



These are recipes I started collecting when I decided to make changes in the ingredients I put in my body. I don't know where I got all the recipes; however, I will give credit for those I know.

MAIN & SIDE DISH RECIPES

Mexican Quinoa

I found this recipe on Pinterest; however, I made a couple of changes – original recipe didn't call for onion. I also found it takes much more liquid than the recipe calls for.

1 TBSP Olive Oil

2 cloves garlic, minced

1 jalapeno, minced

1 onion minced

Sautee the above ingredients then add the following

1 cup quinoa

1 cup vegetable broth (I ended up using closer to 3 – adjust as your quinoa cooks)

1 15 oz can black beans (drained)

1 tsp chili powder

½ tsp cumin

Salt & Pepper

I added organic taco seasoning because the chili powder and cumin didn't seem to flavor it as much as I wanted; however, I also didn't have a jalapeno when I made the recipe

Squeeze the juice of 1 lime over the Mexican Quinoa

Serve with avocado and fresh chopped cilantro

Cauliflower Stuffing

INGREDIENTS

4 tbsp. butter

1 onion, chopped

2 large carrots, peeled and chopped

2 celery stalks, chopped or thinly sliced

1 small head cauliflower, chopped

1 c. chopped mushrooms

kosher salt

Freshly ground black pepper

1/4 c. Freshly Chopped Parsley

2 tbsp. chopped fresh rosemary

1 tbsp. chopped fresh sage or 1 tsp. ground sage

1/2 c. vegetable or chicken broth

DIRECTIONS

In a large skillet over medium heat, melt butter. Add onion, carrot, and celery and sauté until soft, 7 to 8 minutes.

Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 5 to 10 minutes more.

Add parsley, rosemary, and sage and stir until combined, then pour over vegetable broth and cover with a lid. Cover until totally tender and liquid is absorbed, 15 minutes. Serve.

