

Edible Invitation: Investing in Sustainable Wellbeing

Recipes © Stefanie Sacks
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Wilted Greens | Serves 4

INGREDIENTS

2 tablespoon extra virgin olive oil
- 3 cloves garlic, minced
1 bunch leafy green kale, stems removed and roughly chopped
4 cups baby spinach, (or 1 5oz box)
1/4 cup water, or apple juice
1 teaspoon lemon juice, fresh squeezed
1/4 teaspoon red chili pepper flakes, optional
salt, to taste

METHOD

1. Heat oil on medium in a large sauté pan. Add garlic and cook for 30 seconds.
2. Add kale and cook until slightly wilted. Then add spinach and liquid. Cook for another 2 minutes until greens are soft. Add red pepper, lemon juice and salt.

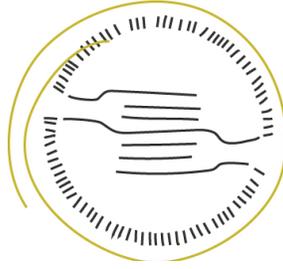
Chipotle Turkey Black Bean Tacos | Serves 4

INGREDIENTS

4 tablespoons extra virgin olive oil
2 cloves garlic, minced
1 small yellow onion, small dice
2 tablespoons ground cumin
1/4 cup chipotle in adobo
1 lb. ground turkey, dark or white meat
1 15 ounce can black beans, drained and rinsed
1 15 ounce can diced tomatoes, with juice
salt, to taste
8 taco shells, or tortillas
romaine lettuce, finely shredded
cheddar cheese, shredded
sour cream
salsa

METHOD

1. Sauté garlic and onion in olive oil on medium. Let brown then add cumin and chipotle in adobo and cook for 1 minute.
2. Add ground turkey, breaking apart into small chunks while cooking. Sauté until cooked through (about 10-15 minutes)
3. Add drained and rinsed beans as well as tomatoes and cook for another 5-10 minutes
4. Salt to taste (re-season to taste with other spices if needed)
5. Fill tacos and serve with fix ins



Green Goddess | Serves 2

INGREDIENTS

- 1 1/2 cups rice milk
- 1/2 cup frozen pineapple
- 1 cup baby spinach, loosely packed (or a large handful)
- 8 mint leaves, loosely packed (or a small handful)
- 4" piece cucumber, if waxed, peel
- 1 small apple, skin on
- 1/4 cup avocado, fresh, 1/2 avocado
- 1 ounce lime juice, about 1 lime
- 1 tablespoon flax meal
- 1 teaspoon fresh ginger

METHOD

Combine all ingredients in a blender and purée until smooth.

Berry Smooth | Serves 2

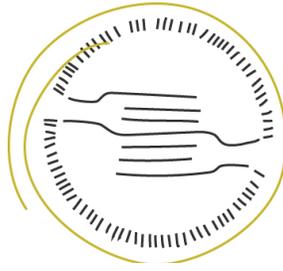
INGREDIENTS

- 1 1/2 cups plain rice milk, or other milk (dairy or non-dairy)
- 1 cup coconut water
- 2 cups fresh frozen berries, no added sugar
- 1/2 avocado
- 1/4 cup raw almonds
- 1 teaspoon honey

METHOD

Combine all ingredients in a blender and purée until smooth.

See below for extra recipes



EXTRA RECIPES

Turkey Bolognese Steamed Spaghetti Squash | Serves 2

INGREDIENTS

- 1/2 lb. ground turkey meat mashed with a fork
- 1 teaspoon extra virgin olive oil
- 1 clove garlic, minced
- 1 small yellow onion, thinly sliced (about 1/2 cup)
- 1 teaspoon dried thyme, or fresh picked
- 1 teaspoon dried oregano, or fresh picked
- 1 teaspoon dried rosemary, or fresh picked
- 2 cups canned crushed tomatoes
- 2 tablespoons tomato paste
- salt, pinch
- 2 teaspoons parmesan cheese, grated (optional)
- 1 small spaghetti squash, halved and de-seeded
- 1 teaspoon extra virgin olive oil

METHOD

1. Preheat oven to 350° for spaghetti squash.
2. Split spaghetti squash in half (cut off ends, place vertically on cutting board, guide knife down middle of squash and split open). De-seed, rub with olive oil and place facedown on a baking sheet. Bake for 30 minutes until fork easily pierces skin. (For microwave, pierce skin with fork and cook on high for 15 minutes turning once; allow to cool before opening).
3. While spaghetti squash is cooking, heat olive oil in a large sauté pan on medium. Sauté garlic and onions until lightly browned. Add dried herbs and sauté for another 2 minutes (if using fresh herbs, add with crushed tomatoes). Add ground turkey, breaking apart with fork as you continue to sauté for 5 minutes, until lightly browned. Add crushed tomatoes, tomato paste, salt (and fresh herbs if using) and simmer, uncovered, for 20 minutes.
4. Scoop “spaghetti” out of squash; top with Bolognese and a sprinkle of Parmesan if desired.

Lazy Lentil Soup | Serves 4

INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 2 shallots, thinly sliced
- 2 stalks celery, thinly sliced
- 1 cup grape tomatoes, halved
- 1 sprig fresh rosemary, minced
- 1 cup red lentils
- 6 cups water
- 1/2 teaspoon salt, or more to taste
- fresh ground pepper, to taste

METHOD

1. In medium pot, heat olive oil on medium. Add vegetables and rosemary and sauté for 3-5 minutes.
2. Add lentils, water and salt and simmer, uncovered, for 30 minutes. Add additional salt to taste and fresh ground pepper.