

## Carbs & Casseroles for the Holidays

Created by Dr. Bob Bacon



## Carbs & Casseroles for the Holidays

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Breakfast Cauliflower Casserole	Lemon Strawberry French Toast Casserole	Slow Cooker Berry French Toast Casserole	Potato & Turkey Breakfast Casserole	Buttermilk Corn Bread	Pumpkin & Walnut French Toast Casserole	Oat Bread
Snack 1		Lemon Oat Cookies		Buttermilk Soaked Oatmeal		Buttermilk Coleslaw	
Lunch	Scalloped Potato Stacks	Twice Baked Potato Casserole	Super Simple Ravioli Casserole	Slow Cooker Chicken Enchilada Casserole	Scalloped Sweet Potatoes	Chicken, Artichoke, & Mushroom Casserole	Celery Root & Parsnip Parmesan Casserole
Dinner	Creamy Spaghetti Squash Casserole	Slow Cooker Turnip & Apple Casserole	Cheesy Cauliflower & Broccoli Casserole	Green Bean Casserole	Cauliflower & Mushroom Casserole	Potato Crusted Pork Casserole	Salmon, Leek & Potato Casserole

## Carbs & Casseroles for the Holidays

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Calories</b> 1140	<b>Calories</b> 1081	<b>Calories</b> 993	<b>Calories</b> 1247	<b>Calories</b> 709	<b>Calories</b> 1220	<b>Calories</b> 839
<b>Fat</b> 83g	<b>Fat</b> 40g	<b>Fat</b> 29g	<b>Fat</b> 48g	<b>Fat</b> 35g	<b>Fat</b> 51g	<b>Fat</b> 30g
<b>Carbs</b> 60g	<b>Carbs</b> 152g	<b>Carbs</b> 141g	<b>Carbs</b> 120g	<b>Carbs</b> 86g	<b>Carbs</b> 99g	<b>Carbs</b> 94g
Fiber 10g	Fiber 13g	Fiber 22g	Fiber 23g	Fiber 11g	Fiber 18g	Fiber 15g
Sugar 8g	Sugar 55g	Sugar 53g	Sugar 22g	Sugar 27g	Sugar 32g	Sugar 15g
<b>Protein</b> 43g	<b>Protein</b> 32g	<b>Protein</b> 47g	<b>Protein</b> 83g	<b>Protein</b> 20g	<b>Protein</b> 90g	<b>Protein</b> 52g
Cholesterol 570mg	Cholesterol 179mg	Cholesterol 148mg	Cholesterol 431mg	Cholesterol 81mg	Cholesterol 305mg	Cholesterol 186mg
Sodium 2094mg	Sodium 1108mg	Sodium 1086mg	Sodium 2511mg	Sodium 963mg	Sodium 1932mg	Sodium 965mg
Vitamin A 3819IU	Vitamin A 1757IU	Vitamin A 9317IU	Vitamin A 4678IU	Vitamin A 11261IU	Vitamin A 16630IU	Vitamin A 1794IU
Vitamin C 153mg	Vitamin C 83mg	Vitamin C 193mg	Vitamin C 131mg	Vitamin C 79mg	Vitamin C 139mg	Vitamin C 45mg
Calcium 472mg	Calcium 432mg	Calcium 586mg	Calcium 947mg	Calcium 399mg	Calcium 562mg	Calcium 452mg
Iron 6mg	Iron 7mg	Iron 12mg	Iron 11mg	Iron 4mg	Iron 11mg	Iron 6mg

# Carbs & Casseroles for the Holidays

92 items

## Fruits

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- 4 1/2 Apple
- 1 1/2 Lemon
- 2 tbsps Lemon Juice
- 1 1/2 tbsps Lemon Zest
- 2 1/2 cups Strawberries

## Breakfast

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- 1 1/4 cups Maple Syrup

## Seeds, Nuts & Spices

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- 3/4 cup Cashews
- 1 1/16 tbsps Cinnamon
- 1/2 tsp Dried Thyme
- 1 1/2 tbsps Garlic Powder
- 1 1/2 tps Ground Sage
- 1/3 tsp Paprika
- 3 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 cup Slivered Almonds
- 1/3 cup Walnuts

## Frozen

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- 4 1/2 cups Cauliflower Rice
- 2 1/4 cups Frozen Berries

## Vegetables

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- 2 cups Baby Spinach
- 10 cups Broccoli
- 3 cups Butternut Squash
- 4 3/4 heads Cauliflower
- 2 1/4 cups Celery Root
- 1/2 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 6 cups Coleslaw Mix
- 18 Cremini Mushrooms
- 2 1/4 cups French Shallot
- 15 Garlic
- 7 1/2 cups Green Beans
- 6 stalks Green Onion
- 2 cups Kale Leaves
- 3 Leeks
- 7 1/2 cups Mushrooms
- 1 3/4 cups Parsley
- 6 Parsnip
- 2 Red Bell Pepper
- 12 1/2 Russet Potato
- 1 Spaghetti Squash
- 2 Sweet Potato
- 1 tbsp Thyme
- 4 1/2 Turnip
- 6 3/4 Yellow Onion
- 7 Yellow Potato

## Boxed & Canned

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- 3 cups Beef Broth
- 2 cups Black Beans
- 1/2 cup Bread Crumbs
- 3 1/8 cups Canned Coconut Milk
- 1 cup Corn
- 3 cups Enchilada Sauce
- 1 1/2 cups Vegetable Broth

## Baking

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## Bread, Fish, Meat & Cheese

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- 1 1/3 lbs Cheddar Cheese
- 4 1/4 lbs Chicken Breast
- 10 Corn Tortilla
- 2 1/4 lbs Lean Ground Pork
- 4 ozs Mozzarella Cheese
- 1/3 cup Parmigiano Reggiano
- 12 ozs Pork Sausage
- 1 cup Ricotta Cheese
- 2 lbs Salmon Fillet
- 2 1/4 lbs Sourdough Bread
- 8 ozs Turkey Sausage
- 10 1/2 slices Whole Grain Bread

## Condiments & Oils

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- 2 1/4 cups Artichoke Hearts
- 2/3 cup Coconut Oil
- 1/4 cup Mayonnaise
- 2 1/2 cups Tomato Sauce

