

Recipes for Healthy Autumn Meals

(Recipes by Hayley Stobbs RHN)

Lemon Thyme Chicken

If you're bored of the same old chicken dish every week or are looking for some variation to your meals, consider infusing your chicken with this light and tasty marinade. If you choose to barbeque this Fall, keep in mind that antioxidant rich marinades such as this help to protect your foods nutrient content from high heat temperatures.

4 chicken breasts
¾ cup fresh thyme, chopped, loose packed
1 cup lemon juice
3 garlic cloves, pressed or minced

Rinse thawed chicken breasts then transfer to a heavy duty plastic bag. Add marinade then massage plastic bag to coat. Squeeze out as much air as possible, seal, then refrigerate for 4 – 8 hours.

Remove from plastic bag, season with a dash of sea salt and white pepper, then bake or barbeque to cook. Bake at 375F for 25 minutes or barbeque on medium heat for about 25 minutes or until done.

Serve with sautéed swiss chard and basmati rice.

Sautéed Swiss Chard:

8 cups swiss chard, chopped
*about one and a half bunches.

To de-stem each leaf of chard, grab the main stalk in one hand and strip the leaf from the stem all the way up with the other. Alternatively, you can choose to eat the stem after it is steamed. Tear the big leaves into desired size, or roll the leaf and use a knife to cut if you prefer (this is called a *chiffonade* cut). Wash the greens in a big bowl of drinking water, rinsing and swishing to rinse away any stubborn grit and dirt. Drain, rinse again, and in the last few minutes of baking the chicken, add the swiss chard to a medium sized fry pan over medium high heat.

Add pressed garlic, and a splash of vegetable broth. It isn't necessary to add water; the chard has just enough water left from rinsing to steam. Toss, bring to a steam, lower heat to medium low, and then cover for 3 minutes. After 3 minutes turn the heat off then let the

swiss chard steam, covered, for an additional 2-3 minutes until it softens a bit more. Remove from heat immediately and serve.

Compose onto four plates with the chicken breast and brown basmati rice.

Serves 4.

“In the Europe Middle Ages, women would give knights and warriors herb bundles that included thyme leaves to bring courage. Additionally, thyme was traditionally used as incense on coffins to assure passage into next life.” – Mountain Rose Herbs

Garlic Sesame Fish

Served with bok choy

Bok choy, a variety of cabbage, is the most popular vegetable in China. In Chinese, the term means “white vegetable,” likely due to its pale stem. The mild flavour of bok choy makes it a versatile cruciferous vegetable, at home in a stir-fries, sautéed in some olive oil or lightly steamed on its own. Bok choy has a higher concentration of beta-carotene and vitamin A than any other variety of cabbage, and provides vitamin C as well, making it a healthy choice.

2 tablespoons unrefined sesame oil	
2 tablespoons <i>Imagine</i> chicken or vegetable stock	½ cup <i>Imagine</i> chicken or vegetable stock
2 tablespoons lime juice, fresh squeezed	5 - 6 baby bok choy clusters
3 garlic cloves, minced or pressed	2 large carrots, julienne
2 teaspoons fresh gingerroot, fine grated	4 trout filets
1 teaspoon palm sugar, optional, or dash of stevia	2 green onions, minced
½ - 1 teaspoon red chilli flakes	Sesame seeds, to sprinkle
½ teaspoon sea salt	

In a small bowl, combine oil, stock, vinegar, garlic, ginger, red chilli flakes, sugar, and sea salt. Set aside.

Rip apart each bok choy then arrange on a baking sheet with carrot. Pour over ½ cup stock. Bake in a 400F oven for about 10 minutes.

Remove from oven and then lay trout filets over vegetables. Drizzle with dressing mixture then sprinkle with onions and sesame seeds. Bake for 15 – 20 minutes or until the fish flakes easily and the vegetables are tender.

Serves 4.

