# Sides

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- Shredded Kale Salad
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# Asian Slaw

Servings: 6-8

## Ingredients:

Slaw

- 1 head purple cabbage
- 1 head green cabbage
- 1 bunch cilantro
- 3-4 green onions
- 1 c shredded carrots

Dressing

- 3 tbsp olive oil
- 1 tbsp sesame oil
- 1/4 c rice vinegar
- 3 tbsp honey (or maple syrup)
- 1 tbsp tamari
- 4 cloves garlic
- 1 tbsp minced ginger (or like 1 tsp-ish ground ginger)
- 1 tsp chili flakes (or red pepper flakes) (optional)
- 1 tsp salt

## Directions:

1. Chop veggies into thin slices (mandolin is great here)
2. Mix dressing
3. Pour dressing onto the slaw

# Buffalo Cauliflower

## Ingredients:

- 1 head cauliflower
- 3 tbsp Frank's hot sauce
- 3 tbsp nutritional yeast
- 2 tbsp avocado oil
- 1 tbsp arrowroot starch (sub corn starch)
- 1.5 tsp maple syrup
- 1/4 tsp salt

## Directions:

1. Chop cauliflower into bite-sized pieces
2. Mix remaining ingredients in a bowl
3. Stir cauliflower into the sauce and toss to combine
4. Cook cauliflower in the air fryer at 360°F for 14 minutes, shaking halfway

# Corn Chowder

Servings: 4

## Ingredients:

- 1.5 lb gold potatoes, quartered
- 2 small onions, cut into 1/2" wedges
- 1 lb corn (off the cob)
- 4 c chicken broth
- 1/4 c heavy cream
- 2 Tbsp lemon juice
- 1 tsp salt
- 1 tsp pepper
- Olive oil
- Bacon bits (optional, for topping)
- Green onions, thinly sliced (optional, for topping)

## Directions

1. Preheat oven to 450°F.
2. Toss the onions and potatoes in olive oil, then place on a baking tray, placing potatoes cut side down. Roast until golden brown and tender, about 25-30 minutes.
3. Combine half the roasted vegetables in a pot with chicken broth and bring to a light boil, then puree with a hand blender until smooth (you can use a standard blender, but I would recommend letting it cool down a bit first.
4. Add the remaining roasted vegetables, corn, salt, and pepper and bring back to a simmer. Simmer for 4-5 minutes.
5. Turn the heat to low before stirring in the heavy cream and lemon juice. Taste for seasoning.
6. Serve with crumbled bacon bits and thinly chopped green onions.

# Corn Tortillas

Servings: 6-10 tortillas

## Ingredients:

- 1 1/2 cup masa harina
- 1 Tbsp beef tallow/lard/butter
- 1 1/2 cup water

## Directions:

1. Add the melted tallow/lard to the water, then add the mixture to the masa. Only add about half at first, then mix together before adding more. The key is to get a dough that isn't sticky but is also soft
2. Once combined, knead the dough and place in a bowl and cover with a damp kitchen cloth for 30 minutes
3. Cut the dough into equally sized balls, 6-10 depending on the size you want
4. Using a tortilla press, lay down wax paper (actually, I have better luck using a ziplock bag), followed by your dough, then another layer of wax paper
5. Press the tortilla flat
6. Place the tortilla on a hot (medium high+), DRY skillet and cook for 20-30 seconds. Flip the tortilla and cook for 50-60 seconds. Flip back to the first side for an additional 20-30 seconds, then remove.
    - NOTE: Your tortilla will probably feel a bit hard at this point - that's okay, but the next step is crucial for softening
7. Place the tortilla in a tortilla warmer (or tupperware) lined with a dry kitchen towel to keep warm and to steam
8. Repeat steps 5-9 with the remaining tortillas

# Creamy Veggie Soup

Servings: 6-8

## Ingredients:

- 1 head cauliflower, sliced into florets
- 2 medium zucchini, sliced in rounds
- 4-6 stalks celery, sliced in 1" pieces
- 1 onion, sliced
- 3 cloves garlic minced
- 4 c chicken stock
- 1 c heavy cream
- 4 tbsp avocado oil
- water, as needed
- salt and pepper, to taste

## Directions:

1. In a pot over medium heat, add the oil, onion, celery, and a pinch of salt and cook until softened.
2. Add the zucchini slices and garlic and cook until slightly browned, then add in the cauliflower.
3. Add the chicken broth and enough water to cover, bring to a boil, then simmer until the zucchini and cauliflower are fork tender.
4. Remove from heat, transfer into a blender (or use an immersion blender), and blend until smooth. Stir in the heavy cream, add salt and pepper to taste, and serve.

# Eggplant Fries (Air Fryer)

Servings: 4 (but they're healthy, so it's okay to eat them all)

## Ingredients:

- 1 eggplant
- 1/2 c Italian bread crumbs (sub GF if desired)
- 1/4 c grated Parmesan cheese
- 1/4 c flour (sub GF if desired)
- 1 tsp Italian seasoning
- 1 tsp salt
- 1/2 tsp dried basil
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp pepper
- 2 eggs

## Directions

1. Slice the eggplant into 1/2" rounds, then from there into 1/4" sticks.
2. Combine bread crumbs, Parmesan cheese, Italian seasoning, salt, basil, garlic powder, onion powder, and pepper in a bowl. Pour flour into a second bowl. Crack and beat the eggs in a third bowl.
3. Dip the eggplant sticks into the flour, then into the eggs, then into the breadcrumbs. Place the sticks onto a plate to rest for 5 minutes.
4. Place the eggplant sticks into an air fryer basket, making sure they are not touching (you may need to do multiple batches), and cook at 370°F for 12-15 minutes or until golden brown