## Cold

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- 1 1/3 cups Butter
- 1 2/3 cups Buttermilk
- 6 1/8 cups Cow's Milk, Whole
- 36 3/4 Egg
- 2 cups Plain Coconut Milk
- 2 cups Plain Goat Milk Yogurt
- 1 1/2 cups Plain Greek Yogurt
- 4 cups Unsweetened Almond Milk
- 1 1/2 cups Whipping Cream

## Other

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- 1 1/8 lbs Beef Ravioli
- 5 cups Water

- 1 cup** All Purpose Gluten-Free Flour
- 1 cup** Almond Flour
- 1/3 cup** Arrowroot Powder
- 2 2/3 tbsps** Baking Powder
- 1/2 tsp** Baking Soda
- 1 1/8 cups** Coconut Sugar
- 1 1/8 cups** Cornmeal
- 3 1/2 tbsps** Honey
- 1 1/16 cups** Nutritional Yeast
- 3 1/2 cups** Oat Flour
- 2 1/2 cups** Oats
- 2 1/3 cups** Pureed Pumpkin
- 2 1/8 ozs** Unbleached All Purpose Flour
- 1 1/8 tbsps** Vanilla Extract

# Breakfast Cauliflower Casserole

7 ingredients · 1 hour · 6 servings



## Directions

1. Preheat oven to 375°F (191°C).
2. On the stove, bring a large pot of water to a boil. Drop in your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork). Roughly chop the cooked cauliflower and set aside.
3. In a bowl, whisk together egg, almond milk, garlic powder, nutritional yeast, salt and chopped spinach. Toss in chopped cauliflower florets until evenly coated.
4. Pour mixture into a baking dish and bake for 45 minutes.
5. Remove from oven and let cool slightly before serving. Enjoy!

## Notes

### More Greens

Add an extra cup of chopped spinach, or serve with a side of mixed greens tossed in olive oil and balsamic vinegar.

### Don't Like Cauliflower

Use steamed broccoli instead.

### Storage

Store in an airtight container up to three days. Reheat before serving.

## Ingredients

- 1 head Cauliflower (chopped into florets)
- 14 Egg
- 1 cup Unsweetened Almond Milk
- 2 tsps Garlic Powder
- 2 tbsps Nutritional Yeast
- 2 tsps Sea Salt
- 2 cups Baby Spinach

## Nutrition

Amount per serving

<b>Calories</b>	213	<b>Cholesterol</b>	434mg
<b>Fat</b>	12g	<b>Sodium</b>	1025mg
<b>Carbs</b>	8g	<b>Vitamin A</b>	1651IU
<b>Fiber</b>	3g	<b>Vitamin C</b>	50mg
<b>Sugar</b>	2g	<b>Calcium</b>	174mg
<b>Protein</b>	19g	<b>Iron</b>	3mg

# Lemon Strawberry French Toast Casserole

9 ingredients · 45 minutes · 6 servings



## Directions

1. Preheat the oven to 375°F (190°C).
2. In a large bowl, whisk together the eggs, butter, milk, maple syrup, lemon juice, lemon zest, vanilla, and salt until well combined.
3. Dip the pieces of sourdough bread into the batter, ensuring all sides are soaked. Transfer the bread into a casserole dish, filling the casserole dish completely.
4. Evenly stuff the strawberry pieces in between the slices of bread until they are all used up. Bake in the oven for 30 minutes or until starting to brown.
5. Serve with extra maple syrup and strawberries, if desired. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

A 10 x 7-inch baking dish was used to make six servings.

### More Flavor

Stuff the bread with ricotta cheese.

### Additional Toppings

Chocolate chips, whipped cream, additional fresh fruit.

### Gluten-Free

Use gluten-free bread.

### Dairy-Free

Use vegan butter and milk instead.

## Ingredients

- 3 Egg
- 1/4 cup Butter (melted)
- 1/2 cup Cow's Milk, Whole
- 1/2 cup Maple Syrup
- 1 Lemon (juiced, zested)
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- 1 1/2 lbs Sourdough Bread (sliced, halved)
- 2 1/2 cups Strawberries (chopped)

## Nutrition

Amount per serving

Calories	492	Cholesterol	115mg
Fat	11g	Sodium	693mg
Carbs	79g	Vitamin A	412IU
Fiber	3g	Vitamin C	41mg
Sugar	20g	Calcium	77mg
Protein	15g	Iron	4mg

# Slow Cooker Berry French Toast Casserole

9 ingredients · 3 hours · 6 servings



## Directions

1. Grease the inside of the slow cooker pot with coconut oil.
2. In a large bowl, whisk together the milk, eggs, coconut sugar, cinnamon, and vanilla. Add the chopped bread and let stand for ten minutes. Stir in the frozen berries.
3. Add the mixture to the slow cooker and cover with a lid. Cook on low for about three hours, or until set, careful not to burn.
4. Divide evenly between plates and top with maple syrup, if using. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is equal to approximately one cup.

### Gluten-Free

Use gluten-free bread instead.

### More Flavor

Swap out the whole grain bread for brioche.

### Additional Toppings

Greek yogurt and/or fresh berries.

## Ingredients

- 1 1/2 tbsps Coconut Oil
- 1 1/2 cups Unsweetened Almond Milk
- 3 Egg
- 1/2 cup Coconut Sugar
- 1 1/2 tsps Cinnamon
- 1 1/2 tsps Vanilla Extract
- 10 1/2 slices Whole Grain Bread (cut into one-inch cubes)
- 2 1/4 cups Frozen Berries
- 1/2 cup Maple Syrup (optional, for drizzling)

## Nutrition

Amount per serving

Calories	409	Cholesterol	93mg
Fat	9g	Sodium	354mg
Carbs	70g	Vitamin A	262IU
Fiber	8g	Vitamin C	15mg
Sugar	38g	Calcium	244mg
Protein	14g	Iron	3mg

# Potato & Turkey Breakfast Casserole

7 ingredients · 45 minutes · 6 servings



## Directions

1. Preheat the oven to 400°F (204°C).
2. Bring a pot of water to a boil. Place the potatoes into the water and cook until tender.
3. Meanwhile, in a pan over medium heat, brown the sausage, breaking it into small pieces as it cooks. When the sausage is no longer pink, add the chopped kale to the pan and cook until just wilted.
4. Add the cooked potatoes and sausage mixture to a baking dish. Then add the tomatoes. In a mixing bowl, whisk together the eggs, milk and salt. Pour the egg mixture into the baking dish making sure the potatoes, sausage mixture and tomatoes are equally covered with eggs.
5. Bake for 25 to 28 minutes or until eggs are set and firm to the touch. Cut into squares and serve immediately. Enjoy!

