

## Cruciferous Vegetable Recipes for Cleanse

Created by Dr. Bob Bacon



# Cruciferous Vegetable Recipes for Cleanse

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Steamed Broccoli, Cauliflower & Carrots		Hummus Roasted Broccoli & Cauliflower		Mustard Green, Arugula & Tomato Salad		Sesame Orange Bok Choy
Snack 1		Roasted Brussels Sprouts & Radishes		Slow Cooker Purple Cabbage with Apples		Eggplant & Collard Greens Quinoa Soup	
Lunch	Sauteed Kale with Nutritional Yeast		Kohlrabi Fries		Mashed Rutabaga		Herb Roasted Turnip
Snack 2		Sauteed Watercress		Sauteed Vegetables with Arugula & Balsamic Glaze		Baby Bok Choy & Quinoa	
Dinner	Lentil & Broccoli Salad with Tahini Dressing		Sheet Pan Roasted Veggies		Roasted Winter Vegetables with Tahini Drizzle		Creamy Cauliflower & Carrot Soup
Snack 3		Roasted Radishes with Avocado		Rutabaga Fries		Quinoa, Brussels Sprouts & Sweet Potato Bowl	

# Cruciferous Vegetable Recipes for Cleanse

7 days

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
<b>Calories</b>	412	<b>Calories</b>	292	<b>Calories</b>	511	<b>Calories</b>	289	<b>Calories</b>	591	<b>Calories</b>	839	<b>Calories</b>	286
<b>Fat</b>	13g	<b>Fat</b>	24g	<b>Fat</b>	33g	<b>Fat</b>	10g	<b>Fat</b>	45g	<b>Fat</b>	31g	<b>Fat</b>	19g
<b>Carbs</b>	54g	<b>Carbs</b>	19g	<b>Carbs</b>	49g	<b>Carbs</b>	46g	<b>Carbs</b>	45g	<b>Carbs</b>	116g	<b>Carbs</b>	27g
Fiber	23g	Fiber	9g	Fiber	19g	Fiber	11g	Fiber	13g	Fiber	23g	Fiber	9g
Sugar	10g	Sugar	6g	Sugar	16g	Sugar	31g	Sugar	13g	Sugar	12g	Sugar	13g
<b>Protein</b>	25g	<b>Protein</b>	7g	<b>Protein</b>	17g	<b>Protein</b>	8g	<b>Protein</b>	13g	<b>Protein</b>	30g	<b>Protein</b>	7g
Cholesterol	0mg	Cholesterol	0mg	Cholesterol	0mg	Cholesterol	0mg	Cholesterol	0mg	Cholesterol	0mg	Cholesterol	0mg
Sodium	301mg	Sodium	897mg	Sodium	1152mg	Sodium	363mg	Sodium	347mg	Sodium	1375mg	Sodium	996mg
Vitamin A	9319IU	Vitamin A	3334IU	Vitamin A	6453IU	Vitamin A	3523IU	Vitamin A	3953IU	Vitamin A	20821IU	Vitamin A	20581IU
Vitamin C	235mg	Vitamin C	107mg	Vitamin C	324mg	Vitamin C	184mg	Vitamin C	163mg	Vitamin C	164mg	Vitamin C	179mg
Calcium	339mg	Calcium	209mg	Calcium	214mg	Calcium	169mg	Calcium	316mg	Calcium	368mg	Calcium	307mg
Iron	10mg	Iron	3mg	Iron	8mg	Iron	3mg	Iron	5mg	Iron	11mg	Iron	3mg

# Cruciferous Vegetable Recipes for Cleanse

62 items

## Fruits

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- 2 3/4 Apple
- 2 1/4 Avocado
- 5 Lemon

## Seeds, Nuts & Spices

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- 1/4 tsp Black Pepper
- 1 1/4 tsps Cumin
- 1 tbsp Dried Thyme
- 1/2 tsp Garlic Powder
- 1 1/4 tsps Harissa
- 1 tsp Italian Seasoning
- 1/2 cup Pumpkin Seeds
- 2 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/8 tsps Sesame Seeds
- 1 1/4 tsps Smoked Paprika