# French Fries (Air Fryer)

Servings: 3-4

## Ingredients:

- 5 yukon gold potatoes (or 3 large baking potatoes)
- 2 tsp dill weed
- 2 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1 tsp black pepper
- 2Tbsp olive oil

## Directions:

1. Cut the potatoes into your desired french fry shape
2. Add the sliced potatoes to a bowl of ice water and let soak for 30 minutes
3. Drain the potatoes and pat completely dry
4. Dump the water out of the bowl, dry it out, then add the potatoes back in
5. Add olive oil and all spices to the potatoes and toss well to mix
6. Place the potatoes in the air fryer and cook at 400° for 25-30 minutes, tossing halfway through, until they are crispy on all sides
    - NOTE: If you cut the fries extra thin, you may need to do two batches. The key here is to have close to a single layer in your air fryer

# Mexican Street Corn

## Ingredients:

- 3 cans sweet corn, drained
- 1/4 c mayonnaise
- 1/4 c sour cream
- 1/2 c crumbled queso fresco
- 1 c cilantro, chopped
- 1 tbsp lime juice
- 1 tsp chili powder
- 1/2-1 tsp cayenne

## Directions:

1. Mix ingredients together and adjust to taste

# Mom's Skillet Cornbread

## Ingredients:

- 1 c yellow cornmeal
- 1/2 c flour
- 1 tsp salt
- 1 tbsp baking powder
- 1 c buttermilk
- 1/2 c whole milk
- 1 egg
- 1/2 tsp baking soda
- 1/4 + 2 tbsp shortening (I use beef tallow)

## Directions:

1. Preheat oven to 450°F
2. Combine cornmeal, flour, salt, and baking powder in a bowl and stir to combine.
3. In another bowl or measuring cup, mix the buttermilk, milk, and egg together. Beat the egg, then stir in the baking soda.
4. Combine the milk mixture with the dry ingredients and stir with a fork until combined.
5. Melt the 1/4 c of shortening then slowly add it into the batter, stirring until just combined.
6. Heat an iron skillet over medium-high heat. Once heated, melt the remaining 2 tbsp of shortening in the skillet, then pour in the batter. The batter should sizzle.
7. Cook on the stove top for 1 minute, then transfer to the oven and bake for 20-25 minutes or until golden brown (edges should be crispy).
8. Remove the skillet and turn the cornbread out onto a baking rack or plate to cool (cool upside down to keep the crust from getting soggy)

# Potato Stacks

Servings: 6

## Ingredients:

- 2.5-3 lbs russet potatoes
- 1 c shredded cheddar cheese
- 1 lb bacon
- 2 green onions, chopped
- Olive oil
- Creamy White Sauce

## Directions:

1. Preheat oven to 450°F
2. Wash and slice potatoes into rounds about 1/4" thick. Add to a baking sheet and drizzle generously with oil.
3. Bake potatoes until golden and crispy, but still soft in the middle (~40 minutes)
4. While the potatoes are in the oven, cook the bacon and crumble into bacon bits.
5. Once the potatoes are out of the oven, spread some white sauce on each round, followed by a pinch of cheese and bacon bits. Place back into the oven until the cheese is melted
6. Remove and top with green onions

# Roasted Asparagus with Peanut Sauce

## Ingredients:

- 1 1/2 lb asparagus
- 2 garlic cloves, minced
- 2 tbsp smooth peanut butter
- 1 1/2 tsp soy sauce
- 1 1/2 tsp lemon juice
- 1/2 tsp red pepper flakes
- 2-3 tsp water
- 2 tbsp oil

## Directions:

1. Preheat oven to 450°F.
2. Combine oil and garlic. Place asparagus on a baking tray and drizzle with the oil and garlic, then roast for 12-15 minutes until tender.
3. Combine remaining ingredients in a bowl, adding just enough water to make the sauce pour-able.
4. Coat the roasted asparagus with the sauce and serve.

# Shredded Kale Salad

## Ingredients:

Salad

- 8 c raw kale, packed
- 1/4 inch slice red onion
- 4 cloves garlic, peeled
- 1/4 c almonds, toasted

Dressing

- 5 tsp olive oil
- 5 tsp toasted sesame oil
- 2 tbsp fresh lemon juice
- 1/2 tsp onion powder
- 1/2 tsp salt

## Directions:

1. Put the salad ingredients into the food processor with an "S" blade and process until shredded.
2. Combine the dressing ingredients and pour over the salad until evenly coated

# Sweet Carrot Soufflé

## Ingredients:

- 3 1/4 lbs (52 oz) fresh or frozen carrots
- 1 3/4 c sugar
- 1 Tbsp baking powder
- 1 tbsp vanilla
- 6 tbsp flour
- 1 1/2 c whole eggs (about 7 large eggs)
- 1/2 c butter, melted
- 1 tsp powdered sugar

## Directions:

1. Steam carrots for 45 minutes or until extra soft. Drain well, then add sugar, baking powder, and vanilla while the carrots are still warm. Mix until completely smooth.
2. Preheat oven to 350°F
3. In a separate bowl, mix flour, eggs, butter, and powdered sugar. Add this mixture into the carrot mixture (while carrots are still warm) and blend well.
4. Pour into a baking disk and bake for 45 minutes. Top with marshmallows and return to the oven until golden brown