## Notes

### Baking Dish

For six servings, use an 8.5 x 11.5-inch or 9 x 9-inch baking dish.

### Leftovers

Refrigerate in an airtight container for up to 3 days.

### Vegetarian Option

Omit the sausage completely or substitute it for additional vegetables like bell pepper and mushrooms.

### No Kale

Use spinach or Swiss chard instead.

### No Tomato

Use chopped bell pepper instead.

### No Sausage

Use bacon or ground pork instead.

## Ingredients

- 2 Yellow Potato (chopped into small cubes)
- 8 ozs Turkey Sausage (casing removed)
- 2 cups Kale Leaves (finely chopped)
- 1/2 cup Cherry Tomatoes
- 8 Egg
- 1/2 cup Unsweetened Almond Milk
- 3/4 tsp Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	215	<b>Cholesterol</b>	276mg
<b>Fat</b>	10g	<b>Sodium</b>	634mg
<b>Carbs</b>	14g	<b>Vitamin A</b>	871IU
<b>Fiber</b>	2g	<b>Vitamin C</b>	23mg
<b>Sugar</b>	1g	<b>Calcium</b>	110mg
<b>Protein</b>	17g	<b>Iron</b>	2mg

# Buttermilk Corn Bread

10 ingredients · 45 minutes · 8 servings



## Directions

1. Preheat the oven to 400°F (205°C) and line a baking pan with parchment paper.
2. In a large bowl, whisk together the cornmeal, flour, baking powder, baking soda, and salt.
3. In a separate bowl, whisk 3/4 of the melted butter, buttermilk, eggs, and honey. Fold in the corn. Pour the wet ingredients into the dry and mix with a spatula until just combined.
4. Transfer the cornbread into the baking pan and bake for 23 to 26 minutes, or until lightly browned and a toothpick comes out clean.
5. Remove the cornbread from the oven and brush the top with the remaining melted butter. Sprinkle with salt if desired. Let cool for 15 minutes before serving. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

An 8 x 8-inch baking pan was used for nine servings. One serving is one piece of corn bread.

### More Flavor

Add chopped jalapeno for spice. Drizzle with honey on top.

## Ingredients

- 1 1/8 cups Cornmeal
- 1 cup All Purpose Gluten-Free Flour
- 1 3/4 tps Baking Powder
- 1/2 tsp Baking Soda
- 2/3 tsp Sea Salt
- 3 1/2 tbsps Butter (melted, divided)
- 1 cup Buttermilk
- 1 3/4 Egg
- 3 1/2 tbsps Honey
- 1 cup Corn

## Nutrition

Amount per serving

<b>Calories</b>	245	<b>Cholesterol</b>	58mg
<b>Fat</b>	8g	<b>Sodium</b>	426mg
<b>Carbs</b>	40g	<b>Vitamin A</b>	342IU
<b>Fiber</b>	4g	<b>Vitamin C</b>	1mg
<b>Sugar</b>	9g	<b>Calcium</b>	101mg
<b>Protein</b>	5g	<b>Iron</b>	1mg

# Pumpkin & Walnut French Toast Casserole

8 ingredients · 50 minutes · 6 servings



## Directions

1. Preheat the oven to 375°F (190°C). Grease a baking dish.
2. In a large bowl, add the pumpkin, eggs, milk, maple syrup, vanilla extract, and cinnamon. Whisk until well combined. Add the bread and coat it well in the egg mixture so that it absorbs it as much as possible.
3. Add the bread mixture to the baking dish and top with walnuts. Bake for 40 minutes or until the bread is spongy and slightly crusty around the edges and on top.
4. Serve with additional maple syrup if desired and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

A 10.5 x 7.5-inch (27 x 19 cm) baking dish was used to make six servings. One serving is one piece.

### More Flavor

Add pumpkin spice.

### Additional Toppings

Whipped cream or yogurt.

### Gluten-Free

Use gluten-free bread.

### Sourdough Casserole

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

## Ingredients

- 1 2/3 cups Pureed Pumpkin
- 2 Egg
- 1 cup Unsweetened Almond Milk
- 1/4 cup Maple Syrup (plus more for serving)
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- 12 2/3 ozs Sourdough Bread (broken into pieces)
- 1/3 cup Walnuts (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	283	<b>Cholesterol</b>	62mg
<b>Fat</b>	7g	<b>Sodium</b>	344mg
<b>Carbs</b>	45g	<b>Vitamin A</b>	10766IU
<b>Fiber</b>	4g	<b>Vitamin C</b>	4mg
<b>Sugar</b>	11g	<b>Calcium</b>	127mg
<b>Protein</b>	10g	<b>Iron</b>	3mg

# Oat Bread

5 ingredients · 55 minutes · 12 servings



## Directions

1. Preheat the oven to 350°F (175°C). Grease a loaf pan and line it with a rectangular strip of parchment paper that hangs out of the pan to easily lift the bread out after baking.
2. Using a stand or hand mixer, combine the eggs and yogurt. In a separate medium-sized bowl, add the oat flour, baking powder, and salt. Mix well to combine. Fold the dry mixture into the wet mixture.
3. Pour the dough evenly into the loaf pan. Bake for 45 minutes or until golden.
4. Let the bread cool completely before slicing, about 30 minutes. Serve and enjoy!

## Notes

### Leftovers

Store in an airtight container for three days on the counter.

### Serving Size

One serving is one slice of bread.

### More Flavor

Add fresh or dry rosemary and/or sliced olives.

### Serve it With

Butter, jam, peanut butter, or olive oil.

