



NUTRITION
THERAPY
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NTI EATS

Spring Recipes 2021

A collection of fresh and
healthy recipes

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Introduction

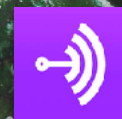
We believe that food choices have widespread global, social, ethical, environmental, and health impacts.

We know that every dollar spent and every bite taken can initiate change in the world.

Our curriculum helps lay the groundwork for students to make positive changes for themselves and their families that then expand to their local communities and the greater world.

To find out more about the nutrients in these recipes along with other healthy recipes and interesting nutrition related articles visit our blog at ntischool.com

To read more about a specific recipe in this book click on the title of the recipe to be linked directly to its detailed blog post.



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Savory



Super Spring Salad with Sesame Chive Dressing

Adapted from Dr. Joel Fuhrman's recipe



Image by Daina Rasutis

Why We Love It

Dark leafy greens: a combination of any types of greens will work in this salad, but it is suggested to use a mix of spring lettuce and darker greens. The benefits of dark leafy greens are endless – to name just a few, they provide Vitamins A, C, and K, folate, manganese, magnesium, calcium and flavonoids.

Dandelion greens: a common weed, but let's stick to a friendlier term – dandelion greens are an edible wild green. These greens are one of the bitter vegetables that help stimulate bile secretion to support the gallbladder. Dandelion greens are also rich in phytonutrients that boost detoxification pathways. These greens can have an overpowering bitter flavor; they can be blanched for a minute or two before adding to the salad.

Asparagus: this spring vegetable also offers great gallbladder support with high amounts of fiber and enzymes that help prevent stone formation. Asparagus is high in folate, which is an important nutrient to support detoxification in the body. It is also rich in prebiotics, which are non-digestible carbohydrates that feed beneficial bacteria in the colon.

Sesame oil: this oil may be a great food to incorporate for women with osteoporosis and for anyone struggling with hair loss. Research on rats has concluded that sesame oil might be a food to consider for **slowing risks of osteoporosis** associated with estrogen deficiency after ovary removal.



Image by Daina Rasutis

Serves 8

Ingredients:

- 4 oz (about 4 cups) spring salad mix
- 2 packed cups romaine lettuce
- 2 cups dandelion greens
- 1 cup fresh asparagus, steamed and sliced
- 1 cup cherry tomatoes, halved
- ½ cup currants
- ½ cup raw sunflower seeds
- 1 bunch red radishes, sliced
- 1 avocado, chopped
- ¼ cup chopped fresh basil

Sesame Chive Dressing:

- ⅓ cup unhulled sesame seeds, lightly toasted (reserve 1 Tbsp)
- ½ cup unsweetened almond milk
- 2 Tbsp rice vinegar
- 1 Tbsp raw cashew or almond butter
- 1 Tbsp toasted sesame oil
- 4 pitted dates, or more to taste
- ¼ cup finely chopped fresh chives

Directions:

1. Salad- toss all salad ingredients together.
2. Dressing- lightly toasting sesame seeds in a pan over medium heat, shaking pan frequently. Set aside to cool.
3. Blend all ingredients, except for 1 tablespoon sesame seeds and the chives, until smooth and creamy.
4. Add the reserved sesame seeds and chives to the dressing.
5. Pour over salad and toss to coat

Super Spring Salad with Sesame Chive Dressing

Sunflower Pâté & Simple Mint Pea Dip



Image by Daina Rasutis

When soaking nuts and seeds, a rule of thumb is to soak 2 cups of nuts/seeds in 4 cups of warm filtered water and 1 tsp of sea salt. Depending on the nut/seed, soaking time will be 7-24h. If not consuming the nut/seed within a few days, to avoid mold, they can be dehydrated in the oven at a low

Adapted from Raw Loulou

Sunflower Pâté

Ingredients:

- 1 cup sunflower seeds soaked overnight (or at least a few hours)
- 1 Tbsp Worcestershire sauce
- 5 sun-dried tomatoes
- ½ garlic clove 2 tsp of dulse, finely ground (you can substitute with another salty seaweed)
- 2 Tbsp minced fresh basil
- Salt, to taste

