

# Not Your Grandma's Butter Beans

When I was growing up Butter Beans, often called Lima beans were rightfully feared. They led the list of most likely vegetable to be snuck into one's napkin. So of course I was intrigued when, Meera Sodha, a favorite recipe developers, offered up this dish of Tomato Rose Harissa Butter Beans. Meera has never steered me wrong, but still Butter Beans?

What I discovered in this adaptation was an entirely new perspective on the humble beans and a perfect weeknight recipe.

## Ingredients

- 7 tbsp extra-virgin olive oil
- 3 shallots peeled and minced
- 1 serrano or chili of your choice, finely chopped
- 4 large tomatoes, chopped or a tin of chopped tomatoes
- 1 tbsp harissa spice blend or harissa paste – I used the blend from the Teeny Tiny Herb Co
- 1 tbsp red-wine vinegar
- Scant  $\frac{1}{4}$  tsp rose water – although this can be omitted it elevated this dish to something special
- $1\frac{1}{2}$  tbsp sun-dried tomato paste
- 2 x 400g tins butter beans, drained saving the liquid or freshly cooked butter beans
- Fine sea salt, to taste
- 15g fresh dill
- 2 tbsp lemon juice (ie, from 1 lemon)

## Directions

1. Put four tablespoons of the oil in a medium saucepan on a medium to high heat and, once it's hot, add the

- shallots and chili, cooking until soft and golden.
2. Stir in tomato paste and harissa powder caramelizing it just a bit and then adding tomatoes, vinegar, rose water and allow to simmer for 10 mins.
  3. Add beans to the mixture and liquid if needed.
  4. Season with salt to taste, remove from heat and allow to sit covered so that flavors can meld.
  5. In a small dish mix lemon juice, fresh dill and a tablespoon or two of olive oil.
  6. Spoon over top of beans when you are ready to serve.

Enjoy!

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## Cauliflower Chaat

Quick to the table and full of flavor this Cauliflower Chaat is a perfect summer dish. Serve it hot or pack it up for a picnic side.

My recipe was inspired by Tejal Rao's Cauliflower Chaat published here. Don't pass on the masala the amchoor (dried mango powder) is critical to the complex blend of flavors that make this dish so special.

## Cauliflower Ingredients

- 3 +/- tablespoons oil, coconut or sunflower work well
- 1 head cauliflower, cut into similar sized florets
- Salt to taste
- 2 teaspoons finely chopped ginger
- 2 teaspoons finely chopped jalapeño pepper
- 1 tablespoon chopped cilantro

- $\frac{1}{2}$  teaspoon lemon juice
- 2 teaspoons chaat masala, Spicewalla offers a nice blend

Blend cauliflower with all above ingredients. Place in a preheated oven, 425 degrees, for approx 25 minutes. Check Cauliflower and remove when it is just fork tender yet still holds it's shape.

I use my small convection oven which is a cooler option in the summer months. This could also be cooked in a cast iron skillet on the stove. I prefer the oven because it is hands off and allows me some time to prepare the sauce.

## Sauce Ingredients

- 1 cup cilantro, stems and leaves
- $\frac{1}{2}$  jalapeño pepper
- $\frac{1}{2}$  small sweet onion or a few small shallots or whatever is on hand
- $\frac{1}{2}$  cup of plant based yoghurt, choose a brand that is quite thick
- Pinch or two of cumin
- 2 teaspoons lemon juice
- Salt and pepper, to taste

Prepare the sauce by placing all ingredients in a small food processor. Purée ingredients until smooth, adding either plant based milk or a bit of water to thin. Taste and adjust seasonings including lemon juice as needed. Season with salt and pepper.

Place cauliflower on a platter, drizzle with this yummy sauce, sprinkle with some chopped or slivered almonds and enjoy!

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# Gluten Free Berry Cobbler

Just in time for berry season, this simple cobbler is so versatile it can be made with whatever fruit is in season. A cast-iron skillet makes the perfect baking dish and use your toaster oven to keep your kitchen cool.

Inspired by Vegan Richa's recipe I changed it up to be GF and used a mix of berries.