“Give a man a fish; you have fed him for today. Teach a man to fish; and you have fed him for a lifetime”— unknown

Festive Fall Salad

with olive orange dressing

This salad makes a fantastic light lunch or dinner accompaniment that tastes great served cold or warm. Try adding beans such as adzuki; when combined with grains and seeds, the vegetarian protein ingredients configure to complete protein synthesis.

2 cups millet, cooked
1 cup purple carrot, fine diced
**Use purple cabbage as a substitute if necessary*
1 cup mixed greens
¾ cup fresh cilantro, chopped, loose packed
¾ cup dried cranberries
½ cup pumpkin seeds

Cook millet then set aside to cool. Combine with the remaining ingredients in a medium sized salad bowl. When ready to serve, toss with *olive orange dressing*.

Olive Orange Dressing:

2 tablespoons olive oil
1 small orange, fresh squeezed juice
+ zest from half an orange
1 tablespoon brown rice vinegar or lemon juice
1 tablespoon apple cider vinegar
2 teaspoons unpasteurized honey, melted
2 teaspoons Bragg soy seasoning
1/4 teaspoon turmeric
1/4 white pepper

Melt butter and honey over low heat and whisk with the remaining ingredients.

Serve over salad, chicken, fish, or grains.

My Pride Said; "it's impossible"

My Experience Said; "It's risky"

My Reason Said; "It's pointless"

My Heart Whispered; "Give it a try"

- Unknown

Pumpkin Pie

with coconut 'cool whip'

Do you use fresh or canned pumpkin for your pumpkin pie? Surprisingly, canned pumpkin is an exception to the deterioration of nutrients during processing. Beta Carotene, or pre-formed vitamin A, which is most present in red, dark green, yellow, and orange vegetables and fruit, is either unchanged in content or made more concentrated' in the processing of pumpkin. Personally, I still prefer the taste of fresh pumpkin, but will use canned pumpkin once in a while.

Crust:

1 cup pecans
¾ cup rice flour
¼ cup extra virgin coconut oil, melted
1 egg, or,
1 tbsp ground flaxseed whisked with 3 tbsp hot water
2 tablespoons maple sugar or stevia to sweeten
1 tablespoon apple cider vinegar
1 teaspoon xanthum gum
½ teaspoon sea salt

Animal (egg) filling:

1 small can pumpkin, unsweetened
¾ cup coconut milk
¼ cup maple sugar
OR 9 - 10 drops stevia
2 eggs, whisked
OR 2 tablespoons ground chia seed
1 tablespoon arrowroot flour
1 teaspoon ginger

1 teaspoon pure vanilla extract
1 teaspoon cinnamon
½ teaspoon cloves
¼ teaspoon nutmeg
¼ teaspoon sea salt

Plant (agar agar) filling:

½ cup pure apple juice
+ 1 teaspoon agar powder

½ cup coconut milk	1 teaspoon pure vanilla extract
1 small can pumpkin, unsweetened	1 teaspoon cinnamon
¼ cup maple sugar	½ teaspoon cloves
OR 9 – 10 drops stevia	¼ teaspoon nutmeg
1 tablespoon arrowroot flour	¼ teaspoon sea salt
1 teaspoon ginger	

Gather ingredients, lightly oil a pie plate (with grapeseed oil, butter, or coconut oil), and preheat oven to 450F.

Using a food processor or blender, pulse pecans to a fine texture in a food processor then mix this with the remaining dry ingredients in a large bowl.

**Do not rinse, toast, or over-process pecans. Doing so will result in nut butter.*

Whisk the wet ingredients separately in a small bowl then pour into dry and mix well.

Press into a pie plate and use your knuckles to shape the edge of the crust. Bake at 450F for 5 minutes. After 5 minutes lower heat to 350F and bake for another 10 minutes.

Meanwhile, whisk together the filling in a medium sized bowl. Transfer to pie crust and bake for an additional 25 minutes.