## Vegetables

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- 9 cups Arugula
- 2 1/2 cups Baby Spinach
- 16 cups Bok Choy
- 11 cups Broccoli
- 13 1/2 cups Brussels Sprouts
- 10 Carrot
- 2 1/2 heads Cauliflower
- 1 cup Cherry Tomatoes
- 2 cups Collard Greens
- 1 Delicata Squash
- 1/2 Eggplant
- 1 bulb Fennel
- 2 1/3 Garlic
- 1 1/8 tsps Ginger
- 3 3/4 cups Green Cabbage
- 6 stalks Green Onion
- 12 cups Kale Leaves
- 5 cups Kohlrabi
- 5 cups Mushrooms
- 4 cups Mustard Greens
- 1 1/2 cups Parsley
- 5 2/3 cups Purple Cabbage
- 5 1/3 cups Radishes
- 2 1/2 Red Bell Pepper
- 1 1/8 cups Red Onion
- 2 tsps Rosemary
- 9 cups Rutabaga
- 1/3 cup Shallot
- 2 1/2 Sweet Potato
- 3 Turnip
- 10 cups Watercress
- 2 2/3 Yellow Onion

## Boxed & Canned

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- 2 cups Diced Tomatoes
- 3 cups Green Lentils
- 3 1/4 cups Quinoa

## Condiments & Oils

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- 1/3 cup Avocado Oil
- 1/3 cup Balsamic Glaze
- 1 tbsp Coconut Aminos
- 1/3 cup Coconut Oil
- 1 1/4 cups Extra Virgin Olive Oil
- 2 3/4 tsps Red Wine Vinegar
- 3 1/2 tsps Sesame Oil
- 1/2 cup Tahini

## Cold

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- 1 2/3 cups Hummus
- 3 tsps Orange Juice

## Other

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- 9 1/8 cups Water

6 cups Vegetable Broth

## Baking

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2 tbsps Nutritional Yeast

# Steamed Broccoli, Cauliflower & Carrots

3 ingredients · 25 minutes · 4 servings



## Directions

1. Set the carrots, cauliflower and broccoli in a steaming basket over boiling water and cover. Steam for 7 to 10 minutes or until cooked through. Remove from the basket and divide between plates. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is approximately 1 cup of steamed vegetables.

### More Flavor

Add salt and pepper.

## Ingredients

- 2 Carrot (peeled, chopped)
- 1/2 head Cauliflower (cut into florets)
- 2 cups Broccoli (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	46	<b>Cholesterol</b>	0mg
<b>Fat</b>	0g	<b>Sodium</b>	58mg
<b>Carbs</b>	10g	<b>Vitamin A</b>	5379IU
<b>Fiber</b>	4g	<b>Vitamin C</b>	78mg
<b>Sugar</b>	4g	<b>Calcium</b>	48mg
<b>Protein</b>	3g	<b>Iron</b>	1mg

# Hummus Roasted Broccoli & Cauliflower

4 ingredients · 25 minutes · 4 servings



## Directions

1. Preheat oven to 425°F (218°C) and line a baking pan with parchment paper.
2. In a large mixing bowl, toss broccoli and cauliflower florets with hummus until well coated. Transfer to baking pan and season with salt and pepper.
3. Bake for 25 minutes, flipping halfway. Let cool slightly before serving. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### No Broccoli or Cauliflower

Use zucchini, brussels sprouts, peppers, kale, eggplant, fennel or squash instead.

## Ingredients

- 3 cups** Broccoli (chopped into florets)
- 1 head** Cauliflower (chopped into florets)
- 1 cup** Hummus
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	206	<b>Cholesterol</b>	0mg
<b>Fat</b>	12g	<b>Sodium</b>	329mg
<b>Carbs</b>	21g	<b>Vitamin A</b>	439IU
<b>Fiber</b>	8g	<b>Vitamin C</b>	132mg
<b>Sugar</b>	4g	<b>Calcium</b>	93mg
<b>Protein</b>	10g	<b>Iron</b>	3mg

# Mustard Green, Arugula & Tomato Salad

7 ingredients · 10 minutes · 4 servings



## Directions

1. In a small bowl or jar, combine the oil, lemon juice, salt, and pepper. Whisk or shake the jar until well combined.
2. Add the remaining ingredients to a bowl, add the dressing, and toss to combine. Divide evenly between plates or bowls, and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days. Add the dressing when ready to eat.