## Ingredients

- 4 Egg (large, whisked)
- 2 cups Plain Goat Milk Yogurt (runny)
- 3 1/2 cups Oat Flour
- 2 tbsps Baking Powder
- 1/2 tsp Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	196	<b>Cholesterol</b>	66mg
<b>Fat</b>	6g	<b>Sodium</b>	389mg
<b>Carbs</b>	26g	<b>Vitamin A</b>	173IU
<b>Fiber</b>	4g	<b>Vitamin C</b>	1mg
<b>Sugar</b>	2g	<b>Calcium</b>	221mg
<b>Protein</b>	10g	<b>Iron</b>	2mg

# Lemon Oat Cookies

7 ingredients · 30 minutes · 8 servings



## Directions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a small bowl, whisk together the lemon juice, lemon zest, butter, and egg(s). In a large bowl mix together the oats, flour, baking powder, and coconut sugar.
3. Add the egg mixture to the dry ingredients and whisk until everything is combined.
4. Place roughly 1 1/2 tablespoons of batter per cookie onto the baking tray, leaving approximately three inches between each cookie. Bake for 12 to 13 minutes, or until golden on the edges. Cool completely and enjoy!

## Notes

### Leftovers

Store in an airtight container at room temperature for up to three days. Freeze for up to one month.

### Serving Size

One serving is equal to one cookie.

### More Flavor

Add vanilla extract.

## Ingredients

- 1/2 Lemon (juiced, zested)
- 2 1/2 tbsps Butter (unsalted, melted)
- 1 Egg
- 1/2 cup Oats
- 2 1/8 ozs Unbleached All Purpose Flour
- 1/4 tsp Baking Powder
- 1/4 cup Coconut Sugar

## Nutrition

Amount per serving

<b>Calories</b>	103	<b>Cholesterol</b>	33mg
<b>Fat</b>	5g	<b>Sodium</b>	25mg
<b>Carbs</b>	14g	<b>Vitamin A</b>	145IU
<b>Fiber</b>	1g	<b>Vitamin C</b>	1mg
<b>Sugar</b>	5g	<b>Calcium</b>	17mg
<b>Protein</b>	2g	<b>Iron</b>	1mg

# Buttermilk Soaked Oatmeal

6 ingredients · 8 hours 15 minutes · 4 servings



## Directions

1. In a pot, combine the oats, water and buttermilk. Cover and let sit at room temperature overnight.
2. In the morning, add coconut milk and salt. Bring to a boil, then reduce heat to a simmer. Cook for 5 minutes covered, or until your desired consistency is reached.
3. Divide into bowls and top with butter. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to six days.

### Serving Size

One serving equals approximately one cup.

### Additional Toppings

More coconut milk, maple syrup, coconut, hemp seeds, flax seeds, nuts or fresh fruit.

### No Coconut Milk

Use water or any alternative milk.

### No Buttermilk

Use lemon juice, apple cider vinegar, whey, coconut yogurt or kombucha instead.

## Ingredients

- 2 cups Oats (rolled)
- 2 cups Water
- 1/4 cup Buttermilk
- 2 cups Plain Coconut Milk (from the carton)
- 1/2 tsp Sea Salt
- 1 1/3 tbsps Butter (unsalted)

## Nutrition

Amount per serving

Calories	237	Cholesterol	12mg
Fat	9g	Sodium	334mg
Carbs	32g	Vitamin A	393IU
Fiber	4g	Vitamin C	0mg
Sugar	5g	Calcium	277mg
Protein	6g	Iron	2mg

# Buttermilk Coleslaw

4 ingredients · 5 minutes · 4 servings



## Directions

1. Combine all of the ingredients in a mixing bowl. Divide onto plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving equals approximately one cup.

### More Flavor

Season with salt and pepper to taste.

### No Lemon Juice

Use vinegar, apple cider vinegar, or rice vinegar.

## Ingredients

**6 cups** Coleslaw Mix

**1/2 cup** Buttermilk

**1/4 cup** Mayonnaise

**2 tbsps** Lemon Juice

## Nutrition

Amount per serving

<b>Calories</b>	151	<b>Cholesterol</b>	9mg
<b>Fat</b>	11g	<b>Sodium</b>	164mg
<b>Carbs</b>	11g	<b>Vitamin A</b>	4559IU
<b>Fiber</b>	3g	<b>Vitamin C</b>	57mg
<b>Sugar</b>	6g	<b>Calcium</b>	97mg
<b>Protein</b>	3g	<b>Iron</b>	1mg

# Scalloped Potato Stacks

6 ingredients · 45 minutes · 6 servings



## Directions

1. Preheat the oven to 375°F (190°C) and lightly grease a muffin tray or use a silicone muffin tray.
2. In a small saucepan, whisk together the cream, dried thyme, and the garlic powder.
3. Bring to a slow simmer and remove from the heat. Do not let it boil.
4. Season the potato slices with salt and pepper and stack them in the prepared muffin cups, filling each one to the top and not beyond.
5. Pour the cream evenly over each pile of potatoes, filling them almost to the top. Top each stack with cheese and bake for 25 to 30 minutes or until the potatoes are just tender and golden on top.
6. Remove the muffin tray from the oven and let stand for five minutes. Run a knife around the edges to loosen the stacks and carefully place them on a serving plate. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately two potato stacks.

## Ingredients

- 1 1/2 cups Whipping Cream
- 1/2 tsp Dried Thyme
- 1 tsp Garlic Powder
- 4 Russet Potato (medium, peeled, and sliced very thinly)
- Sea Salt & Black Pepper (to taste)
- 4 1/4 ozs Cheddar Cheese (old, shredded)

## Nutrition

Amount per serving

Calories	395	Cholesterol	87mg
Fat	28g	Sodium	162mg
Carbs	28g	Vitamin A	1143IU
Fiber	3g	Vitamin C	10mg
Sugar	3g	Calcium	203mg
Protein	9g	Iron	1mg

# Twice Baked Potato Casserole

7 ingredients · 1 hour 45 minutes · 8 servings



## Directions

1. Preheat the oven to 425°F (220°C). Pierce each potato multiple times with a sharp knife or fork.
2. Place the potatoes on a baking sheet and bake in the oven for 45 to 50 minutes or until cooked through and very tender. Cool completely. Keep the oven on.
3. Remove the skin of the potatoes and shred them. Place them into a large mixing bowl.
4. Add the green onions, parsley, cheddar, and yogurt, to the same bowl. Season with salt and pepper. Mix gently to combine without over-mixing.
5. Transfer the potato mixture to a casserole dish. Brush the top with butter and bake in the oven for about 30 minutes or until starting to brown on top.
6. Garnish with fresh herbs if desired, and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

A 13 x 9-inch (33 x 23 cm) baking dish was used to make eight servings. One serving is approximately one cup.

