



Chicken Sausage Pepper Casserole

Serves 4

Ingredients:

- 2 tablespoons olive oil
- 1 red onion, peeled and sliced
- 1 red pepper, seeds removed and cut into thin slices
- 1 yellow pepper, seeds removed and cut into thin slices
- 8 chicken sausages
- 2 garlic cloves, peeled and minced
- 1 cup low in sodium vegetable or chicken stock
- 1 tablespoon fresh thyme leaves or ½ teaspoon dried thyme
- 1 tablespoon freshly chopped parsley or ½ teaspoon dried parsley
- 1 tablespoon red wine vinegar
- 3 cups kale, roughly chopped

How to Make:

1. Place a large saucepan over a low to medium heat, add the oil, when hot add the onions and peppers. Cook stirring for 4 to 5 minutes until the peppers and onions are soft.
2. Add the sausages and allow to cook for 5 to 6 minutes, turning the sausages to evenly brown on all sides.
3. Stir in the garlic and cook for 1 minute, then pour in the stock, bring to a boil, then reduce the heat to a simmer.
4. Add the herbs and red wine vinegar and allow to simmer for 10 minutes to cook through the sausages and reduce the liquid to a sauce consistency.
5. Add the kale and allow to cook for 3 to 4 minutes, taste and season if necessary, remove from the stove and serve.

Fattoush Salad

Serves 4

Ingredients:

- 3 whole meal pitta breads, tear into bite-sized pieces
- Extra virgin olive oil spray
- Small handful of fresh mint leaves
- Small handful of fresh parsley leaves
- 1 cup radishes, cut into quarters
- 2 cups cherry tomatoes, cut into halves
- 2 little gem lettuces, roughly chop
- ½ cucumber, roughly chop
- ½ cup red onions, peeled and thinly sliced

For the dressing:

- 3 tablespoons fresh lime juice
- 3 tablespoons extra virgin olive oil
- 1 garlic clove, peeled and minced
- 1 tablespoon sumac
- 1 tablespoon finely chopped chives

Continued On Back



How to Make:

1. Pre-heat oven to 385F
2. Place the pita pieces onto a baking sheet and lightly spray with oil. Pop the tray into the oven to bake the pita pieces, cook for 10 to 12 minutes or until golden brown.
3. Roughly tear the mint and parsley leaves and place into a large salad bowl, add the radishes, tomatoes, lettuce, cucumber and red onions.
4. Whisk together all the dressing ingredients and pour over the salad and lightly toss to coat. Add the warm pita pieces and serve.

Mushroom Soup

Serves 4

Ingredients:

- 5 tablespoons olive oil, divided
- 1 large leek, white and light green parts only, roughly chopped
- 1 small onions, peeled and roughly chopped
- 3 cloves garlic, peeled and minced
- 4 cups Portobello mushrooms, roughly chopped
- 2 cups shiitake mushrooms, thinly sliced, divided
- 1 tablespoon all-purpose flour
- 1 tablespoon soy sauce
- 1 tablespoon miso paste
- 1 cup dry sherry or white wine
- 5 cups low in sodium vegetable broth or Vegan Stock
- 6 sprigs fresh thyme
- 2 bay leaves
- Sea salt and freshly ground black pepper
- ½ cup green onions, thinly sliced, for garnish
- 1 tablespoon pistachio nuts, roughly chopped

How to Make:

1. Heat 3 tablespoons olive oil in a large saucepan over medium-low heat until shimmering. Add leeks, onions, and garlic and cook, stirring frequently, until softened but not browned, about 4 minutes.
2. Add the button mushrooms and 1 cup of the shiitake mushrooms and cook, stirring frequently, until excess liquid evaporates, about 10 minutes.
3. Stir in the flour and cook for 30 seconds. Add sherry or white wine and cook, stirring constantly and scraping bottom of pan, until thick and syrupy, about 1 minute.
4. Add soy sauce and miso and stir to incorporate. Stir in the vegetable broth and add the bay leaves and thyme sprigs. Bring the soup to a boil, then turn down to a simmer and cook for 15 minutes.
5. Meanwhile, make the shiitake chips. Combine remaining sliced shiitake mushrooms with the remaining 2 tablespoons of olive oil in a medium non-stick skillet. Heat over medium-low heat and cook, turning the mushrooms and stirring frequently, until crisp and well-browned. Transfer to a paper towel-lined plate with a slotted spoon and season immediately if needed, allow to cool slightly.
6. Discard bay leaves and thyme sprigs and transfer soup to a blender and blend until smooth. Season to taste with salt and pepper. Serve topped with crispy shiitake mushrooms, green onions, pistachio nuts, and a drizzle of extra-virgin olive oil.