Directions:

1. Rinse and drain the soaked sunflower seeds. Simply blend or process all of the above ingredients until a chunky consistency is acquired. This can stay fresh in the fridge for 4-5 days

Sunflower Pâté & Simple Mint Pea Dip

Adapted from My New Roots



Image by [Daina Rasutis](#)

Simple Mint Pea Dip

Ingredients:

- 3 cups sprouted green peas or frozen peas
- Zest of 1 lemon
- 3 Tbsp lemon juice (approx. 1/2 lemon)
- 1 large clove garlic
- 1/2 cup packed mint leaves
- 2 Tbsp olive oil
- 2-4 Tbsp tahini
- 1/2 Tbsp sea salt

Directions:

1. If using frozen peas, leave out to thaw completely.
2. If using raw peas, blanch the peas (this enhances their sweetness), bring a pot of water to the boil, add peas and cook for 2-3 minutes (no more!). Plunge them into an ice bath or very cold water to halt the cooking process. Set aside.
3. Add clove of garlic in a food processor and pulse to mince. Add the remaining ingredients and blend on high to puree.
4. Store in an airtight container for 3-4 days, but try to consume as quickly as possible.

Kale Guacamole



Larisa Blinova / Shutterstock.com

Recipe by Chef Lynda Lacher -
Chef Lynda Lacher is the founding chef instructor of the *Natural Food Chef Program* at the Nutrition Therapy Institute. She specializes in teaching the essential, vital skill of cooking while creating confidence in the kitchen!

Why We Love It:

Kale is a leafy green vegetable that belongs to the Brassica family and rich in antioxidant nutrients, anti-inflammatory nutrients, and anti-cancer nutrients in the form of glucosinolates.

Its health benefits are primarily linked to the high concentration and excellent source of antioxidant vitamins A, C, and K – and sulphur-containing phytonutrients. Carotenoids and flavonoids are the specific types of antioxidants associated with many of the anti-cancer health benefits. Kale is also rich in the eye-health promoting lutein and zeaxanthin compounds.

Avocados, although they are fruits, have a high fat content of between 71 to 88%, 2/3 of which are health-promoting monounsaturated fats, especially oleic acid.

Avocado have important nutrient benefits, including intake of potassium, vitamin K, vitamin E, fiber and magnesium.

Cilantro, scientifically known as “Coriandrum sativum,” cleanses the body of toxic heavy metals, binding them together by loosening them from tissue and facilitating their elimination from the body.

Cilantro leaves and stems help support healthy liver function and balance blood sugar, making them a valuable tool for diabetes prevention and management.

Kale Guacamole



If you use a food processor to make this, there's no need to chop the kale fine. If you aren't using a food processor, be sure to chop the kale and onions very well.

Larisa Blinova / Shutterstock.com

Serves 8

Ingredients:

- Juice of 2 limes (about 2 tablespoons)
- 2 cups kale leaves, stems removed and roughly chopped
- 2 tablespoons shallot or red onion, chopped (or less to taste)
- ¼ cup cilantro leaves
- 1-2 Serrano or jalapeño, deseeded
- 3 large ripe avocados, halved, pitted and peeled
- ½ teaspoon sea salt (or to taste)
- 1 medium tomato, chopped

Directions:

1. In the bowl of your food processor, combine the lime juice, kale, onion, cilantro, Serrano and salt. Pulse until finely chopped.
2. Add the avocado and pulse until you reach your desired consistency.
3. Taste for seasoning and add salt or lime juice if necessary.
4. Stir in chopped tomato.
5. Serve with sliced vegetables and organic corn chips.

Creamy Miso Soup with Spring Vegetables



Image by Daina Rasutis

Why We Love It:

The perfect soup when transitioning from winter to spring - Creamy Miso Soup with Spring Vegetables. Packed with immune-boosting ingredients and tons of umami, this soup makes a delicious warming meal. The broth is super simple, but still flavorful, made with just a few ingredients. The soup simmers for less than 10 minutes, leaving the spring vegetables crisp and fresh. This is the soup we're craving whether we're getting through one of the last snowy days of the season, or welcoming a day of sunshine and t-shirt weather!