### Serving Size

One serving is approximately 2 1/2 cups.

### More Flavor

Add dijon mustard and maple syrup to the dressing.

### Additional Toppings

Fresh herbs like chopped dill or parsley.

## Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (medium, juiced)
- Sea Salt & Black Pepper (to taste)
- 4 cups Mustard Greens (chopped)
- 4 cups Arugula
- 2/3 cup Red Onion (sliced)
- 1 cup Cherry Tomatoes (halved)

## Nutrition

Amount per serving

<b>Calories</b>	159	<b>Cholesterol</b>	0mg
<b>Fat</b>	14g	<b>Sodium</b>	20mg
<b>Carbs</b>	8g	<b>Vitamin A</b>	2480IU
<b>Fiber</b>	3g	<b>Vitamin C</b>	54mg
<b>Sugar</b>	4g	<b>Calcium</b>	107mg
<b>Protein</b>	3g	<b>Iron</b>	1mg

# Sesame Orange Bok Choy

7 ingredients · 15 minutes · 4 servings



## Directions

1. In a small mixing bowl whisk together orange juice, coconut aminos, ginger and salt. Set aside.
2. Heat the sesame oil in a large non-stick pan over medium-high heat. Add the chopped bok choy and sauté for 6 to 8 minutes or until wilted and tender.
3. Add the orange juice mixture to the pan, stir to combine with the bok choy and cook for another minute. Season with additional salt if needed. Transfer the bok choy and all the sauce to a bowl for serving and top with sesame seeds if using. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1/4 cup cooked greens.

### More Flavor

Serve with orange wedges.

### No Bok Choy

Use kale, spinach or chard instead.

### No Coconut Aminos

Use tamari or soy sauce instead and omit the salt.

## Ingredients

**3 tbsps** Orange Juice (freshly squeezed)

**1 tbsp** Coconut Aminos

**1 tsp** Ginger (finely grated)

**1/8 tsp** Sea Salt

**1 tbsp** Sesame Oil

**8 cups** Bok Choy (chopped)

**1/2 tsp** Sesame Seeds (optional)

## Nutrition

Amount per serving

<b>Calories</b>	60	<b>Cholesterol</b>	0mg
<b>Fat</b>	4g	<b>Sodium</b>	232mg
<b>Carbs</b>	5g	<b>Vitamin A</b>	6278IU
<b>Fiber</b>	1g	<b>Vitamin C</b>	69mg
<b>Sugar</b>	3g	<b>Calcium</b>	152mg
<b>Protein</b>	2g	<b>Iron</b>	1mg

# Roasted Brussels Sprouts & Radishes

7 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Toss the Brussels sprouts, radishes, oil, shallots, garlic, and salt together in a bowl. Spread out on the baking sheet and roast for 25 minutes.
3. Serve and garnish with parsley. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is about 3/4 cup.

## Ingredients

- 2 cups Brussels Sprouts (trimmed, halved)
- 1 1/3 cups Radishes (halved)
- 1 1/3 tbsps Extra Virgin Olive Oil
- 1/3 cup Shallot (chopped)
- 1 1/3 Garlic (clove, large, minced)
- 1/3 tsp Sea Salt
- 1 1/3 tbsps Parsley (coarsely chopped)

## Nutrition

Amount per serving

<b>Calories</b>	76	<b>Cholesterol</b>	0mg
<b>Fat</b>	5g	<b>Sodium</b>	225mg
<b>Carbs</b>	8g	<b>Vitamin A</b>	442IU
<b>Fiber</b>	3g	<b>Vitamin C</b>	46mg
<b>Sugar</b>	3g	<b>Calcium</b>	37mg
<b>Protein</b>	2g	<b>Iron</b>	1mg

# Slow Cooker Purple Cabbage with Apples

4 ingredients · 4 hours · 7 servings



## Directions

1. Toss all ingredients in the slow cooker. Cook on high for 4-6 hours, or low for up to 12 hours.
2. Divide into bowls or onto plates and enjoy!

## Notes

### More Flavour

Add caraway seeds, cinnamon, cardamom, nutmeg and/or ground cloves.