### More Flavor

Use sweet potatoes instead.

### Freezer Meal

This dish can be frozen before baking. Cover in plastic wrap and then with foil, to prevent freezer burn. Freeze for up to one month. Let it thaw in the refrigerator overnight and to room temperature while the oven is preheating.

### Prep the Night Before

You can prepare the recipe ahead by cooking the potatoes the day before.

## Ingredients

- 4 Russet Potato (large)
- 6 stalks Green Onion (chopped)
- 1/3 cup Parsley (chopped, plus more for garnish)
- 6 ozs Cheddar Cheese (grated)
- 1 1/2 cups Plain Greek Yogurt
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Butter (melted)

## Nutrition

Amount per serving

Calories	218	Cholesterol	31mg
Fat	10g	Sodium	180mg
Carbs	22g	Vitamin A	1125IU
Fiber	2g	Vitamin C	15mg
Sugar	3g	Calcium	269mg
Protein	11g	Iron	1mg

# Super Simple Ravioli Casserole

5 ingredients · 30 minutes · 6 servings



## Directions

1. Preheat the oven to 400°F (205°C).
2. Spread a thin layer of tomato sauce on the bottom of a baking dish. Add a layer of ravioli. Spread half the ricotta cheese on top. Repeat this process for another layer. Top with the remaining tomato sauce and mozzarella cheese.
3. Cover the baking dish with foil and bake for 20 minutes or until everything is cooked through. Remove the foil, set the oven to broil, and cook for another minute until the top is golden brown.
4. Top with parsley. Divide evenly onto plates and enjoy!

## Notes

### Leftovers

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

### Serving Size

One serving is approximately 1 1/3 cups. A 6 x 9-inch (15 x 23 cm) baking dish was used to make three servings.

### Additional Toppings

Mushrooms and/or spinach.

### Tomato Sauce

The tomato sauce used in this recipe already contains garlic and spices. If you're using a plain tomato sauce, feel free to add your favorite spices, such as garlic and/or Italian seasoning, to enhance the flavor.

## Ingredients

- 2 1/2 cups Tomato Sauce
- 1 1/8 lbs Beef Ravioli
- 1 cup Ricotta Cheese
- 4 ozs Mozzarella Cheese (shredded)
- 1/4 cup Parsley (chopped)

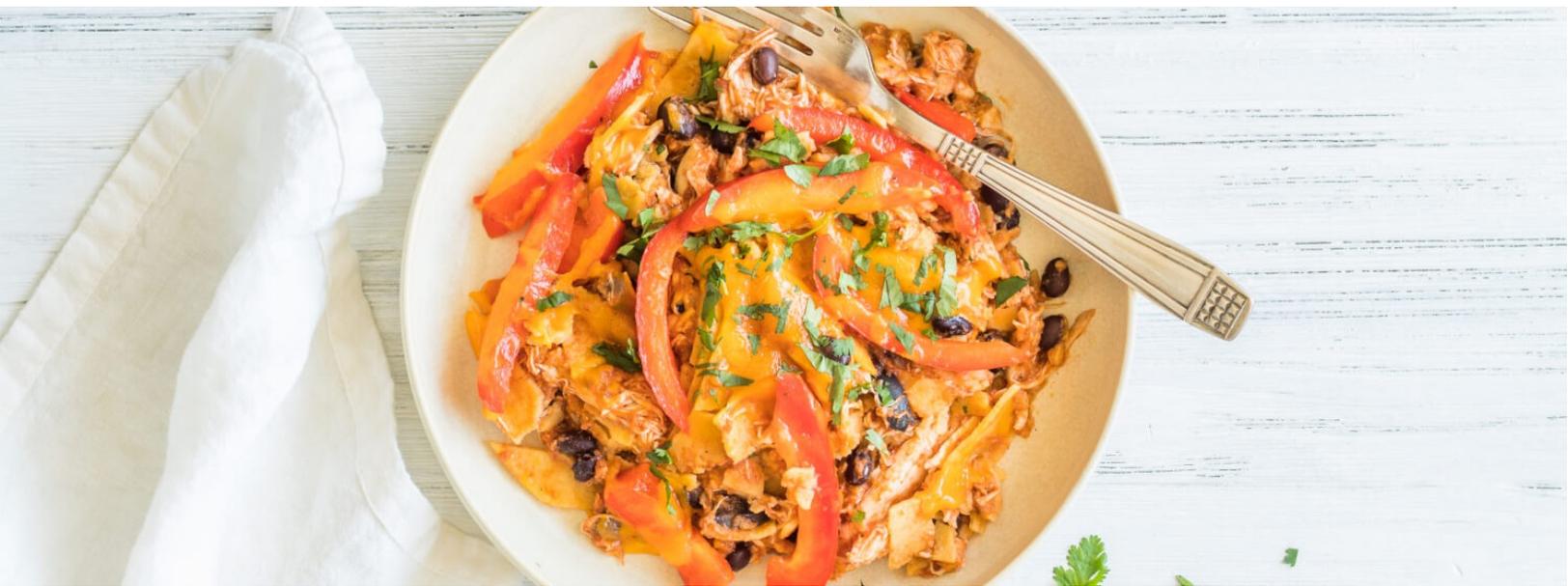
## Nutrition

Amount per serving

Calories	304	Cholesterol	55mg
Fat	11g	Sodium	305mg
Carbs	35g	Vitamin A	976IU
Fiber	2g	Vitamin C	11mg
Sugar	6g	Calcium	199mg
Protein	14g	Iron	3mg

# Slow Cooker Chicken Enchilada Casserole

7 ingredients · 4 hours 20 minutes · 6 servings



## Directions

1. Place the chicken and enchilada sauce in a slow cooker, ensuring the chicken is covered. Cover and cook for four hours on high or six hours on low.
2. Once the chicken is done cooking, shred the chicken in the slow cooker. Mix in the black beans, tortilla strips, and half of the cheese.
3. Top with bell peppers and the remaining cheese. Cover and cook for an additional 30 minutes on high.
4. Top with cilantro and enjoy!