This soup is packed with immune-boosting ingredients. Shiitakes, a type of medicinal mushroom that can commonly be found at grocery stores, have been shown to improve immunity, especially when consumed regularly. Shiitakes also have antiviral and anticancer effects. If you don't have shiitakes on hand, other mushrooms will also have immune-boosting benefits!

We constantly hear about the health benefits of fermented foods. A few of the many benefits include **improving digestion**, **supporting diversity of the gut microbiome**, **enhancing mental health** and, yup, **supporting the immune system**.

Kombu is an edible kelp (a type of seaweed) that grows in shallow, underwater forests. Seaweed absorbs many nutrients, making it a **superfood!** Kelp has been shown to aid with **many conditions** such as gut health, has shown promise to reduce certain cancer risk, supports bone health and has antiviral properties.



Creamy Miso Soup with Spring Vegetables

Recipe by Chef Lynda Lacher



Image by Daina Rasutis

Ingredients:

Soup:

- 3 spring onions, bias sliced
- 1 tablespoon coconut oil
- 1 cup carrots, paysanne
- 1 cup shiitake mushrooms- washed, stems removed, julienned
- 1 two-inch piece kombu
- 2 tablespoons fresh ginger, peeled, minced
- 3 large cloves garlic, minced
- ¼ teaspoon salt
- 2 cups asparagus- 1-inch pieces
- 1 bunch watercress (leaves only) or other microgreen

Miso/Tahini/Curry Paste:

- 3-4 tablespoons organic mellow white miso (use chickpea miso if intolerant to soy)
- 3-4 tablespoons organic brown rice miso
- ¼ cup tahini
- 2-3 tablespoons Thai red curry paste (to taste)
- ½ cup water

Serves 6

Directions:

1. Blend the miso/tahini/curry paste in a bowl with a whisk until smooth; set aside.
2. Put the oil into the bottom of a large soup pot over medium heat.
3. When the oil is hot, stir in the onions, carrots, mushrooms, kombu, garlic, ginger, and salt; sauté for 2 minutes.
4. Add 6 cups of water, cover the pot, and bring to a simmer.
5. Simmer until carrots are tender, about 4 minutes.
6. Add the asparagus, turn the heat down to low and simmer for 2 minutes.
7. Remove the soup pot from the heat, stir in the miso/tahini mixture and the watercress.
8. Taste the soup and season to taste with salt.

Immunity Broth

Recipe by Jacqui Gabel - Jacqui is from Minneapolis and moved to Denver to attend NTI's Natural Food Chef Program. Like many, she fell in love with Colorado and chose to stay. She's also a graduate of the NTMC program and working as a private chef. Find her online at realfooddesire.com.