### No Red Wine Vinegar

Use balsamic vinegar or apple cider vinegar instead.

### No Apples

Use pears instead.

### Turn it Into a Salad

Mix with quinoa, spinach, walnuts and goat cheese.

### Storage

Refrigerate within 2 hours of cooking in an air-tight container up to 3-5 days. Freeze up to 10 months. Once thawed, refrigerate up to 3-4 days and eat immediately after reheating.

## Ingredients

**5 2/3 cups** Purple Cabbage (finely sliced)

**2 3/4** Apple (diced)

**2/3** Yellow Onion (finely diced)

**2 3/4 tbsps** Red Wine Vinegar

## Nutrition

Amount per serving

<b>Calories</b>	66	<b>Cholesterol</b>	0mg
<b>Fat</b>	0g	<b>Sodium</b>	21mg
<b>Carbs</b>	16g	<b>Vitamin A</b>	834IU
<b>Fiber</b>	4g	<b>Vitamin C</b>	44mg
<b>Sugar</b>	11g	<b>Calcium</b>	41mg
<b>Protein</b>	1g	<b>Iron</b>	1mg

# Eggplant & Collard Greens Quinoa Soup

8 ingredients · 45 minutes · 6 servings



## Directions

1. Combine all ingredients in a large pot. Bring to a boil then reduce heat to medium-low and cover with a lid. Let the soup simmer for 35 to 40 minutes or until the quinoa is tender.
2. Season with additional salt if needed.
3. Divide between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to two months.

### Serving Size

One serving is approximately 1 1/2 cups.

### More Flavor

Add sautéed onion and garlic.

### Additional Toppings

Top with chopped parsley, sliced green onion or red pepper flakes.

## Ingredients

- 6 cups** Vegetable Broth
- 2 cups** Diced Tomatoes (from the can, drained)
- 1** Carrot (trimmed, chopped)
- 1/2** Eggplant (chopped)
- 2 cups** Collard Greens (stems removed, chopped)
- 1 cup** Quinoa (rinsed)
- 1 tsp** Dried Thyme
- 1 tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	152	<b>Cholesterol</b>	0mg
<b>Fat</b>	2g	<b>Sodium</b>	1073mg
<b>Carbs</b>	27g	<b>Vitamin A</b>	3181IU
<b>Fiber</b>	5g	<b>Vitamin C</b>	15mg
<b>Sugar</b>	5g	<b>Calcium</b>	72mg
<b>Protein</b>	6g	<b>Iron</b>	2mg

# Sauteed Kale with Nutritional Yeast

5 ingredients · 15 minutes · 4 servings



## Directions

1. Add water and kale to a deep saucepan and bring to a simmer. Cover and steam for about 3 to 5 minutes, stirring halfway.
2. Drain the pan and add coconut oil and salt to taste. Saute for another 1 to 2 minutes.
3. Transfer kale to a serving plate and top with nutritional yeast. Enjoy!

## Notes

### No Nutritional Yeast

Season with salt to taste only, or use parmesan instead.

### No Coconut Oil

Use avocado oil, butter, ghee, or olive oil instead.

### Leftovers

Refrigerate in an airtight container up to 5 days.

## Ingredients

- 1/4 cup Water
- 12 cups Kale Leaves (chopped)
- 1 tbsp Coconut Oil
- 1/4 tsp Sea Salt
- 2 tbsps Nutritional Yeast

## Nutrition

Amount per serving

<b>Calories</b>	69	Cholesterol	0mg
<b>Fat</b>	4g	Sodium	194mg
<b>Carbs</b>	4g	Vitamin A	3032IU
Fiber	4g	Vitamin C	59mg
Sugar	1g	Calcium	164mg
<b>Protein</b>	4g	Iron	2mg

# Kohlrabi Fries

4 ingredients · 20 minutes · 5 servings



## Directions

1. Preheat oven to 425°F (218°C) and line a baking sheet with foil. Grease with half the coconut oil.
2. In a mixing bowl, toss the kohlrabi strips in the remaining coconut oil, salt and cumin. Transfer to the baking sheet and bake for 25 minutes, flipping once.
3. Remove from the oven and enjoy!

## Notes

### Storage

Refrigerate in an airtight container up to 3 days.