## Notes

### Leftovers

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

### Serving Size

One serving is two cups.

### More Flavor

Use salsa instead of enchilada sauce. Add sliced jalapeños.

### Additional Toppings

Green onions, avocado, and/or sour cream.

### Dairy-Free

Use dairy-free cheese.

## Ingredients

- 2 lbs Chicken Breast (boneless, skinless)
- 3 cups Enchilada Sauce
- 2 cups Black Beans (cooked)
- 10 Corn Tortilla (small, cut into strips)
- 7 ozs Cheddar Cheese (grated, divided)
- 2 Red Bell Pepper (medium, sliced)
- 1/4 cup Cilantro (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	551	<b>Cholesterol</b>	143mg
<b>Fat</b>	17g	<b>Sodium</b>	899mg
<b>Carbs</b>	46g	<b>Vitamin A</b>	2549IU
<b>Fiber</b>	8g	<b>Vitamin C</b>	51mg
<b>Sugar</b>	4g	<b>Calcium</b>	436mg
<b>Protein</b>	49g	<b>Iron</b>	3mg

# Scalloped Sweet Potatoes

9 ingredients · 1 hour · 6 servings



## Directions

1. Peel and slice sweet potatoes to approximately 1/8-inch thick or use a mandoline. Thinly slice the onions and set aside.
2. Grease baking dish with a bit of coconut oil. (Note: We use a 9x9 baking dish for 6 servings.)
3. Create overlapping layers of the sweet potato slices in the dish and sprinkle the onions between each layer. Continue until all sweet potato and onion is used up.
4. Preheat oven to 400°F (204°C).
5. In a saucepan, heat coconut oil on medium heat. When melted, add almond flour and whisk for 1 to 2 min.
6. Add coconut milk, pumpkin, garlic powder, thyme and salt. Whisk until combined and warm, about 5 minutes.
7. Pour the sauce over the sweet potatoes. Top with any leftover sprigs of thyme or a dash of dried thyme.
8. Bake in the oven for 40 to 45 minutes, uncovered, until sweet potatoes are cooked through. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately 3/4 cup.

### More Protein

Add pureed chickpeas to the sauce.

### Make it Spicy

Add chilli flakes or cayenne pepper.

## Ingredients

- 2 Sweet Potato
- 1/4 Yellow Onion (thinly sliced)
- 2 tbsps Coconut Oil
- 1/4 cup Almond Flour
- 1 1/2 cups Canned Coconut Milk
- 1 1/2 tsps Garlic Powder
- 1 tbsp Thyme (stems removed)
- 3/4 tsp Sea Salt
- 2/3 cup Pureed Pumpkin

## Nutrition

Amount per serving

Calories	225	Cholesterol	0mg
Fat	18g	Sodium	336mg
Carbs	15g	Vitamin A	10403IU
Fiber	3g	Vitamin C	3mg
Sugar	4g	Calcium	36mg
Protein	3g	Iron	1mg

**More Veggies**

Add layers of spinach and mushrooms.

# Chicken, Artichoke, & Mushroom Casserole

8 ingredients · 55 minutes · 6 servings



## Directions

1. Preheat the oven to 400°F (205°C).
2. Add the cauliflower rice, mushrooms, artichoke hearts, sage, sea salt, and milk to a casserole dish. Mix well to combine.
3. Add the chicken breasts on top of the mixture, then sprinkle cheese over everything. Bake in the oven for 30 minutes, covered. Uncover the dish and cook for another 15 minutes or until cooked through.
4. Divide everything evenly between plates and enjoy!

## Notes

### Leftovers

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

### More Flavor

Add garlic, onion, and pepper.

### Dairy-Free

Use dairy-free milk and cheese instead.

## Ingredients

- 4 1/2 cups Cauliflower Rice
- 4 1/2 cups Mushrooms (sliced)
- 2 1/4 cups Artichoke Hearts (from the can, drained, sliced)
- 1 1/2 tsps Ground Sage
- 1 1/2 tsps Sea Salt
- 1 1/8 cups Cow's Milk, Whole
- 2 1/4 lbs Chicken Breast
- 4 1/2 ozs Cheddar Cheese (medium, shredded)

## Nutrition

Amount per serving

<b>Calories</b>	374	<b>Cholesterol</b>	149mg
<b>Fat</b>	13g	<b>Sodium</b>	1139mg
<b>Carbs</b>	11g	<b>Vitamin A</b>	662IU
<b>Fiber</b>	6g	<b>Vitamin C</b>	41mg
<b>Sugar</b>	8g	<b>Calcium</b>	262mg
<b>Protein</b>	50g	<b>Iron</b>	2mg

# Celery Root & Parsnip Parmesan Casserole

6 ingredients · 30 minutes · 6 servings



## Directions

1. Preheat the oven to 375°F (190°C). Grease a baking dish.
2. Add the celery root and parsnips to a large pot and cover in water. Bring to a boil and cook for ten minutes or until fork-tender. Drain and mash with the butter, garlic, and salt.
3. Add the mash to the baking dish and sprinkle the cheese on top. Bake for 10 to 15 minutes or until the cheese starts turning golden brown. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### Serving Size

A 7.5-inch x 6-inch (19 x 15 cm) baking dish was used to create four servings. One serving is approximately 3/4 cup.

### Make it Vegan

Omit the cheese.

### Additional Toppings

Chopped parsely.

