IU
<b>Fiber</b>	5g	<b>Vitamin C</b>	19mg
<b>Sugar</b>	11g	<b>Calcium</b>	192mg
<b>Protein</b>	3g	<b>Iron</b>	2mg





# Mango & Chickpea Kale Salad



10 ingredients



20 minutes



4 servings



## DIRECTIONS

1. Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork, and set aside to cool.
2. Meanwhile, prepare the dressing by combining olive oil, balsamic vinegar, maple syrup, sea salt, and pepper.
3. Combine chickpeas, kale, pomegranate seeds, mango and balsamic vinaigrette in a large bowl. Add quinoa once cooled.
4. Drizzle salad with desired amount of dressing and serve. Enjoy!

## NOTES

### Leftovers

Refrigerate in an airtight container for up to three to four days.

### Serving Size

One serving equals approximately 1 1/2 cups.

### No Mango

Use peach, nectarine, orange or clementine slices instead.

## INGREDIENTS

- 1/2 cup Quinoa (uncooked)
- 1 cup Water
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Balsamic Vinegar
- 1 tbsp Maple Syrup
- 2 cups Chickpeas (cooked, drained and rinsed)
- 2 cups Kale Leaves (finely chopped)
- 1/2 cup Pomegranate Seeds
- 1 Mango (peeled and thinly sliced)
- Sea Salt & Black Pepper (divided)

## NUTRITION

### Amount per serving

<b>Calories</b>	362	<b>Cholesterol</b>	0mg
<b>Fat</b>	11g	<b>Sodium</b>	17mg
<b>Carbs</b>	57g	<b>Vitamin A</b>	1439IU
<b>Fiber</b>	10g	<b>Vitamin C</b>	43mg
<b>Sugar</b>	22g	<b>Calcium</b>	102mg
<b>Protein</b>	12g	<b>Iron</b>	4mg



# Green Bean Casserole



10 ingredients



1 hour 20 minutes



4 servings



## DIRECTIONS

1. Add half of the coconut oil in a large skillet and place over medium-low heat. Add the sliced shallots. Stir often to prevent burning for 30 to 40 minutes, or until caramelized. Once the onions are golden, remove from the heat, transfer into a bowl, and set aside.
2. While the onions cook, steam the cauliflower in a steaming basket until softened and are easily pierced with a fork. Transfer to your blender or food processor and set aside.
3. Steam the green beans for 6 to 8 minutes or until bright green. Transfer the beans into a casserole dish.
4. Heat the remaining coconut oil in a skillet over medium-low heat. Saute mushrooms for 5 minutes or until softened then add in the garlic. Saute for another minute and remove from heat. Spread half of this mushroom mixture over your green beans in the casserole dish. Add the remaining half to your blender with your steamed cauliflower.
5. Preheat the oven to 350°F (177°C). Add water, sea salt, and nutritional yeast to the blender. Blend until very smooth.
6. Pour desired amount of creamy cauliflower sauce into your casserole dish over the green beans and mushrooms. You might not need it all. Smooth with a spoon or spatula. Top with the caramelized onions.
7. Bake the casserole for 30 minutes. Remove from the oven and let sit for 5 minutes before serving. Garnish with toasted slivered almonds and enjoy!

## NOTES

### Leftovers

Refrigerate in an airtight container for up to four days.