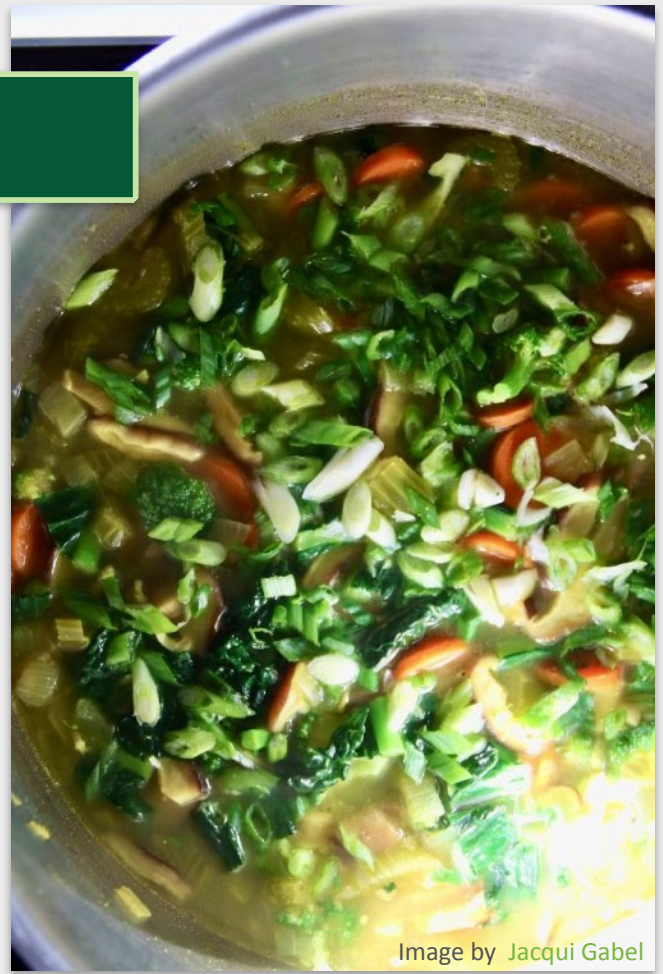


Image by Jacqui Gabel

Why We Love It:

We love fenugreek for its nutty, slightly bitter flavor. Fenugreek has been shown to improve the absorption of curcumin, turmeric's primary active component by 15.8 times. Independently, curcumin is not readily bioavailable, and researchers are constantly working to improve its intestinal absorption by combining curcumin with other agents (black pepper and turmeric is another winning combination).

Extra virgin olive oil is rich in oleocanthal, a potent anti-inflammatory polyphenol that stimulates the **body's innate repair process**. A stream of strong and fruity olive oil does wonders to finish off a simple, straightforward soup like this.

Quercetin exists aplenty in red onions and broccoli. It scavenges for free radicals and naturally stabilizes mast cell activity, which can protect the immune system from over-activating.

In one study, eating shiitake mushrooms proved to increase sIgA (indicating improved intestinal immunity) and decrease levels of CRP (an inflammatory marker produced by the liver that can indicate infection, atherosclerosis, or autoimmunity.) The implication is that shiitake mushrooms work to calm inflammation and thus positively affect inflammatory blood markers.

The recipe is endlessly adaptable. For a low-histamine version of this broth, omit the fenugreek, turmeric, ginger, and mushrooms. Substitute baby bok choy for mushrooms. People who are highly sensitive to histamine may react to onions; omit them if this is you. Eat broth within 1 day (make a smaller batch if necessary). Leftover foods form histamine the longer they sit.



Immunity Broth



Ingredients:

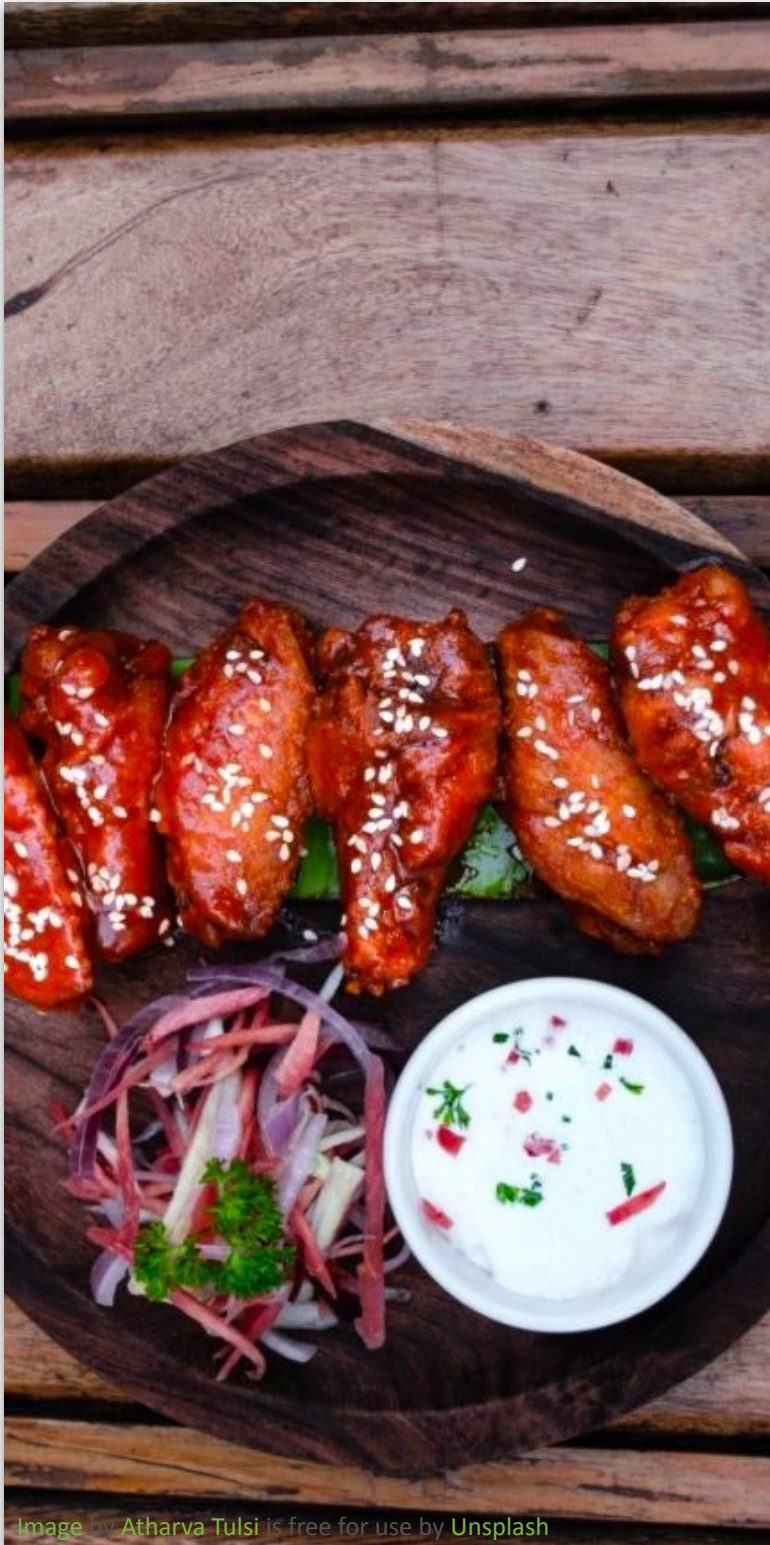
- 6 cloves garlic
- 2 tsp ground fenugreek seeds
- 1 red onion
- 2 T extra virgin olive oil + more for finishing
- 2 carrots
- 2 stalks celery
- ½ lb shiitake mushrooms
- 5 cups water or more as needed
- 2 tsp grated fresh ginger
- 2 tsp ground turmeric or 1 T fresh grated turmeric
- 1 cup broccoli florets
- 1 cup chopped lacinato kale (from about 3-4 leaves)
- Sea salt to taste

Directions:

1. Mince all of the garlic, and let it rest for 10 minutes or more. We rest garlic before cooking it so that it has time to form the anti-fungal, antibacterial compound called allicin.
2. Toast the fenugreek seeds in a dry skillet over low heat. This takes about 2 minutes. Then use a coffee grinder to blend seeds to a powder. If you don't have a coffee grinder, buy fenugreek powder (fenugreek powder is a little harder to find than whole fenugreek seeds). See our notes below for reasons to seek out fenugreek rather than skip it altogether! If you can't find it, use 1 tsp black pepper instead to enhance the absorption of curcumin in turmeric.
3. While fenugreek seeds are toasting, peel and chop the onion.
4. Add 2 T olive oil to a soup pot.
5. Add chopped onions to the soup pot and sauté over low heat, stirring occasionally, until translucent. This takes about 5 minutes.
6. As onions are cooking, slice carrots and celery.
7. Prep the mushrooms: Give them a good rinse, then slice off and discard the bottom tips of the stems. Separate the caps from the stems and slice both. The stems are full of nutrition, too.
8. Add the sliced carrots, celery, and mushrooms to the onions.
9. Add the water, grated ginger, turmeric, and ground fenugreek to the vegetables.
10. Bring broth to a boil, then reduce heat and simmer uncovered for 45 minutes. Add more water as needed.
11. Meanwhile, chop broccoli florets into very small pieces and slice the kale leaves.
12. After about 40 minutes, vegetables should be very soft. Add the broccoli and kale and cook for another minute or two.
13. Season with sea salt.
14. Drizzle with olive oil just before eating. Broth will keep in the fridge for up to 1 week.