## Ingredients

### Fruit

- 3 cups (444 g) of mixed fresh or frozen berries
- 1 tsp lemon or lime zest
- 2 tbsp lemon or lime juice
- A splash of maple syrup or 2 tbsp coconut sugar

### Topping

- $\frac{2}{3}$  cup (75 g) sorghum or light buckwheat flour
- $\frac{1}{3}$  cup (25 g) tapioca flour
- $\frac{1}{3}$  cup (25 g) almond flour
- 1 tsp baking powder
- Pinch or two of salt
- 1/4 cup (50 g) coconut sugar
- $\frac{1}{4}$  tea freshly grated nutmeg or ground nutmeg
- 3/4 cup (175 ml) full fat coconut milk separating the thick cream and milk. Chill can for best results.

# Instructions

1. Preheat the oven to 375 deg F ( 190 C).
2. Add berries to a cast iron skillet ( 8 inch), mixing in lemon zest, juice, and sugar.
3. Blend the three flours in a bowl with a whisk adding, baking powder, salt, sugar, and nutmeg.
4. Add 1/2 cup of the thick coconut cream mixture blending lightly with a fork. Add just enough of the thinner milk until it is the consistency of a muffin batter.
5. Use a small ice cream scoop or serving spoon to drop and arrange spoonfuls of the thick batter on top berries. Sprinkle top with a tsp of coconut sugar/other sugar on the batter.
6. Bake for 25-30 mins checking after 20 mins if in a convection toaster oven.
7. Remove from the oven when the biscuit topping is baked through.
8. Allow it to cool at least 10 mins before serving.
9. While perfect on its own a scoop of vegan vanilla ice cream isn't a bad idea ☐
10. Keeps up to 3 days in the fridge, but who will have leftovers?

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## Potato Leek Pizza

Make this once and you will wonder why you ever ate pizza any other way. The potatoes slices turn golden and crispy on top and soft and creamy where they lay against the earthy layer of greens. I like a bit of the heat that red chili pepper flakes offer, but adjust according to your preferences. Play around with the greens and allium addition, leeks, shallots, sweet onions and red onions will each bring their own unique

signature.

## Ingredients

- 1 large or 2 medium potatoes, slice thin as you can
- 2 leeks, cut lengthwise, wash and sliced thin
- 1 bunch of kale, strip from the stems and chiffonade (spinach and chard also work well)
- Sea salt
- Red pepper flakes
- Olive oil
- Fresh or dried thyme

## Directions

1. Place potato slices in a bath of ice water and allow to sit for atleast 15 mins.
2. Steam or blanch greens until just tender. Drain and dry well, removing all water.
3. In a heavy skillet over medium heat warm oil. Add leeks, saute until soft, watching not to burn. Add red pepper flakes, kale and a bit of salt to taste. Cover and allow the greens and leeks to cook until quite soft. Drain off any accumulated liquid. Set aside to cool.
4. Drain potato slices and lay out on a dishtowel to dry.
5. Preheat oven to 450 degrees
6. On a sheet of parchment dusted with brown rice flour roll out this GF pizza dough or dough of your choice to desired thickness.
7. Pile on the cooked greens, smoothing the top.
8. In a bowl gently toss potato slices with a bit of oil to coat evenly.
9. Covering the full size of the pizza, layer potatoes in rows if your crust is a rectangle like mine or in a circular fashion if it is round.
10. Sprinkle with thyme, a bit of sea salt and slip it onto

a preheated pizza stone or preheated sheet pan in a very hot, 450 degree oven for 30-40 mins. Cooking time will vary depending on the thickness of your crust. I bake mine in a convection toaster oven and it is often ready after 25 minutes. Allow to sit for 5 mins and slice to serve.

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# Noodle Bowls with Spicy Tahini Sauce

I love a good noodle bowl; perhaps the freedom to design unique combinations speaks to my inner rebel child! Regardless of the reason, these are just pure joy to make and consume. I hope you can work this recipe into your menu next week.