## Ingredients

- 2 1/4 cups Celery Root (peeled, chopped)
- 6 Parsnip (large, peeled and chopped)
- 3 tbsps Butter
- 1 1/2 Garlic (clove, large, minced)
- 1/3 tsp Sea Salt
- 1/3 cup Parmigiano Reggiano (grated)

## Nutrition

Amount per serving

<b>Calories</b>	218	<b>Cholesterol</b>	21mg
<b>Fat</b>	8g	<b>Sodium</b>	268mg
<b>Carbs</b>	33g	<b>Vitamin A</b>	227IU
<b>Fiber</b>	7g	<b>Vitamin C</b>	26mg
<b>Sugar</b>	9g	<b>Calcium</b>	162mg
<b>Protein</b>	5g	<b>Iron</b>	1mg

# Creamy Spaghetti Squash Casserole

7 ingredients · 1 hour · 4 servings



## Directions

1. Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for about 30 to 35 minutes, or until cooked through.
2. While the squash is cooking, cook the sausages over medium heat on a pan. Break them up with the back of a wooden spoon until crumbled and cooked through (about 6 to 8 minutes). Remove from heat and set aside.
3. Using the same pan, add the garlic and saute for one minute, then add the arrowroot flour. Lower the heat to medium-low and add the coconut milk. Whisk until the arrowroot powder is dissolved and mixed in. Let it simmer until it thickens.
4. Remove the squash from the oven and use a fork to scrape out the “noodles” and add them to a casserole dish. Top with the sausage, broccoli and sauce and season with sea salt. Bake for 15 to 20 minutes, or until the broccoli is cooked through.
5. Remove the casserole from the oven, and divide onto plates. Enjoy!

## Notes

### No Arrowroot Powder

Use cornstarch, tapioca powder or brown rice flour instead.

### Leftovers

Store in an airtight container in the fridge up to three days. Reheat in the oven for 10 to 15 minutes at 350.

### Likes it Spicy

Serve with red pepper flakes or hot sauce.

## Ingredients

- 1 Spaghetti Squash (medium)
- 12 ozs Pork Sausage (casings removed)
- 2 Garlic (cloves, minced)
- 1 tbsp Arrowroot Powder
- 1 2/3 cups Canned Coconut Milk
- 4 cups Broccoli (chopped into florets)
- 1/8 tsp Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	532	<b>Cholesterol</b>	49mg
<b>Fat</b>	43g	<b>Sodium</b>	907mg
<b>Carbs</b>	24g	<b>Vitamin A</b>	1025IU
<b>Fiber</b>	4g	<b>Vitamin C</b>	93mg
<b>Sugar</b>	3g	<b>Calcium</b>	95mg
<b>Protein</b>	15g	<b>Iron</b>	2mg

# Slow Cooker Turnip & Apple Casserole

7 ingredients · 4 hours · 6 servings



## Directions

1. Add the turnips, apples, half the coconut sugar, cinnamon, and sea salt to the slow cooker. Stir to combine.
2. In a small bowl, whisk the almond flour, coconut oil, and remaining coconut sugar together. Spread evenly on top of the apple turnip mixture.
3. Cook on high for three to four hours, or until the turnips are fork tender. Divide evenly between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is equal to approximately one cup.

## Ingredients

- 4 1/2 Turnip (medium, peeled, diced)
- 4 1/2 Apple (medium, peeled, diced)
- 1/3 cup Coconut Sugar (divided)
- 3/4 tsp Cinnamon
- 1/3 tsp Sea Salt
- 3/4 cup Almond Flour
- 3 tbsps Coconut Oil (melted)

## Nutrition

Amount per serving

<b>Calories</b>	268	<b>Cholesterol</b>	0mg
<b>Fat</b>	14g	<b>Sodium</b>	210mg
<b>Carbs</b>	37g	<b>Vitamin A</b>	75IU
<b>Fiber</b>	7g	<b>Vitamin C</b>	26mg
<b>Sugar</b>	27g	<b>Calcium</b>	69mg
<b>Protein</b>	4g	<b>Iron</b>	1mg

# Cheesy Cauliflower & Broccoli Casserole

10 ingredients · 1 hour · 6 servings



## Directions

1. Preheat oven to 375°F (191°C).
2. In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
3. While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
4. To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsps at a time.)
5. Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
6. Bake for 40 minutes. Serve immediately. Enjoy!

## Notes

### Save Time

Buy frozen, pre-sliced butternut squash cubes.

### More Carbs

Serve with brown rice macaroni or quinoa.

## Ingredients

- 3 cups Butternut Squash (peeled, seeded and cubed)
- 1 1/2 Yellow Onion (medium, diced)
- 3 Garlic (cloves, minced)
- 3/4 cup Water
- 1 1/2 heads Cauliflower (medium, chopped into florets)
- 6 cups Broccoli (chopped into florets)
- 3/4 cup Cashews
- 3/4 cup Nutritional Yeast
- 3/4 tsp Sea Salt
- 1/3 tsp Paprika

## Nutrition

Amount per serving

Calories	280	Cholesterol	0mg
Fat	9g	Sodium	427mg
Carbs	36g	Vitamin A	8079IU
Fiber	12g	Vitamin C	167mg
Sugar	9g	Calcium	143mg
Protein	19g	Iron	6mg

# Green Bean Casserole

10 ingredients · 1 hour 20 minutes · 6 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

- 3 tbsps Coconut Oil (divided)
- 2 1/4 cups French Shallot (thinly sliced)
- 3/4 head Cauliflower (chopped into florets)
- 7 1/2 cups Green Beans (trimmed and halved)
- 3 cups Mushrooms (sliced)
- 4 1/2 Garlic (cloves, minced)
- 2 1/4 cups Water
- 1 1/2 tsps Sea Salt
- 3 tbsps Nutritional Yeast
- 1/3 cup Slivered Almonds (toasted)

## Nutrition

Amount per serving

<b>Calories</b>	244	<b>Cholesterol</b>	0mg
<b>Fat</b>	12g	<b>Sodium</b>	644mg
<b>Carbs</b>	28g	<b>Vitamin A</b>	865IU
<b>Fiber</b>	9g	<b>Vitamin C</b>	57mg
<b>Sugar</b>	12g	<b>Calcium</b>	124mg
<b>Protein</b>	11g	<b>Iron</b>	4mg

# Cauliflower & Mushroom Casserole

8 ingredients · 40 minutes · 6 servings



## Directions

1. Preheat the oven to 375°F (190°C). Add the cauliflower to a pot of salted boiling water. Boil for five to seven minutes or until cooked half way. Drain and set aside.
2. Melt the butter in a pan. Add the mushrooms and sauté over high heat for five to six minutes or until golden brown.
3. In a medium bowl, add the arrowroot powder. Slowly add the milk, whisking continuously. Pour the mixture over the mushrooms. Whisk and bring to a boil. Reduce the heat to medium-low and cook, whisking constantly, for about five minutes or until thickened.
4. Season the mixture with salt and pepper. Add the cauliflower to an oven-safe dish. Pour the sauce into the dish and top with bread crumbs.
5. Bake in the oven for 15 to 20 minutes. Top with parsley and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately two cups.

