

# **Beet, Orange, & Radish Salad with Kale, Cranberries & Pistachios**

**Serves: 4**

## **Ingredients**

- 2 medium beets, roasted and sliced or diced
- 2 oranges, peeled and segmented
- 3 cups chopped kale (massaged with a little olive oil)
- ¼ cup radish, thinly sliced & soaked in water
- ¼ cup dried cranberries
- ¼ cup pistachios, roughly chopped

## **Lemon-Garlic Dressing**

- 3 tbsp olive oil
- 3 Tbsp lemon juice
- 1 clove garlic, minced
- 1 tsp honey or maple syrup
- Salt to taste

## **Preparation**

1. Slice radishes and soak in water while preparing other vegetables
2. Deskin roasted beets and cut into small cubes
3. Prepare kale: Place chopped kale in a bowl, drizzle with a teaspoon of olive oil, and massage 30–60 seconds until softened.
4. Combine ingredients: Add roasted beets, orange segments, radish, cranberries, and pistachios.
5. Make dressing: Whisk olive oil, lemon juice, garlic, honey, and salt.
6. Toss & serve: Drizzle over salad and mix gently. Serve chilled or room temp.

# **Baked Sweet Potato with Black Beans & Tahini Sauce**

**Serves: 2**

## **Ingredients**

- 2 medium sweet potatoes
- 1 can black beans, rinsed and drained (or 1 1/2 cups cooked beans)
- ¼ c water or broth
- 1 tsp cumin
- ½ tsp chili powder
- ½ tsp smoked paprika
- Salt to taste
- ¼ cup chopped fresh cilantro

## **Tahini Sauce**

- 3 tbsp tahini
- 1 Tbsp lemon juice
- 1 small garlic clove, grated
- 1–2 tbsp warm water
- Pinch of salt

## **Preparation**

1. Bake sweet potatoes: Preheat oven to 400°F. Prick potatoes with a fork, place on a baking sheet, and bake approximately 45 minutes or until soft.
2. Warm beans: In a skillet, heat black beans with a small amount of water or broth cumin, chili powder, paprika, and salt for 3–5 minutes.
3. Make tahini sauce: Whisk tahini, lemon juice, garlic, salt, and water until smooth and pourable.
4. Assemble: Split baked sweet potatoes open, top with black beans, drizzle with tahini sauce, and sprinkle fresh cilantro over top.

**\*If you prefer cooking your beans from dry that would work as well.**

## **How to cook dry beans:**

1. Put dry black beans in a pot and cover with water. Bring to a boil for 2 minutes. Remove from heat, cover, and soak 1 hour. Drain and rinse.

2. Place soaked beans in a large pot. Add fresh water: about 3 cups water per 1 cup dry beans. Bring to a boil, then reduce to a gentle simmer. Cover loosely and cook until tender (approx. 60 minutes): Stir occasionally and add water if needed to keep beans covered.

## **Upside-down Candied Orange Cake**

**Serves: 8**

### **Ingredients**

- 1 ½ cups whole wheat flour
- 1 cup orange juice (fresh if possible)
- ½ cup olive oil or melted coconut oil
- ½ cup sugar or honey
- 2 Flax eggs (2 Tbsp ground flax, 6 Tbsp water)
- Zest of 1–2 oranges
- 1 ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 tsp vanilla

### **Candied Oranges**

- ¾ cup water
- ¾ c sugar
- 2 oranges, sliced into rounds

### **Preparation**

1. Prep: Preheat oven to 350°F. Grease an 8-inch round pan and line with parchment paper.
2. Candied Oranges: To a saucepan add sugar and water. Bring to a simmer then add sliced oranges. Make sure that all slices are submerged. Simmer for 15 minutes and set aside.
3. Wet ingredients: Whisk flax eggs, sugar/honey, oil, orange juice, orange zest, and vanilla.
4. Dry ingredients: In a separate bowl, mix flour, baking powder, baking soda, and salt.
5. Combine: Fold dry ingredients into wet until just combined (don't overmix).
6. Bake: Arrange candied orange slices on the bottom of the pan leaving behind the liquid. Pour cake mixture into pan and bake 30–35 minutes, or until a toothpick comes out clean.
7. Cool & serve: Let cool before slicing. Optional: top with chopped pistachios.