### Reheating

Reheat in a pan with a little bit of oil, microwave or bake in the oven at 300F until warm.

## Ingredients

**1/3 cup** Coconut Oil (melted)

**5 cups** Kohlrabi (peeled and sliced into thin strips)

**1 1/4 tsps** Sea Salt

**1 1/4 tsps** Cumin

## Nutrition

Amount per serving

<b>Calories</b>	160	<b>Cholesterol</b>	0mg
<b>Fat</b>	14g	<b>Sodium</b>	618mg
<b>Carbs</b>	9g	<b>Vitamin A</b>	55IU
<b>Fiber</b>	5g	<b>Vitamin C</b>	84mg
<b>Sugar</b>	4g	<b>Calcium</b>	37mg
<b>Protein</b>	2g	<b>Iron</b>	1mg

# Mashed Rutabaga

3 ingredients · 40 minutes · 6 servings



## Directions

1. Add rutabaga to a large saucepan and cover with water. Place over high heat and bring to a boil. Lower the heat and let simmer for about 30 minutes or until tender.
2. Drain the water from the saucepan and return to the heat until the cubes are dry, about 2 to 3 minutes. Once dry, turn the heat off.
3. Use a potato masher or the back of a fork to mash the chunks. Combine with olive oil and salt to taste. Enjoy!

## Notes

### No Olive Oil

Use ghee, butter, coconut oil or avocado oil instead.

### Leftovers

Keeps well in the fridge up to 4 days.

## Ingredients

**4 cups** Rutabaga (peeled and cubed)

**2 tbsps** Extra Virgin Olive Oil

**1/4 tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	74	<b>Cholesterol</b>	0mg
<b>Fat</b>	5g	<b>Sodium</b>	110mg
<b>Carbs</b>	8g	<b>Vitamin A</b>	2IU
<b>Fiber</b>	2g	<b>Vitamin C</b>	23mg
<b>Sugar</b>	4g	<b>Calcium</b>	40mg
<b>Protein</b>	1g	<b>Iron</b>	0mg

# Herb Roasted Turnip

5 ingredients · 20 minutes · 4 servings



## Directions

1. Preheat the oven to 350°F (177°C).
2. In a baking dish, coat the turnip in avocado oil, rosemary, half the parsley, and salt. Bake for 20 to 25 minutes, or until golden and tender.
3. Divide onto plates and garnish with remaining parsley. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving equals approximately 1/2 to 3/4 of a cup of roasted diced turnips.

## Ingredients

- 3 Turnip (peeled, diced)
- 2 tbsps Avocado Oil
- 2 tbsps Rosemary (chopped)
- 2 tbsps Parsley (chopped, divided)
- 1/2 tsp Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	89	<b>Cholesterol</b>	0mg
<b>Fat</b>	7g	<b>Sodium</b>	358mg
<b>Carbs</b>	6g	<b>Vitamin A</b>	185IU
<b>Fiber</b>	2g	<b>Vitamin C</b>	22mg
<b>Sugar</b>	3g	<b>Calcium</b>	33mg
<b>Protein</b>	1g	<b>Iron</b>	0mg

# Sauteed Watercress

5 ingredients · 5 minutes · 5 servings



## Directions

1. Heat the sesame oil in skillet or wok over medium heat. Add ginger and cook for 1 to 2 minutes, or until fragrant.
2. Add watercress, water and salt, then stir for a few seconds. Cover with lid and cook for another minute or until wilted. Divide onto plates and enjoy!

## Notes

### No Ginger

Omit, or use minced garlic or shallots instead.

### Leftovers

Refrigerate in an airtight container up to 3 to 5 days.

## Ingredients

- 2 1/2 tbsps Sesame Oil
- 2 1/2 tsps Ginger (peeled and grated)
- 10 cups Watercress (chopped in half)
- 2 1/2 tbsps Water
- 2/3 tsp Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	68	<b>Cholesterol</b>	0mg
<b>Fat</b>	7g	<b>Sodium</b>	323mg
<b>Carbs</b>	1g	<b>Vitamin A</b>	2170IU
<b>Fiber</b>	0g	<b>Vitamin C</b>	29mg
<b>Sugar</b>	0g	<b>Calcium</b>	83mg
<b>Protein</b>	2g	<b>Iron</b>	0mg

# Sauteed Vegetables with Arugula & Balsamic Glaze

7 ingredients · 25 minutes · 5 servings



## Directions

1. Heat the oil in a pan over medium heat. Add the mushrooms, bell peppers, and cabbage.
2. Sauté for about 10 to 15 minutes or until browned and cooked through. Season with salt and pepper.
3. Add the arugula to a serving plate. Top with sautéed vegetables and drizzle the balsamic glaze on top. Divide evenly between plates. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is approximately two cups.