For the agar filling: whisk together the agar powder and apple juice then let it sit in a small saucepan for 3 – 5 minutes. Bring the mixture to a boil, lower heat to a simmer, then let the mixture cook for an additional 5 minutes while whisking frequently. Meanwhile, mix together the coconut milk with the remaining pumpkin filling ingredients. Add this to the apple juice-agar combination, and then stir. Reduce to low heat and stir occasionally, for an additional 5 minutes.

Pour into cooled pie crust, then refrigerate for 4 – 8 hours or until completely set. Remove from oven and let cool. Top with Coconut ‘Cool Whip’ when ready to serve.

Coconut ‘Cool Whip’

Open two cans of full fat coconut milk. Drain about ¼ cup of the coconut water from each can – this is found beneath the thick mixture of coconut after opening the can. Transfer the remaining coconut can contents to a medium sized mixing bowl. Refrigerate overnight to stiffen. When the pie is ready to serve, whisk the coconut milk with a wire whisk. Sweeten with maple sugar or stevia and 1 teaspoon pure vanilla extract. Continue to whisk until desired consistency is reached, and then serve over pie.

**using a food processor or blender will result in a ‘runny’ cream.*

Yields approximately 1 cup.

Creations:

- Use as a topping for pancakes, waffles, granola, or smoothies
- Coconut cream makes a tasty fruit dip; whisk with 1 tablespoon honey instead of the maple sugar. Add ½ cup shredded coconut to serve.

“Above all, take satisfaction in the cooking and joy in the eating. If cooking is no more than time consuming drudgery and eating nothing better than fear, denial, and the observation of dietary guidelines, then we subvert and deny one of the great pleasures of our kind. Enjoy! – Elisabeth Rosin

Apple Fennel Slaw

This mildly sweet salad is light and refreshing on a warm Indian Summers day. Try tossing this salad with red quinoa or serve it alongside chicken for lunch or dinner.

4 cups fennel, fine sliced
3 cups cucumber, fine sliced
2 cups apple, fine sliced
2 cups red onion, fine sliced

dressing:

¾ cup plain organic yogurt
3 tablespoons mayonnaise,
Spectrum or soy-free *Vegannaise*
1 tablespoon mustard,
Maison d’Orphee or *Simply Naturals*
2 teaspoons apple cider vinegar
4 – 8 drops stevia, or to taste
½ teaspoon sea salt
¼ teaspoon white pepper

1 cup slivered almonds,
or crushed walnuts, optional
1/3 cup capers

Slice vegetables with a knife or with the mandolin food processor attachment. Add to a large salad bowl and toss with the whisked dressing. Add the capers and nuts, and then continue to toss lightly.

Serves 8 - 10.

“Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.” – Lao-Tzu

Harvest Salad

with mustard mayo dressing

1/3 cup oat pearls, uncooked

1 cup water

Pinch of salt

1/2 cup romaine lettuce, shredded

1 celery stick, fine chopped

1/3 cup celery root, grated

1/3 cup alfalfa sprouts

1 small apple, sliced into half moons

2 tablespoons hemp seeds

4 tablespoons raisins

Bring the oat pearls to a boil with a pinch of salt.

Reduce heat and simmer for 10 minutes.

Drain and rinse with drinking water.

Arrange the oat pearls onto two plates and lightly mix with equal portions of romaine and celery.

Top with the celery root, sprouts, and apple slices.

Sprinkle with seeds and raisins.

Serve with the dressing on the side.

Mustard Mayo Dressing for one:

2 tablespoons mustard

1 tablespoons mayo

3 tablespoons water

1 teaspoons rice syrup,

or other natural sweetener

1/2 teaspoon dried parsley
Pinch of white pepper

Whisk dressing ingredients then serve on the side in a small nappy dish.

Serves 2.

"People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success." - Norman Vincent Peale

White Bean Pesto

This is far from a traditional tasting pesto, but it's so delicious! The navy beans replace the usual high amount of oil in any conventional pesto recipe, making it not only low in fat, but high in protein and B vitamins as well. Dulse adds to the mineral content of this recipe and its salty taste replaces the addition of sea salt and cheese. Enjoy this pesto spread over baked chicken or fish, rice pasta or spaghetti squash, or even use for a dip for vegetables or chips.

