



Red Leaf Lettuce, Orange & Pepper Salad

ingredients

1 head red leaf lettuce
1 orange
1 yellow pepper
1/4 cup rice vinegar
1/4 cup olive oil
1 tsp dried rosemary
salt and pepper to taste

recipe

1. Wash & roughly chop red leaf lettuce and yellow pepper. Peel and slice oranges into 1/2" segments.
2. Whisk together oil, vinegar, rosemary, salt and pepper in small dish.
3. Toss lettuce, orange and peppers in large bowl with dressing to taste.



Spicy Cauliflower Steaks

ingredients

1/2 head, cauliflower
1/4 cup olive oil
1/2 lime
1/2 tsp cayenne pepper
1/4 tsp cumin
1/4 tsp chili powder
salt & pepper to taste

recipe

1. Preheat oven to 375 degrees. Line a baking sheet with parchment paper.
2. Cut cauliflower into 1/4" - 1/2" slices.
3. Place cauliflower on baking sheet and brush with half the olive oil.
4. Mix all dry ingredients. Sprinkle evenly over oiled slices.
5. Squeeze fresh lime juice directly onto cauliflower.
6. Roast in oven for 15 minutes.
7. Remove from oven and carefully flip each slice. Brush the remaining olive oil on the cauliflower and roast for 15 more minutes. Rotate your baking sheet when placing back in oven.



Squash, Apple & Pepper Stir Fry Over Cauliflower Rice

ingredients

1/2 head of cauliflower
3 tbsp olive oil
1/2 cup chicken stock
1 apple
1 yellow pepper
2-3 yellow squash (depending on size)
1 tbsp soy sauce (or coconut aminos)
Salt and pepper to taste

recipe

1. Grate cauliflower into large bowl using box grater.
2. Heat 1 tbsp of oil over medium heat in a skillet. Add grated cauliflower. Season with salt and pepper.
3. Add chicken stock, cover and cook until cauliflower is soft, 5 - 7 minutes.
4. Remove from heat and fluff with fork.



Roasted Brussels Sprouts & Apples

ingredients

1 apple
1 lb Brussels sprouts
1 tbsp olive oil
1/2 lime
Salt and pepper to taste

recipe

1. Preheat oven to 375 degrees.
2. Peel off outer leaves of sprouts, wash and quarter. Wash and roughly chop apple into 1/2" pieces.
3. Toss sprouts, apples and oil in baking dish. Season to taste with salt and pepper. Finish with freshly squeezed lime juice.
4. Bake for 15 minutes. Stir sprouts and rotate dish. Bake for an additional 15 minutes or until sprouts are tender.



Orange & Kiwi Sorbet

ingredients

2 oranges
2 kiwis
3/4 cup sugar
1.5 cups water

recipe

1. Peel & roughly chop oranges and kiwi. Place in freezer in ziplock bag or on cookie sheet. Let freeze through, ideally 12 hrs.
2. Make simple syrup - bring sugar and water to boil, stirring to ensure all sugar is liquified.
3. Remove from heat and let cool.
4. Process frozen fruit and simple syrup in blender until it reaches a thick consistency.
5. Pour into freezer-safe bowl, cover and place in freezer for at least 3 hours.