## Ingredients

### Sauce

- $\frac{1}{2}$  cup tahini
- One lime, juiced
- 1 T Maple Syrup
- 1 T White or Chickpea Miso
- 1-2 T Gochujang Paste, adjust as you prefer
- Water to thin to desired consistency
- Salt and Pepper to taste

Blend in a mini processor or with an immersion blender until smooth, thinning with water until you reach a pourable consistency. Adjust seasonings, adding more chili paste for heat if preferred.

## Noodles

One package of noodles\*, prepared according to directions, rinsed in cold water, and sprinkled with sesame oil to keep separated. I keep the noodles in a colander with a lid over warm water while waiting for the veggies to cook.

\* King Soba offers a wide variety of organic, gluten-free noodles.

## Vegetables

Steam or Stir-fry a selection of veggies.

I used Brussel sprouts, bok choy, scallions, sweet peppers, and mushrooms in the photo above.

Depending on their size, cut in half or quarter, brussels sprouts and baby bok choy. While they cook, in a skillet, quickly sauté scallions, sweet peppers, and mushrooms.

This recipe makes a perfect meal between shopping trips as it allows the freedom to use up the various bits of vegetables that remain. Try using a combination of textures, flavors, and colors for a well-balanced bowl. One type of bitter green is always a great addition.

Assemble bowls by dividing noodles, arranging vegetables, and drizzling them with sauce.

Sprinkle with toasted sesame seeds or chopped cilantro.

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# Sweet Potato Pizza Crust

I must admit that the pizza fan in me was a bit skeptical when my friend Jhuma proposed this recipe for dinner. But being a lover of veggies in all forms I was game to try. Not only did it win me over but I was anticipating the delicious leftovers the next day.

Adapted from the Medical Medium

## Crust Ingredients:

- 2 sweet potatoes, peeled and diced (yields about 1 cup cooked sweet potato)
- 3 T tapioca starch
- 3 T coconut flour
- 1/2 t dried oregano
- 1/2 t sea salt

A purchased or prepared marinara sauce

## Suggested Toppings

- ½ red onion finely sliced
- 3-4 cherry tomatoes, halved
- 1/4 red bell pepper, diced
- 5-6 olives
- 1/4 small zucchini, sliced
- Handful of fresh arugula
- Handful of fresh basil
- Vegan Cheese

## Directions

1. Preheat oven to 400F.
2. Place the diced sweet potatoes in a steamer. Cover with a lid and steam for 10-15 minutes, until tender. Remove and cool.

3. Mash sweet potatoes in a bowl with a fork or potato masher until smooth. Measure out 1 cup of mashed sweet potato and leave the rest for another recipe.
4. Blend together the mashed sweet potato with the flours and starch dried oregano and sea salt. Set aside.
5. Prepare a baking sheet lined with parchment paper and place the dough on top. Using your hands, spread the dough to 1/4 inch thickness. Bake in the oven for 20 minutes, until hardened on top.
6. Top the pizza with the marinara sauce and your choice of toppings. Bake for another 10 minutes, until browned on the edges. Add fresh arugula or basil and serve immediately.

*Makes 1 amazing pizza- Enjoy!*

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## Broccoli Quinoa Bake

In Germany this constructed and baked dish is called in *auflauf*. In my busy mom/high school teacher day I swore by them. Because like most moms I rose early to get ahead of the day I would assemble one before leaving the house. It was pure satisfaction to pull it out of the fridge, popping it into the oven to bake while I walked in the vineyards with young Sebastian and our Sophie our beloved Bernese Mountain Dog. This one brought back those memories and delivered the same hands off freedom.

Adapted from Gena Hemshaw, The Full Helping.

### Main ingredients

- 4 cups chopped broccoli florets
- 1 tablespoon olive oil
- 1 white or yellow onion, diced
- 1 yellow sweet pepper chopped
- 1 bag frozen, thawed and drained spinach or fresh baby spinach cleaned and chopped
- 4 cups cooked quinoa, fold spinach in the final minute of cooking and allow to stand and cool.
- 1 slice Gluten Free bread toasted and processed into crumbs.