### More Flavor

Add zucchini and red onion to the vegetable mixture.

## Ingredients

- 2 1/2 **tsps** Extra Virgin Olive Oil
- 5 **cups** Mushrooms (sliced)
- 2 1/2 **Red Bell Pepper** (medium, chopped)
- 3 3/4 **cups** Green Cabbage (chopped)
- Sea Salt & Black Pepper (to taste)
- 5 **cups** Arugula
- 1/3 **cup** Balsamic Glaze

## Nutrition

Amount per serving

<b>Calories</b>	108	<b>Cholesterol</b>	0mg
<b>Fat</b>	3g	<b>Sodium</b>	30mg
<b>Carbs</b>	18g	<b>Vitamin A</b>	2403IU
<b>Fiber</b>	4g	<b>Vitamin C</b>	105mg
<b>Sugar</b>	14g	<b>Calcium</b>	66mg
<b>Protein</b>	5g	<b>Iron</b>	1mg

# Baby Bok Choy & Quinoa

3 ingredients · 20 minutes · 4 servings



## Directions

1. Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let it simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork.
2. Meanwhile, place bok choy in a steamer over boiling water and cover. Let it steam for 2 to 3 minutes, or until just tender.
3. Divide quinoa and bok choy into bowls or container. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container up to 4 days.

### Serving Size

One serving is about 3/4 cup of quinoa and 1.5 cups of bok choy.

## Ingredients

- 1 cup Quinoa (uncooked)
- 2 cups Water
- 8 cups Bok Choy (baby, halved)

## Nutrition

Amount per serving

<b>Calories</b>	175	<b>Cholesterol</b>	0mg
<b>Fat</b>	3g	<b>Sodium</b>	95mg
<b>Carbs</b>	30g	<b>Vitamin A</b>	6261IU
<b>Fiber</b>	4g	<b>Vitamin C</b>	63mg
<b>Sugar</b>	2g	<b>Calcium</b>	179mg
<b>Protein</b>	8g	<b>Iron</b>	3mg

# Lentil & Broccoli Salad with Tahini Dressing

8 ingredients · 20 minutes · 4 servings



## Directions

1. Heat the oil in a pan over medium heat. Add in the broccoli and cook for about 10 to 12 minutes or until browned.
2. Add the lentils and cook for another five minutes. Remove from the heat and stir in half of the lemon juice, parsley, salt, and pepper.
3. In a small bowl, whisk together the tahini, the remaining lemon juice, water, salt, and pepper. If the sauce seems too thick, add more water to reach the desired consistency.
4. Transfer the lentils and broccoli onto a serving plate. Drizzle the tahini dressing on top. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two cups.

### More Flavor

Add asparagus, almonds, chopped dates, and/or dried chopped apricots.

## Ingredients

- 2 **tsps** Extra Virgin Olive Oil
- 4 **cups** Broccoli (cut into large florets)
- 3 **cups** Green Lentils (cooked)
- 2 **Lemon** (juiced, divided)
- 1/4 **cup** Parsley
- Sea Salt & Black Pepper (to taste)
- 3 **tbsps** Tahini
- 3 **tbsps** Water (warm)

## Nutrition

Amount per serving

<b>Calories</b>	297	<b>Cholesterol</b>	0mg
<b>Fat</b>	9g	<b>Sodium</b>	49mg
<b>Carbs</b>	40g	<b>Vitamin A</b>	908IU
<b>Fiber</b>	15g	<b>Vitamin C</b>	98mg
<b>Sugar</b>	5g	<b>Calcium</b>	127mg
<b>Protein</b>	18g	<b>Iron</b>	7mg

# Sheet Pan Roasted Veggies

8 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the vegetables to the baking sheet and drizzle with the oil. Season with Italian seasoning, garlic powder, and salt. Mix well to coat the vegetables evenly.
3. Bake for 25 to 30 minutes or until the vegetables are tender. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 2 1/2 cups.

