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Spring Recipes · 2022

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Arugula Raab Pesto
By Catherine Dwelley | Makes 4 Servings

INGREDIENTS
- 1 bunch arugula raab
- 3 large cloves garlic, peeled and smashed
- 2 Tbsp slivered almonds
- ¼ cup shredded Parmesan cheese
- 1 lemon, zested and cut in half
- 3 Tbsp-¼ cup olive oil, or more depending on preference
- 4 slices bacon, cut into ½-inch pieces
- Kosher salt and black pepper, to taste
- 8 oz pasta, cooked to al dente

DIRECTIONS
1. Pluck leaves, buds, and flowers from the woody arugula stems, and give them a rough chop; discard stems. Add smashed garlic to arugula, and continue to chop. Once the garlic is chopped, add almonds and keep chopping! Then add the Parmesan and lemon zest, and chop that too. Once everything is very finely chopped, place it in a medium bowl.

2. While chopping the pesto, fry bacon over medium heat. Flip the pieces after 3 minutes, and continue to fry until crisp, about 2 to 3 minutes longer. Drain on a paper towel or clean kitchen towel. Reserve 1 Tbsp of the bacon grease.

3. Stir 2 Tbsp of the olive oil and the reserved bacon grease into the pesto. Squeeze in the juice of half the lemon, and season with a generous pinch of salt and pepper. Add more olive oil, until desired consistency is reached. Toss with the bacon and hot pasta.
Prosciutto Wrapped Kale Rapini

By Catherine Dwelley | Makes 4 Servings

INGREDIENTS

- 1 head garlic
- 1 tsp olive oil
- ¼ cup butter, room temperature
- 1 sprig rosemary leaves, minced
- 1 bunch kale rapini, 2-inches trimmed off the stems
- 4 slices prosciutto
- ¼ cup shredded Parmesan
- Kosher salt and pepper

DIRECTIONS

1. Preheat the oven to 400°F.

2. Remove papery outer skins from garlic. Slice off top ¼, exposing cloves. Rub with 1 tsp olive oil. Wrap in foil and place in a shallow baking dish. Bake for 40 minutes, or until tender. Remove from skins and mash.

3. Whip butter, mashed garlic, and minced rosemary in a small bowl. Set aside.

4. Bring a large pot of water with a palmful of kosher salt to a boil. Blanch the kale raab in the water for 3-5 minutes, or until bright green and tender. Drain and run under cold water to stop the cooking process. Pat dry with a clean kitchen towel.

5. Divide kale into 4 bunches of 3-4 stalks each. Place a bunch on top of a slice of prosciutto. Spread with 1 Tbsp butter, sprinkle with pepper, and roll in prosciutto. Repeat for each bunch.

6. Place prosciutto wrapped kale raab on a baking sheet lined with parchment or a silicone baking mat. Sprinkle with Parmesan cheese. Bake at 400°F for 10-12 minutes, or until the cheese is melted and bubbly.
INGREDIENTS

- 2 lbs starchy potatoes (such as Russet or Yukon Gold), peeled and cut into chunks
- 3 cups coarsely chopped fresh nettles (if you don’t have nettles, you can substitute kale)
- 1 cup leeks, chopped, rinsed, and patted dry
- ¼ cup butter
- ¾ cup whole milk or half-and-half, or unsweetened non-dairy milk of choice
- Salt to taste

DIRECTIONS

1. Cover the potatoes in salted water and bring to a boil. Reduce heat to a simmer and cook until tender, about 20 minutes. Drain the potatoes.

2. While potatoes are boiling, heat a skillet over medium heat. When hot, add the butter and, when the butter has melted, the chopped leeks. Cook gently over medium or medium-low heat, stirring regularly, until the leeks have softened and turned translucent. Do not allow them to burn.

3. Add the nettles to the skillet and sprinkle with salt. Continue to stir regularly, until the nettles have wilted and become soft. Add milk and cook until just warm. Remove from heat.

4. Pour the milk-nettle mixture over the potatoes and mash thoroughly. Salt to taste. Serve with butter.
Nourish Bowls

By Hannah Giesbers-Jeanseau · Outreach

Everything tastes better in a bowl! Nourish Bowls. They’re exactly what they sound like...big bowls of nourishing goodness.