1 cup navy beans, cooked
½ cup fresh basil, loose packed
½ cup fresh cilantro, loose packed
¼ cup extra virgin olive oil
2 tablespoons flaxseed oil
2 kale leaves, optional
1/3 cup dulse, loose packed,
or, ½ teaspoon sea salt
¼ teaspoon white pepper
2 garlic cloves, pressed or minced

Transfer all ingredients to a food processor and pulse until finely chopped and lightly blended.

Creations:

- Pulse with 1 roasted red pepper
- Add 1/3 cup re-hydrated sundried tomatoes

- Swap kale for 1 cup spinach

“The Chinese believed that anyone who consumes cilantro (coriander) over their lives would be rewarded with immortality.” – Mountain Rose Herbs

Apple Plum Crisp

with hazel-oat topping

5 plums, fine sliced

1 green apple, fine sliced

½ teaspoon cinnamon

½ teaspoon ginger

¼ teaspoon clove

¼ teaspoon nutmeg

1/2 cup butter

+ 2 tablespoons

1 1/2 cups *only* oats rolled oats

3/4 cup hazelnut (filbert) flour,
or almond

1/4 cup maple sugar or sucanat

1 tablespoon arrowroot flour, optional

1/2 teaspoon cinnamon

1/4 teaspoon sea salt

With a food processor blade attachment, finely slice apple and plums then set aside in a large bowl. Alternatively, use a knife to slice thin pieces.

Melt the butter over low heat in a small fry pan. In the meantime, mix together the dry ingredients in a large bowl.

Preheat oven to 350F.

Add the 1/2 cup butter to the oat-flour mixture and mix thoroughly. Pour the two tablespoons of butter over the apple and plum slices. Add the spices to the fruit and toss.

Layer the apple and plum slices in a medium sized casserole dish and then top with

the oat-flour crumble.

Bake for approximately 45 minutes or until the crisp appears golden brown.

Serve with plain organic yogurt or coconut ice cream.

“Step out of the story and realize that you are the director, choreographer, the hero, and the protagonist of your own life. Step out and realize that there are different ways of writing the story... more creative, imaginative, fun...etc.” – Deepak Chopra

Autumn Sunshine Muffins

a	*or to desired sweetness
½ cup pureed pumpkin, or ½ can unsweetened pumpkin puree	2 tablespoons arrowroot powder
1/3 cup maple syrup	2 teaspoons baking powder
3 tablespoons butter, melted	1 teaspoon xanthan gum
1 egg	2 teaspoon cinnamon
2 tablespoons ground flaxseed	2 teaspoon ginger
1 teaspoon vanilla extract	¼ teaspoon baking soda
	¼ teaspoon sea salt
b	C
¾ cup oat bran	½ cup apple, grated, about 1 apple
½ cup sorghum or rice flour	½ cup carrot, grated, about 1 large
½ almond flour	½ cup pumpkin seeds
½ cup garbanzo flour	½ cup dried cherries
1/2 cup palm sugar or maple sugar,	

Gather ingredients, lightly oil a muffin pan, and preheat oven to 350F.

Melt butter over low heat and mix ‘group b’ ingredients in a large bowl.

Grate apple and carrot, set aside, then whisk together ‘group a’ ingredients.

Add wet to dry and mix thoroughly, adding in the grated ingredients, pumpkin seeds and dried cranberries as you go.

Using a tablespoon, transfer a heaping amount of muffin mix into each cup until it rises just above the edge of the surface. Smooth with the back of the spoon, working quickly – this doesn’t have to be perfect!

Transfer to oven and bake for about 25 minutes or until a fork pokes out clean and the muffins appear golden brown. Remove from oven and let cool completely before removing muffins from pan.

Makes 10 - 12 muffins.