### No Extra Virgin Olive Oil

Use avocado oil or coconut oil instead.

## Ingredients

- 3 1/2 cups** Brussels Sprouts (halved or quartered)
- 2 cups** Broccoli (cut into florets)
- 2** Carrot (peeled and sliced)
- 2** Yellow Onion (medium, cut into wedges)
- 2 tbsps** Extra Virgin Olive Oil
- 1 tsp** Italian Seasoning
- 1/2 tsp** Garlic Powder
- 1/4 tsp** Sea Salt (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	145	<b>Cholesterol</b>	0mg
<b>Fat</b>	7g	<b>Sodium</b>	205mg
<b>Carbs</b>	19g	<b>Vitamin A</b>	5959IU
<b>Fiber</b>	6g	<b>Vitamin C</b>	108mg
<b>Sugar</b>	8g	<b>Calcium</b>	84mg
<b>Protein</b>	5g	<b>Iron</b>	4mg

# Roasted Winter Vegetables with Tahini Drizzle

12 ingredients · 45 minutes · 4 servings



## Directions

1. Preheat oven to 375°F (191°C). Line two baking sheets with parchment paper.
2. Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
3. Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
4. Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
5. Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

## Notes

### More Protein

Add lentils, chickpeas, or diced tofu.

### Leftovers

Store covered in the fridge up to 2 - 3 days.

## Ingredients

- 1 Delicata Squash (small)
- 3 cups Brussels Sprouts (washed and halved)
- 1 bulb Fennel (coarsley chopped)
- 1/2 cup Red Onion (coarsley chopped)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 cup Tahini
- 1 Garlic (clove)
- 1/4 cup Water
- 2 Lemon (small, juiced)
- 1/4 cup Pumpkin Seeds

## Nutrition

Amount per serving

Calories	358	Cholesterol	0mg
Fat	26g	Sodium	217mg
Carbs	29g	Vitamin A	1471IU
Fiber	8g	Vitamin C	86mg
Sugar	5g	Calcium	169mg
Protein	9g	Iron	4mg

# Creamy Cauliflower & Carrot Soup

8 ingredients · 30 minutes · 4 servings



## Directions

1. Heat the olive oil in a large stock pot over medium-low heat. Add the green onions and saute until softened. Add the carrot, cauliflower, water, thyme and salt. Cover the pot and bring to a boil. Once boiling, reduce to a simmer. Let simmer for 20 minutes then add in the parsley and stir until wilted. Turn off the heat.
2. Puree the soup using a blender or handheld immersion blender. (Note: If using a regular blender, be careful. Ensure you leave a space for the steam to escape.) Taste and adjust seasoning if needed. Ladle into bowls and enjoy!

## Notes

### Leftovers

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

### Serving Size

One serving is roughly 2 1/2 cups.

### Make it Fancy

Roast up some leftover carrots and cauliflower and use as a garnish with pumpkin seeds.

### Anti-Inflammatory

Add turmeric powder.

### Gut-Healing

Make with bone broth instead of water. Adjust sea salt accordingly if the broth is salted.

## Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 6 stalks Green Onion (chopped)
- 5 Carrot (medium size, chopped)
- 1 head Cauliflower (chopped into florets)
- 6 cups Water
- 2 tsps Dried Thyme
- 1/2 tsp Sea Salt
- 1/2 cup Parsley

## Nutrition

Amount per serving

Calories	137	Cholesterol	0mg
Fat	8g	Sodium	406mg
Carbs	16g	Vitamin A	14118IU
Fiber	6g	Vitamin C	88mg
Sugar	7g	Calcium	122mg
Protein	4g	Iron	2mg

# Roasted Radishes with Avocado

6 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat the oven to 400F (204°C) and line a baking sheet with parchment paper. Add the radishes to the sheet with avocado oil and sea salt. Bake for 20 to 25 minutes or until the radishes are slightly browned.
2. Once the radishes are cooked through, let them cool slightly. Toss them with the avocado, parsley and sesame seeds. Serve and enjoy!