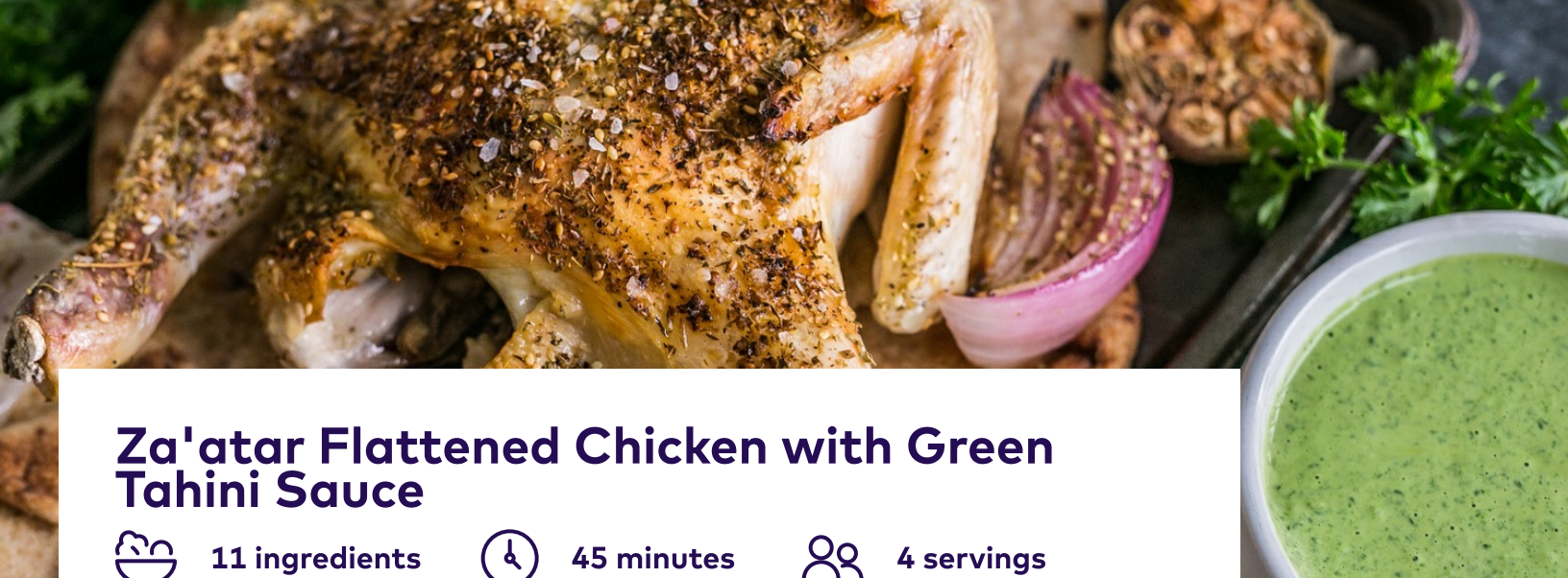
## INGREDIENTS

- 2 tbsps Coconut Oil (divided)
- 1 1/2 cups French Shallot (thinly sliced)
- 1/2 head Cauliflower (chopped into florets)
- 5 cups Green Beans (trimmed and halved)
- 2 cups Mushrooms (sliced)
- 3 Garlic (cloves, minced)
- 1 1/2 cups Water
- 1 tsp Sea Salt
- 2 tbsps Nutritional Yeast
- 1/4 cup Slivered Almonds (toasted)

## NUTRITION

		Amount per serving		
Calories	244	Cholesterol	0mg	
Fat	12g	Sodium	644mg	
Carbs	28g	Vitamin A	865IU	
Fiber	9g	Vitamin C	57mg	
Sugar	12g	Calcium	124mg	
Protein	11g	Iron	4mg	





# Za'atar Flattened Chicken with Green Tahini Sauce



11 ingredients



45 minutes



4 servings

## DIRECTIONS

1. Preheat oven to 425°F (218°C). Line a baking sheet with parchment paper.
2. Place the chicken breast-side down with the legs pointing towards you. Cut out the backbone using a knife or kitchen shears.
3. Transfer chicken to the baking sheet breast-side up and press down to flatten the chicken. Arrange the halved garlic cloves and onion wedges around the chicken.
4. Coat the chicken with the olive oil and sprinkle with za'atar and half of the salt. Roast for 40 minutes or until golden and cooked through.
5. While the chicken cooks, add parsley, tahini, lemon juice, water and remaining salt to a food processor and blend until creamy.
6. Serve roasted chicken with flatbread and drizzle with desired amount of dressing. Enjoy!

## NOTES

### No Whole Chicken

Use chicken leg quarters or breasts instead.

### No Lemon Juice

Use apple cider vinegar instead.

### Storage

Refrigerate in an airtight container up to 3 days.