Variations:

- **Banana Divine:** Swap canned pumpkin with one large banana and the maple syrup for honey, melted. Reduce sugar to $\frac{1}{4}$ cup; omit cinnamon, and 'group c' ingredients. Add $\frac{3}{4}$ cup dark chocolate chips, $\frac{1}{2}$ cup shredded coconut, then mix.

- **Breakfast Delight:** Swap pumpkin with pureed butternut squash (or canned). Omit 'group c' ingredients and add $\frac{1}{2}$ cup grated zucchini, $\frac{1}{2}$ cup grated carrot, $\frac{3}{4}$ cup walnuts (chopped), and $\frac{1}{2}$ cup dried cranberries (fruit juice sweetened).

- **Zucchini Chic:** Swap canned pumpkin for apple sauce. Omit cinnamon and 'group c' ingredients. Add 1 cup grated zucchini, $\frac{1}{2}$ cup chopped hazelnuts, $\frac{1}{3}$ cup carob or cacao chips, and $\frac{1}{3}$ cup raisins or currants. Mix well.

- **Sweet Potato Pecan:** Substitute pumpkin for pureed sweet potato. Add $1\frac{1}{2}$ cup chopped pecans, and swap the dried cherries for fruit juice sweetened cranberries. Omit the grated carrot and apple. Garnish with a pecan piece.

- **Walnut Peach:** Puree 2 large peaches with $\frac{1}{4}$ teaspoon guar gum. Measure out $\frac{1}{2}$ cup then transfer back to food processor, as to substitute for the pumpkin. Swap 1 cup chopped walnuts for the grated apple and carrot. Omit pumpkin seeds and dried cherries. Add $\frac{3}{4}$ cup raisins if desired. Garnish with fine chopped walnuts.

For two eggs grind 2 heaping tbsp of flaxseeds in a coffee grinder, then whisk with 5 to 6 Tbsp hot water. Add this mixture to a baking batter where you would add the egg.

“Life always gives us exactly the teacher we need at every moment. This includes every mosquito, every misfortune, every red light, every traffic jam, every obnoxious supervisor or employee, every illness, every loss, every moment of joy or depression, every addiction, every piece of garbage, every breath. Every moment is the Guru.” - Joko Bec

Coconut Cranberry Crisp Bars

These bars make a great snack for children and adults. Swap cashew butter for tahini if you are

nut sensitive, or, try $\frac{3}{4}$ cup melted coconut butter mixed with $\frac{1}{4}$ cup plain yogurt in replace of either.

2 $\frac{1}{2}$ cups crispy rice cereal, gluten free
1 $\frac{1}{2}$ cups coconut flakes
1 cup hemp seeds
1 jar cashew butter, 250g
 $\frac{3}{4}$ cup brown rice syrup
 $\frac{1}{4}$ cup grapeseed oil,
or extra virgin coconut oil
1 large lemon, juice & grated rind
1 teaspoon sea salt
1 cup dried cranberries

Mix together the coconut flakes and rice crisp cereal in a large bowl then set aside.

Add the nut butter, rice syrup, lemon, and sea salt to a food processor or blender and blend until smooth.

Thoroughly mix the wet into the dry, and then fold in the dried cranberries.

Press into a baking pan and refrigerate overnight. Cut into squares then freeze in an airtight glass container or heavy duty plastic bag.

Dark chocolate topping, optional

$\frac{1}{2}$ cup dark cocoa or cacao powder
3 tablespoons EV coconut oil, melted
 $\frac{1}{4}$ cup pure fruit juice
 $\frac{3}{4}$ cup rice syrup

In a medium sized bowl, whisk the juice and melted coconut oil into the cocoa powder. Slowly add the rice syrup and continue to whisk. Press the bars into a medium sized pan. Smooth the optional chocolate layer over the bars before refrigerating overnight.

Makes approximately 12 bars.

“Humanity is one organism and each individual a cell in this larger body.” – William Tara