## Notes

### Leftovers

Refrigerate the radishes in an airtight container for up to 3 days. The avocado is best enjoyed immediately.

### More Flavor

Add additional spices such as chili flakes, cumin, onion powder and/or garlic.

### No Avocado Oil

Use coconut oil, olive oil, butter or ghee.

### No Parsley

Use another fresh herb such as dill or chives.

## Ingredients

**4 cups** Radishes (trimmed, halved)

**2 tsps** Avocado Oil

**1/2 tsp** Sea Salt

**1** Avocado (large, cubed)

**1/2 cup** Parsley (finely chopped)

**2 tbsps** Sesame Seeds

## Nutrition

Amount per serving

<b>Calories</b>	148	<b>Cholesterol</b>	0mg
<b>Fat</b>	12g	<b>Sodium</b>	349mg
<b>Carbs</b>	10g	<b>Vitamin A</b>	722IU
<b>Fiber</b>	6g	<b>Vitamin C</b>	32mg
<b>Sugar</b>	3g	<b>Calcium</b>	89mg
<b>Protein</b>	3g	<b>Iron</b>	2mg

# Rutabaga Fries

4 ingredients · 35 minutes · 5 servings



## Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss the fries with smoked paprika, salt, and oil.
3. Spread on the parchment lined baking sheet and place in the oven for 16 minutes. Remove, flip the fries and bake for another 15 minutes longer, until somewhat crispy and cooked through. Enjoy!

## Notes

### Leftovers

These are best enjoyed directly after baking. Refrigerate in an airtight container for up to four days and reheat the same way they were cooked for the best experience.

### More Flavor

Add garlic powder or cayenne pepper.

### Additional Toppings

Serve with ketchup, mayonnaise, and/or with parsley on top.

## Ingredients

- 5 cups Rutabaga (peeled, sliced into fries)
- 1 1/4 tsps Smoked Paprika
- 2/3 tsp Sea Salt
- 2 1/2 tbsps Avocado Oil

## Nutrition

Amount per serving

<b>Calories</b>	115	<b>Cholesterol</b>	0mg
<b>Fat</b>	7g	<b>Sodium</b>	312mg
<b>Carbs</b>	12g	<b>Vitamin A</b>	286IU
<b>Fiber</b>	3g	<b>Vitamin C</b>	35mg
<b>Sugar</b>	6g	<b>Calcium</b>	62mg
<b>Protein</b>	2g	<b>Iron</b>	1mg

# Quinoa, Brussels Sprouts & Sweet Potato Bowl

10 ingredients · 25 minutes · 5 servings



## Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Toss the Brussels sprouts and sweet potato with the oil and harissa. Spread the vegetables evenly onto the baking sheet. Cook for 20 to 25 minutes, stirring once halfway through, until tender and starting to brown.
3. Meanwhile, cook the quinoa according to package directions. Once cooked, stir in the spinach.
4. Prepare the dressing by mixing the hummus and the water.
5. Divide the quinoa, Brussels sprouts, potatoes, and avocado into each bowl. Top with the hummus dressing and pumpkin seeds. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Store the dressing separately.

### Serving Size

One serving is equal to approximately one cup of the quinoa and spinach mix, one cup of the roasted vegetables, a 1/4 avocado and three tablespoons hummus dressing.

### More Flavor

Cook the quinoa in broth.

## Ingredients

- 5 cups Brussels Sprouts (trimmed, halved)
- 2 1/2 Sweet Potato (medium, cubed)
- 2 1/2 tbsps Extra Virgin Olive Oil
- 1 1/4 tbsps Harissa
- 1 1/4 cups Quinoa (dry)
- 2 1/2 cups Baby Spinach (finely chopped)
- 2/3 cup Hummus
- 1/3 cup Water (warm)
- 1 1/4 Avocado (medium, sliced)
- 1/3 cup Pumpkin Seeds (toasted)

## Nutrition

Amount per serving

Calories	512	Cholesterol	0mg
Fat	26g	Sodium	207mg
Carbs	59g	Vitamin A	11379IU
Fiber	14g	Vitamin C	86mg
Sugar	5g	Calcium	117mg
Protein	16g	Iron	6mg