As you prepare your bowl, think about different ways to slice and season! A julienned carrot will give a different effect from a carrot sliced in rounds. Spicy tempeh could be spiced with cayenne and cumin or jalapenos and soy sauce. Tofu can be served warm or cold, scrambled, cubed or sliced. Sweet potatoes can be baked, roasted or made into fries. Salsa may be green or red, mild or spicy. Try different varieties of things, like a Japanese or a jewel sweet potato. Eat it with a fork, flatbread or chips.

Here are some great combinations that we’ve tried:

Carnivore
- Quinoa, cubed chicken breast, spinach, tomatoes, kalamata olives, pesto, roasted chickpeas, feta
- Wild rice, chicken apple sausage, avocado, roasted broccoli, sautéed kale, sriracha, pumpkin seeds
- Brown rice, shredded chicken, tomato, corn, red pepper, black beans, sour cream, corn chips

Vegetarian
- Spicy roasted potatoes, soyrizo, black beans, avocado, sautéed kale & mushrooms, salsa, cheddar cheese
- Quinoa, lentils cooked in coconut milk, cucumbers, raw spinach, Greek yogurt, roasted chickpeas
- Cold quinoa, spinach, apple, strawberries, purple cabbage, miso ginger dressing, dried cranberries, feta

Vegan
- Black rice, baked tempeh, avocado, purple cabbage, shredded carrots, mixed peanut butter & soy sauce
- Tri colored quinoa, crumbled tofu, black beans, sweet potato “fries”, roasted Brussels sprouts, hummus
- Brown rice, edamame, olives, tomatoes, cilantro, jalapeno sesame salsa, avocado, yumm sauce, nori
Pick 1-3 items from each category, and layer your bowl in order from left to right:

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<th>VEGGIE</th>
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<td>Preserved Lemon</td>
<td>Kale</td>
<td>Greek Yogurt</td>
<td>Pumpkin Seeds</td>
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<td>Salmon</td>
<td>Lime</td>
<td>Red Onion</td>
<td>Tzatziki</td>
<td>Walnuts</td>
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## Spring Vegetable Tart

*By Catherine Dwelley | Makes 8 Servings*

### INGREDIENTS
- 1 ¼ cup organic unbleached wheat flour
- ½ tsp kosher salt
- 6 Tbsp cold butter, cut into ½-inch cubes
- 2-3 Tbsp ice water
- 2 Tbsp butter
- 1 yellow onion, chopped
- 1 large leek, thinly sliced, with tough leaves removed
- 2 cloves garlic, smashed and minced
- 1 pkg prosciutto, thinly sliced
- ½ cup peas
- ½ cup Parmesan, shredded
- ½ cup Gruyere, shredded
- ¼ cup smoked Gouda, shredded
- Salt and pepper, to taste
- 1 tsp poultry seasoning
- 2 eggs
- ½ cup whole milk
- 1 Tbsp Dijon mustard
- ½ bunch asparagus, trimmed

### DIRECTIONS
1. Mix together flour, kosher salt. Using a pastry cutter, blend in cold butter until the dough gathers into small pea-sized clumps. Add the ice water 1 or 2 tablespoons at a time until dough forms a ball. Gently form dough into a thick, even disk. Wrap in plastic wrap and refrigerate at least one hour, or overnight.

2. Preheat the oven to 350°F. Roll out the crust and gently fit into the tart pan. Roll over with a rolling pin to trim the edges. Dock the crust all over with a fork. Bake the crust for 15-20 minutes, or until done.

3. In a large skillet, heat 2 Tbsp butter over medium heat. Fry onions until translucent and beginning to soften, about 5 minutes. Add leeks and garlic, continue to cook until leeks are tender, another 5-7 minutes. Remove to a medium bowl.

4. In the same skillet, fry prosciutto over medium heat until brown and crisp, about 2 minutes. Mix into the leek mixture.

5. Add peas, Parmesan, Gruyere, Gouda, salt and pepper, and poultry seasoning to the veggies. Whisk together eggs and milk, and stir that in as well.