## INGREDIENTS

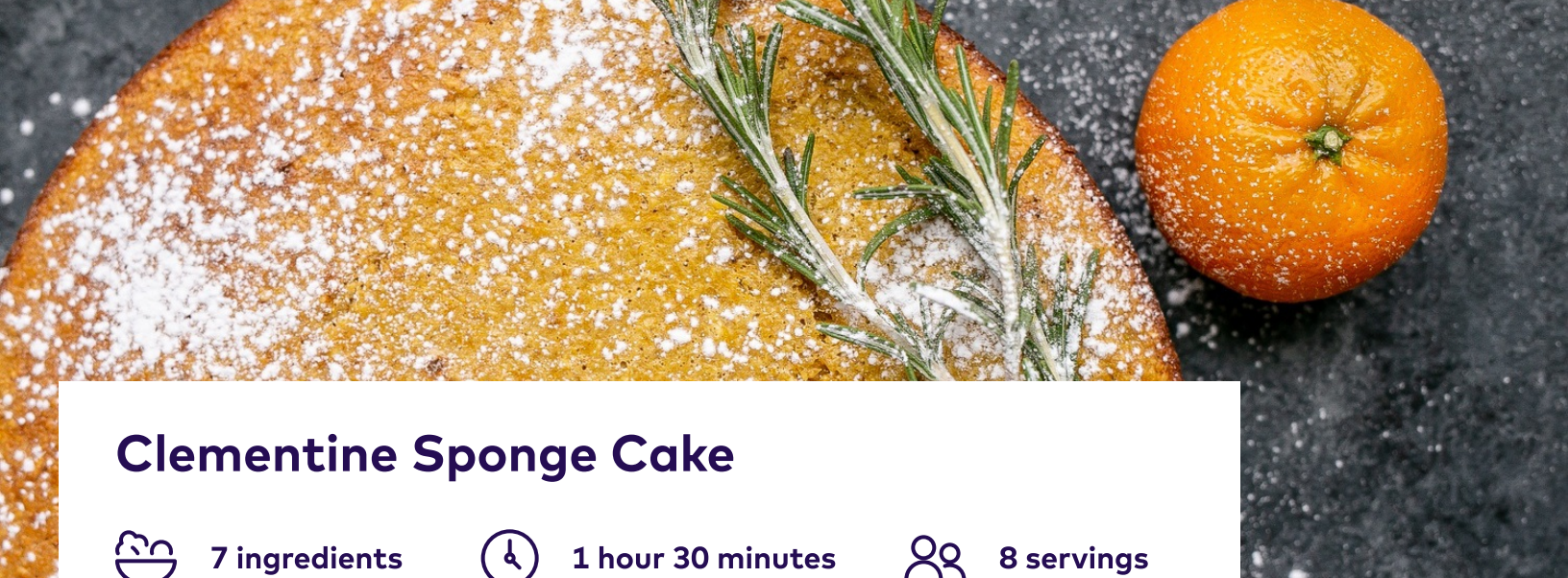
- 4 lbs Whole Roasting Chicken
- 4 Garlic (cloves, sliced in halves)
- 1 cup Red Onion (sliced into wedges)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Za'atar Spice
- 1 tsp Sea Salt (divided)
- 1 cup Parsley (roughly chopped)
- 1/4 cup Tahini
- 1/2 Lemon (juiced)
- 1/4 cup Water
- 8 1/8 ozs Whole Wheat Flatbread

## NUTRITION

### Amount per serving

Calories	825	Cholesterol	295mg
Fat	29g	Sodium	1407mg
Carbs	36g	Vitamin A	1496IU
Fiber	7g	Vitamin C	41mg
Sugar	3g	Calcium	191mg
Protein	101g	Iron	10mg





# Clementine Sponge Cake



7 ingredients



1 hour 30 minutes



8 servings

## DIRECTIONS

1. Place the peeled clementines in a pot and cover with water. Bring the water to a simmer and cook for 1 hour. Drain the water and transfer the clementines to a blender. Blend into a purée and set aside to cool.
2. Preheat the oven to 375°F (190°C). Line a 9-inch springform cake pan with parchment paper.
3. In a mixing bowl, whisk together the eggs, clementine purée, maple syrup and baking powder. Gently fold in the oat flour until well combined. Transfer the batter to the pan.
4. Bake for 25 to 30 minutes, or until golden brown and a toothpick comes out clean. Garnish with rosemary sprigs and a dusting of arrowroot flour. Enjoy!

## NOTES

### Leftovers

Refrigerate in an airtight container or food wrap for up to one week. Freeze for up to two months.

### Serving Size

One serving equals one slice. A 9-inch springform pan yields eight servings.

### More Flavor

Add vanilla extract and/or almond extract.

### Additional Toppings

Top with ice cream, yogurt, coconut whipped cream or jam.

### No Oat Flour

Use almond flour instead.

## INGREDIENTS

- 6 Clementines (peeled)
- 6 Egg
- 1/2 cup Maple Syrup
- 1 tsp Baking Powder
- 2 cups Oat Flour
- 2 tbsps Rosemary (sprigs, for garnish)
- 1 tbsp Arrowroot Powder (for garnish, optional)

## NUTRITION

### Amount per serving

Calories	257	Cholesterol	140mg
Fat	6g	Sodium	117mg
Carbs	41g	Vitamin A	215IU
Fiber	4g	Vitamin C	27mg
Sugar	17g	Calcium	108mg
Protein	11g	Iron	2mg