### More Flavor

Add garlic, nutmeg, and/or rosemary.

### Additional Toppings

Parmesan cheese.

## Ingredients

- 1 1/2 heads Cauliflower (cut into florets)
- 1 tbsp Butter
- 18 Cremini Mushrooms (sliced)
- 1/4 cup Arrowroot Powder
- 4 1/2 cups Cow's Milk, Whole
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Bread Crumbs
- 3 tbsps Parsley (chopped)

## Nutrition

Amount per serving

Calories	239	Cholesterol	23mg
Fat	9g	Sodium	201mg
Carbs	31g	Vitamin A	516IU
Fiber	4g	Vitamin C	75mg
Sugar	14g	Calcium	262mg
Protein	12g	Iron	2mg

# Potato Crusted Pork Casserole

7 ingredients · 1 hour 35 minutes · 8 servings



## Directions

1. With the rack placed in the middle position, preheat the oven to 400°F (205°C).
2. Preheat a large non-stick skillet or pot over medium heat. Add the pork and onions, breaking up the meat as it cooks. Season with salt and pepper. Cook for 10 to 15 minutes or until the meat is cooked through and the onions are tender. Discard the juices, if needed, and mix in the garlic and the parsley. Set aside.
3. In a large baking dish, arrange the potatoes in a circle on the bottom of the pan, overlapping them to form a crust and cover the bottom completely. Place the meat and onion mixture on top of the potatoes in an even layer. Cover with the remaining potatoes, forming a crust.
4. Gently add the broth. Press lightly to ensure just the tops of the potatoes are covered. If needed, add more broth to achieve this. Place the dish on a baking sheet. Cover with a lid or foil and cook in the oven for 45 minutes.
5. Uncover the pan and continue cooking for 30 minutes or until the potatoes are golden.
6. Divide between plates and enjoy!

## Notes

### Leftovers

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

### Freezer Meal

Allow the baked dish to cool. Cover in plastic wrap and then tin foil to prevent freezer burn. Freeze for up to one month. Let it thaw in the refrigerator overnight and to room temperature while the oven is preheating. Remove the plastic wrap and the foil. Cook for 45 minutes or until warmed through.

### Serving Size

A 13 x 9-inch baking dish was used to make eight servings.

### More Flavor

Add thyme, rosemary, celery, carrots and/or fennel.

## Ingredients

- 2 1/4 lbs Lean Ground Pork
- 5 Yellow Onion (medium, halved and thinly sliced)
- Sea Salt & Black Pepper (to taste)
- 4 Garlic (cloves, roughly chopped)
- 1 cup Parsley (finely chopped)
- 5 Yellow Potato (medium, thinly sliced)
- 3 cups Beef Broth (plus more if necessary)

## Nutrition

Amount per serving

<b>Calories</b>	412	<b>Cholesterol</b>	85mg
<b>Fat</b>	20g	<b>Sodium</b>	285mg
<b>Carbs</b>	32g	<b>Vitamin A</b>	643IU
<b>Fiber</b>	5g	<b>Vitamin C</b>	37mg
<b>Sugar</b>	7g	<b>Calcium</b>	76mg
<b>Protein</b>	27g	<b>Iron</b>	5mg

**Additional Toppings**

Dijon mustard and sea salt to serve.

**No Pork**

Try ground chicken, turkey, bison, or beef.

# Salmon, Leek & Potato Casserole

7 ingredients · 1 hour 5 minutes · 6 servings



## Directions

1. Bring a large pot of water to a boil. Add the potatoes to the pot and boil for 15 to 20 minutes or until soft. Drain the water and mash the potatoes, until creamy, adding 1/4 of the broth and 1/3 of the butter. Season with salt and pepper.
2. Melt the remaining butter in a pan. Add the leeks, tossing to coat. Cook over low heat without browning, for about five minutes. Add the remaining broth, season to taste, and let simmer gently for about 10 minutes or until the liquid is almost absorbed.
3. Meanwhile, with the rack placed in the middle position, preheat the oven to 400°F (205°C).
4. Season the salmon with salt and pepper. Coat with the lemon zest.
5. Grease the individual baking dishes. Spread half of the leeks in the bottom of each dish, add the salmon, then the remaining leeks. Cover with the mashed potatoes.
6. Place on a baking sheet and bake for 20 to 30 minutes, or until the fish is cooked through. Time may vary according to the size of the baking dish. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

Two round eight-inch baking dishes were used to make four servings. One serving is equal to approximately 1 1/2 cups.

### Freezer Meal

Best frozen after baking. Allow the dishes to cool. Cover in plastic wrap and then with foil, to prevent freezer burn. Freeze for up to one month. Let it thaw in the refrigerator overnight and to room temperature while the oven is preheating. Remove the plastic wrap and cook and for 10 to 15 minutes or until warmed through.

### More Flavor

Use cod or halibut instead. Use sweet potatoes instead.

## Ingredients

- 4 1/2 Russet Potato (large, peeled and chopped)
- 1 1/2 cups Vegetable Broth (divided)
- 1/4 cup Butter (divided, plus more for greasing)
- Sea Salt & Black Pepper (to taste)
- 3 Leeks (large, white and most green parts, trimmed, sliced)
- 2 lbs Salmon Fillet (cubed, skin removed)
- 1 1/2 tbsps Lemon Zest

## Nutrition

Amount per serving

<b>Calories</b>	425	<b>Cholesterol</b>	99mg
<b>Fat</b>	16g	<b>Sodium</b>	308mg
<b>Carbs</b>	35g	<b>Vitamin A</b>	1394IU
<b>Fiber</b>	4g	<b>Vitamin C</b>	18mg
<b>Sugar</b>	4g	<b>Calcium</b>	69mg
<b>Protein</b>	37g	<b>Iron</b>	3mg