



appetite for healthy living
empowering you to make healthy habits last.

GINGER RICE

Ingredients:

2 tablespoons grated, peeled fresh ginger
1 teaspoon maple syrup
1 teaspoon coarse salt
2 cups jasmine rice

Directions:

1. Bring ginger, syrup, salt, and 2 1/2 cups water to a boil in a medium saucepan; boil 2 minutes.
2. Stir in rice; reduce heat to low. Cover; cook until most water is absorbed (15-18 minutes). Remove from heat – let stand, covered, 7 minutes.
3. Fluff rice with a fork before serving.

WINTER PEAR SALAD

Ingredients:

12 oz spinach, cleaned, torn into bite-size pieces
Roasted Beets chopped
2 pears (Anjou, Bosc, Comice or any favorite), sliced
1/2 cup Pomegranate Seeds
Optional: Add goat cheese



Warming Fall Recipes

Dressing:

Warm Maple Vinaigrette

1 tablespoon maple syrup

1 tablespoon red wine vinegar/apple cider vinegar

2 tablespoon organic cold pressed olive oil

pinch salt

Instructions:

Combine all dressing ingredients. Adjust ingredient to taste. Toss with salad, Enjoy!

Warming Lentil Stew

Ingredients:

1 medium onion, chopped 2

parsnips or carrots, chopped 1

tablespoon sesame or olive oil

1 cup red lentils, washed

5 cups water

2 teaspoons cumin

1 teaspoon lemon juice

1 teaspoon sea salt

Chopped parsley or scallion for garnish

Directions:

1. Heat oil in a pot and sauté onion and parsnip for 10 minutes.
2. Add washed lentils and water and bring to a boil.
3. Skim off the foam. Lower the heat, add cumin and simmer, covered, for 20 minutes.
4. Add the lemon juice and salt. Simmer for another 2-3 minutes. Serve in individual bowls and garnish with parsley or scallion

Tempeh with Cranberry Glaze

Ingredients:



Warming Fall Recipes

1 cup fresh cranberries
1/2 cup maple syrup
1/4 cup brown rice vinegar
2 tablespoons fresh thyme
1 tablespoons extra virgin olive oil

1/2 pound tempeh, cut on a diagonal
3 cloves of garlic
1 1/2 cups vegetable stock
2 tablespoons tamari
1 bay leaf

Directions:

1. Make cranberry glaze: Combine cranberries, maple syrup and vinegar in a small saucepan. Bring to a boil over high heat then turn the heat to medium and simmer until cranberries pop are very soft, about 4 to 5 minutes. Remove from heat and strain the cranberries, forcing most of the pulp through the sieve.

2. Warm the oil in a large skillet. Add the tempeh and sauté until golden brown about 3 minutes per side. Add the garlic, stock, tamari, bay leaf and strained cranberries. Simmer for 15 minutes until sauce has thickened and tempeh is juicy.