6. Brush the bottom and sides of the pre-baked crust with Dijon mustard, add filling, and top with asparagus. Bake in a 350°F preheated oven for 30-35 minutes, or until the filling is set and the crust is golden. Serve warm.
Chickpea Salad Sandwiches

By Hannah Giesbers-Jeanseau | Makes 4 Servings

INGREDIENTS

• 15 oz can of chickpeas, drained and rinsed, or 2 cups cooked chickpeas
• 3 Tbsp vegan mayo or ½ mashed avocado
• 2 green onions, sliced
• ½ red onion, chopped
• ½ cup dried cranberries
• 1 stalk celery, diced
• ½ apple, diced
• ½ tsp garlic powder
• ½ tsp onion powder
• Salt and pepper, to taste
• Sliced tomato, for serving
• Sprouts, for serving
• Whole grain bread, for serving

DIRECTIONS

1. In a large bowl, mash chickpeas.
2. Add onions, cranberries, celery, apple and seasonings and stir.
3. Mix in vegan mayo or mashed avocado. Season to taste with salt and pepper.
4. Serve on grainy bread with sprouts, tomato and more avocado.
Learn to fold the perfect dumpling with this simple folding technique.
Ginger Bok Choy Dumplings
By Hannah Giesbers-Jeanseau | Makes About 30 Dumplings

**INGREDIENTS**

- 1 large carrot, peeled
- 3 Tbsp ginger, grated
- 2 Tbsp garlic, grated
- 1 cup minced shiitake mushrooms
- 1 cup minced oyster mushrooms
- 1 bunch green onions
- 1 bunch cilantro
- 2 baby bok choy
- 3 Tbsp black garlic miso mayo
- 1 ½ Tbsp toasted sesame oil
- Sea salt, to taste
- 1 pkg Franklin Farms Vegan Round Wraps
- Avocado oil for cooking

**DIRECTIONS**

1. Mince mushrooms, carrot and cilantro. Thinly slice green onions. Chop greens off bok choy and mince each part separately.

2. In a large skillet or wok, heat oil or butter over medium high heat. Add in garlic, ginger and carrots. Cook until carrots are near soft, about 5 minutes.

3. Add mushrooms, green onions, cilantro, bok choy greens, miso mayo, and sesame oil. Toss so that everything is well coated in the mayo and sesame oil. Cook for another 3-5 minutes.

4. Turn off heat, add the white part of the bok choy and salt to taste. Put mixture into a container and let cool completely in the fridge.

5. Once cool, fill each wrapper with about 1 rounded tsp of the mixture. Use a finger to brush water around the edges of the wrapper, fold over and seal. Be sure to squish out any air bubbles.

6. Add a drizzle of oil to a large skillet and heat over medium high. Add 10-12 dumplings to the pan, cooking 3-5 minutes or until bottoms are golden brown. Pour in ½ cup water, cover and steam for about 5 minutes, or until all of the water is evaporated and dumplings are cooked through.

7. Remove the dumplings from the skillet and repeat step 6 until all dumplings are cooked.

**To Boil:**
Instead of frying, try them boiled. Boil water in a large saucepan, add dumplings, and cook for about 2 minutes or until they float. I like to serve them in miso soup with kimchi on top.

**To Freeze:**
Before cooking, freeze dumplings in a single layer on a baking sheet. Store in a sealed freezer safe container for up to 3 months. Thaw in the fridge before frying.
Chicken & Gnocchi Soup

By Hannah Giesbers-Jeanseau | Makes 6 Servings

**INGREDIENTS**
- ¼ cup olive oil or butter
- 3 stalks celery, diced
- 2 carrots, peeled and diced
- ½ yellow onion, diced
- 1 leek, green and white parts thinly sliced
- ½ lb asparagus, trimmed and cut into quarters
- ½ lb shiitake mushrooms, stems removed and thinly sliced
- 1 jalapeño, minced
- 6 cloves garlic, peeled and thinly sliced
- 1 tsp smoked paprika
- 1 tsp dried thyme
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp mustard powder
- ¼ tsp red pepper flakes
- Salt and pepper to taste
- ½ cup dry white wine
- 1 lb boneless skinless chicken breast
- 2 (32 oz) cartons chicken broth
- ½ bunch flat leaf parsley, finely chopped
- 3 tbsp fresh sage, chiffonade
- 12 oz package of gnocchi (we used Cappello’s)
- Nutritional yeast, to taste
- Karam’s Garlic Sauce, to taste
- 1 lemon, cut into wedges

