

Recipes and advice on bringing play into the kitchen from health coach Katie McDonald

Remember the rush of pushing open those heavy metal doors on the last day of school?

Exhilaration. Relief. Freedom. Play.

The next time you enter the bustling Casey Farm farmer's market, the next time you push your cart through the automated doors at Dave's, the next time you realize it is 6pm and are without a clue about where to start, I want you to relive that rush of the last day of school. Think PLAY.

Experiment with the food. Use your fingers and your imagination. Engage the senses. Reach for color over familiarity. Explore back roads. Meet farmers and reacquaint yourself with your taste buds. Raise your standards and release the intimidation.

Bounty Soup

Serves 2

1 large avocado or 1/4 cup extra-virgin olive oil
1 red pepper
2 cups fresh spinach
2 stalks of kale or swiss chard
2 scallions, reserving some dark green tops sliced horizontally as garnish
sea salt to taste
1-2 garlic cloves, chopped
Handful of fresh herbs such as basil, rosemary, thyme, dill

Blend all ingredients, adding filtered water to reach the desired consistency. Place scallion tops artfully on top and serve. Alternatively drizzle herb oil (see companion recipe) over soup in a playful pattern.

To add protein and variety, sprinkle with raw hemp seeds or top with sunflower sprouts.

Herb Oil

1 bunch scallions, halved
1 cup fresh flat leaf parsley
1 cup fresh spinach
1/2 cup fresh basil, torn into smaller pieces or rosemary, chopped
2 cups extra virgin olive oil

Place everything but the oil in the food processor and chop coarsely.

While machine is running, slowly pour the olive oil through the top hole until well mixed.

Put into jar with lid and place in refrigerator up to a week if not using immediately.

Serve over steamed greens of the season including kale, spinach, swiss chard or drizzle over roasted potatoes, warm barley or brown rice or grilled portobello mushroom tops. Use as a dip for warm crusty bread.

Lemon-Tahini Dressing with Bitter Green Salad

Serves 4

Lemon Tahini Dressing

1/4 tahini
1/4 cup lemon juice (freshly squeezed if possible)
2 Tbsp. Bragg Liquid Aminos or Tamari*
1/4 cup or more water

Blend in blender or by hand with a spoon.

Bitter Green Salad

2 cups arugula
2 cups mustard greens, chopped
12 radishes, sliced thinly
2 carrots, shredded
1/2 cup sugar snap peas, halved
1/4 fresh basil, gently torn into smaller pieces

Arrange in bowl and pour dressing over salad. If not serving immediately, keep the dressing and salad separate until prepared to serve to avoid wilting.

*Bragg Liquid Amino Acid is a gluten-free salty sauce comparable to soy sauce.
Tamari can be bought wheat-free and is also similar to soy sauce.

Strawberry Jam

1 cup strawberries or any seasonal fruit
1/4 cup pitted Medjool dates, chopped

Combine in food processor until desired consistency is reached. Slather over any kind of baked goodness such as whole wheat bread, oat muffins. Store in fridge in a mason jar for up to a week.

Place in blender to make a smooth sauce to be poured over sorbet, vanilla ice cream or yogurt.

Katie offers 30 minute complimentary consults to help you begin your journey to health and wellness. Book yours today at All That Matters 401.782.2126