# Cheezy Sauce:

- 1/2 cup raw cashews, soaked for at least two hours and drained
- 1 cup canned chickpeas rinsed and drained
- 1/2 cup nutritional yeast
- 1 peeled shallot
- 1 teaspoon smoked paprika
- ½-1 tea teaspoon prepared mustard
- 1 1/4 cups water
- 1/2 teaspoon salt
- 2 tablespoons white miso

## Instructions

1. Fill a medium sized pot with water and fit with a steamer attachment. Bring the water to a boil and steam the broccoli florets until crisp-tender (about 3-4 minutes). Remove them from heat, rinse with cold water to stop cooking and allow to drain well.
2. Blend all of the sauce ingredients together in a high speed blender or a food processor until they're totally smooth. Taste and adjust seasonings as needed.
3. Preheat your oven to 350F.
4. Heat the olive oil in a large skillet over medium heat. Add the onions and sweet pepper, and sauté until soft (about 7 minutes).
5. Add the quinoa and the broccoli to the skillet mixing well. Add the sauce and stir everything to heat it through.
6. Transfer all ingredients to an oiled 7×11 or 8×12 baking dish. Top with breadcrumbs, if using.
7. Bake for 30-35 minutes, or until the casserole is bubbling gently and the breadcrumbs are golden.
8. Allow to cool for 15-20 minutes before cutting into squares and serving.

Enjoy!

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# Restoring Immunity Gemmo Moms: Supporting Sleep

Join this lively conversation with Lauren Hubele and Teacher, Gemmo Fan, and Mom of Two, Ashley Dalme fielding questions from our listeners. Learn specific Gemmos and tips to settle even the youngest nervous systems in the household.

In this episode, you will discover how to support sleep in your children whether the challenge comes getting yours to bed or to stay in bed throughout the night. Listen in to catch a few of our favorite Gemmos suggestions.

Have a question about your children? We'd love to hear.

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Follow Ashley on Instagram.

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# Warming Sweet Potato Curry

When the high of the day is 48 degrees along coastal Maine, there's nothing better than a warming vegetable curry. I was inspired to make this dish oil free, not a skill I had practiced but I'm always up for a new challenge. The results were absolutely delicious.

## Ingredients

- 4 medium sweet potatoes cut into chunks, leaving peel on
- 8 ounces of mushrooms cut in quarters
- 1 large onion sliced thin
- 2 carrots diced
- 2 bunches of greens, collards, kale, chard, or spinach all work well, stack leaves and chiffonade
- 1 large sweet pepper seeded and cut in chunks
- 1 can of coconut milk (reduce or omit according to your dietary wishes)
- 1 t Black Mustard Seeds
- 1 t Cumin Seeds
- 1 t Cinnamon
- $\frac{1}{2}$  tea of Coriander
- $\frac{1}{2}$  t Red Pepper Flakes
- Pinch of cayenne pepper
- 2 inches of fresh turmeric grated
- 1 inch of ginger grated
- Salt and pepper to taste

## Directions

Using a vegetable steamer or a cooking pot with a few inches of water steam sweet potato pieces until just tender but hold their shape well, set aside to cool and peel.

Pour boiling water over greens in a large bowl to blanch, let sit for 10 mins, drain, rinse with cool water to stop the

cooking process, and drain again.

In hot heavy skillet dry roast mushrooms, adding a bit of salt, set aside

Return skillet to the heat, add dry spices until they pop, add onion, stirring it allowing to soften, only adding a splash or two of water once there is some color, add pepper and diced carrot. Grate with a microplane grater the turmeric and ginger and add.

Continue cooking over medium heat until veggies are barely tender, adding more water in small quantities if needed. Add greens and can of coconut milk and allow to simmer for 10 mins.

Check seasonings, adjusting as needed.

Gently stir in sweet potatoes and mushrooms and warm through.

Serve with steamed rice.

Enjoy!

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## **Restoring Immunity: Gemmo Moms with Ursula Bell, Family Constellation Therapist**

Join Lauren and Kara Strubberg as they explore the balancing act of self-care with baby and child care.

In this episode, discover Family Constellation Therapy, and specifically the work of Ursula Bell. Learn how this fascinating therapy based on the work of German Psychotherapist, Bert Hellinger can transform generational trauma and set you free from old family scripts.

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