**DIRECTIONS**

1. In a large, heavy bottomed pot, heat olive oil or butter over medium heat. Sauté celery, carrots, and yellow onions for about 7 minutes. Add leek, asparagus, shiitake mushrooms, and jalapeno, cook for another 5 minutes. Stir in garlic and cook for another minute.

2. Stir in paprika, thyme, garlic powder, onion powder, mustard powder, red pepper flakes, salt, and pepper to taste. Add wine, the whole chicken breast, and broth. Bring to a boil and reduce heat to medium low. Cover and simmer for 20 minutes.

3. Remove the cooked chicken from the soup and shred with 2 forks. Return to the pot along with half of the parsley, all of the sage, nutritional yeast, a squirt of Karam’s Garlic Sauce, and the package of gnocchi. Bring to a boil and reduce heat once again to a simmer. Cook for about 5 minutes, or until gnocchi is done. Serve with the remaining fresh parsley and a squeeze of lemon.
Corned Beef Sandwiches

By Catherine Dwelley | Makes 4 Servings

INGREDIENTS

Corned Beef
- 2 lb Pasture Raised Corned Beef Brisket
- 1 tsp black pepper
- 3 Tbsp Dijon mustard
- 1 Tbsp black garlic honey
- ½ tsp prepared horseradish
- 1 lb yellow onions, sliced
- 2 cups water

Sandwiches
- 8 slices sourdough bread, toasted
- ¼ cup mayonnaise
- 2 Tbsp black garlic honey
- 2 Tbsp prepared horseradish
- Dijon mustard
- Sauerkraut

DIRECTIONS

1. Preheat the oven to 350°F.
2. Remove corned beef from packaging, rinse, and pat dry. Rub with black pepper. In a small bowl, mix together 3 Tbsp mustard, 1 Tbsp honey, and ½ tsp horseradish. Coat brisket with mustard mixture. Spread out sliced onions in the bottom of a 6 qt Dutch oven, or other heavy oven going pot. Place beef on top. Pour in the water and cover tightly with lid.
3. Bake for 2 hours (1 hour to the pound.) Allow to rest 10 minutes before slicing across the grain of the meat. Remove the onions from the pot and strain.
4. In a small bowl, mix together mayonnaise, 2 Tbsp honey, and 2 Tbsp horseradish. Spread on one slice of bread, and the Dijon on the other. Pile with corned beef, onions, and sauerkraut.
Chocolate Raspberry Cupcakes

By Catherine Dwelley | Makes 12 Servings

INGREDIENTS

Raspberry Rose Jam
- 1 (10 oz) package frozen raspberries
- 1 cup granulated cane sugar
- ½ cup dried rose petals
- 3 tsp lemon juice

Cupcakes
- 1 ½ cups unbleached white flour
- ½ cup unsweetened baking cocoa
- ½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ½ cup vegan butter, softened to room temperature
- ½ cup granulated cane sugar
- ½ cup brown sugar

Frosting
- 1 cup powdered sugar
- 1 (7.05 oz) pkg Violife Just Like Cream Cheese, softened to room temperature
- ¼ cup vegan butter, softened to room temperature
- 2 tsp vanilla extract
- 1 pkg pink food coloring (optional)

DIRECTIONS

Jam
1. Place raspberries, sugar, rose petals and lemon juice in a large saucepan over medium heat. Stir constantly until sugar is dissolved. Turn heat up to medium high and boil for 2 minutes, stirring constantly. Reduce heat to low and simmer for 10 to 15 minutes, stirring often until jam has thickened. To test for doneness, put a teaspoon of jam on a cold plate and nudge with a spoon. If the jam wrinkles, it is done.

2. Strain jam by pressing through a fine mesh sieve with the back of a spoon to remove seeds and rose petals. Allow to cool completely before filling cupcakes.

Cupcakes
3. Preheat the oven to 350°F. Line a muffin pan with baking cups.

4. In a medium bowl, sift together flour, cocoa, baking powder, and salt.

5. In a larger bowl, cream together vegan butter and sugar until fluffy. Mix in vegan buttermilk, chia eggs, and vanilla extract until well blended.

6. Stir in flour mixture until just combined, do not overmix. Batter will be thick.

7. Fill each baking cup about ¾ of the way full. Bake for about 20 minutes, or until a toothpick inserted into the center comes out clean. Allow to cool completely before filling with jam and frosting.

8. To fill, gently drill a hole into the center of each cupcake with the back of a wooden spoon. Fill a plastic bag with jam and cut the corner off. Gently squeeze about a tablespoon of jam into each cupcake.

Frosting
9. Beat together powdered sugar, cream cheese, butter, and vanilla extract. Frost cupcakes. If the frosting becomes too soft, chill for 10 minutes in the refrigerator.
Honey Lemon Tart

By Catherine Dwelley | Makes 8 Servings

INGREDIENTS

Crust
- 1 ¼ cup all purpose flour
- ½ cup powdered sugar
- ¼ cup sea salt
- 6 Tbsp cold butter, cut into cubes
- 1 egg
- 2 Tbsp heavy cream

Filling
- ¾ cup honey
- 2 eggs
- 3 Tbsp butter
- 2 Tbsp heavy cream
- Zest of 1 lemon
- ½ cup lemon juice (fresh squeezed, about 3 lemons)

DIRECTIONS

1. Mix together flour, powdered sugar, and salt. Using a pastry cutter, blend in cold butter until the dough gathers into small pea-sized clumps. Whisk together the egg and 2 Tbsp heavy cream until blended. Stir in egg mixture with a fork until dough gathers into a ball. Gently form dough into a thick, even disk. Wrap in plastic wrap and refrigerate at least one hour, or overnight.

2. Preheat the oven to 375°F. Roll out the crust and gently fit into the tart pan. Roll over with a rolling pin to trim the edges. Line with parchment paper, and fill with pie weights, sugar, or dried beans. Bake the crust for 20 minutes. Remove the parchment and pie weights and bake for another 10 minutes or until golden.

3. In a small non-reactive pot (avoid copper, aluminum, and cast iron, unless it is enameled) combine honey, eggs, butter, cream and lemon zest. Cook over medium heat, whisking constantly, until the ingredients are smooth. About 4 minutes.

4. Whisk in lemon juice. Continue cooking over medium heat, whisking constantly until the mixture just begins to bubble and thicken slightly. It should coat the back of a spoon, and leave a clear spot after swiping your finger through it, about 10-20 minutes. Allow to cool slightly.

5. Pour warm curd into the baked crust. Cover and refrigerate until set, several hours to overnight.
INGREDIENTS

- 1 (10 oz) package frozen berries, thawed (we used Cadia Triple Berry Blend)
- ½ cup honey
- ½ cup granulated sugar
- 2 eggs
- 2 tbsp butter
- ½ cups lemon juice (fresh squeezed, about 2 lemons)
- Zest of 1 lemon

DIRECTIONS

1. Add thawed berries and their juices, and lemon juice to a blender. Blend until smooth. Press through a fine mesh strainer with the back of a spoon to remove seeds and skins. Set aside.

2. In a small non-reactive pot (avoid copper, aluminum, and cast iron, unless it is enameled) combine honey, sugar, eggs, butter, and lemon zest. Cook over medium heat, whisking constantly, until the ingredients are smooth. About 4 minutes.

3. Whisk in strained berry juice. Continue cooking over medium heat, whisking constantly until the mixture just begins to bubble and thicken slightly. It should coat the back of a spoon, and leave a clear spot after swiping your finger through it, about 10-20 minutes.

4. Remove from heat, allow to cool slightly. Berry curd will thicken as it cools. Refrigerate in an airtight glass jar.

5. Serve on toast, scones, pancakes, yogurt, or right out of the jar. Also makes a great addition to cookies, tarts, and other baked goods.
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