Baked Buffalo Hot Wings

Recipe by Chef Lynda Lacher



Why We Love Them:

B Vitamins found in chicken help maintain robust psychological health, reducing stress, anxiety, depression, and memory-loss.

Retinol, lycopene, alpha and beta-carotene in chicken may promote overall eye health and prevent cataracts and macular degeneration.

Organic, pastured chickens are a good source of protein, iron, magnesium, and potassium. These nutrients increase immune function, reducing toxicity and free radicals in the body and inhibiting the growth of cancerous cells.

Chicken also contains selenium, a necessary nutrient that protects the body from oxidative stress and supports reproduction and thyroid function.

Cayenne pepper contains vitamin B6, vitamin C, vitamin E, manganese, potassium and antioxidant-providing flavonoids.

Cayenne promotes digestion by stimulating salivary glands, enzyme production, and gastric juices.

Cayenne has many other stimulating effects on the body including stimulating fibrinolytic activity to help prevent blood clots, metabolism, immune function, and circulation that aids in the elimination of acidity and toxins.

When applied topically, cayenne pepper has a powerful pain-relieving effect.

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Baked Buffalo Hot Wings



Image by Atharva Tulsi is free for use by Unsplash

Serves 6-8

Ingredients:

For the wings:

- 3 pounds organic chicken wings
- 2 tablespoons oil
- Salt and pepper
- 1 cup flour (if gluten free use sorghum or rice flour)

For the sauce:

- ½ cup hot sauce (Sriracha, Tabasco, Cholula, vary amount according to hotness)
- 1 stick organic butter
- 2 teaspoons Worcestershire sauce
- ½ -1 teaspoon salt, to taste
- Cayenne pepper to taste (optional)

For dunking:

- 6 ribs celery, cut into 4-inch long sticks
- Blue Cheese Dip

Directions:

Prepare the wings:

1. The wings are traditionally cut into three pieces. If desired, using a heavy knife, cut through the joints in the wings to separate them into three pieces. A sharp knife should slide through the joint easily; there is no need to cut through any bone. It's easiest to see the joints with the underside of the wings facing up. The tips of the wing, which contain little to no meat, can be discarded or saved for the stock pot.
2. Pat the wings dry, then toss in a bowl with the oil and a good pinch each of salt and pepper.

Prepare the sauce:

3. Melt the butter over low heat in a saucepan and add the remaining sauce ingredients, whisking well to combine. Keep the heat low and only as long as necessary to melt the butter: you don't want the butter to separate. Taste for spiciness and add cayenne if desired.
4. The next step is to toss the wings in a bowl with the flour. This will create a crisp exterior that will eventually soak up lots of sauce.
5. Preheat the oven to 400° F. Grease a baking sheet with oil, using a paper towel or brush to ensure it coats all the surface. Arrange the wing pieces skin-side-up. They should be snug, but not too crowded. Keep in mind they will shrink as they cook.
6. Cook undisturbed for 30 minutes until golden brown, and until the wings release easily from the baking sheet. Using a pair of tongs, turn the pieces over and return to the oven to bake for an additional 15 to 20 minutes, until crisp.
7. Broil at the end if you want the wings crispier.
8. When the wings are finished cooking, put them into a shallow bowl and add the sauce. Toss the wings in the sauce until well-coated, then transfer to a platter.
9. Serve with celery sticks and blue cheese dip if desired.

Sweet



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My Perfect Carrot Cake

Inspired by The Unconventional Baker

Ingredients:

For cake:

- 1 ¼ cups GF flour mix (I like Bob's Red Mill)
- 1 t baking soda
- 1 t baking powder
- dash of salt
- 1½ t cinnamon
- ¼ t nutmeg
- 1 cup maple syrup or honey
- 1 blended or grated apple, including skin
- 1 T lemon juice
- 2 cups finely grated organic carrots (takes about 10 medium carrots)
- ½ cup dried cranberries
- ½ cup walnuts
- coconut oil, for greasing the baking pan

For frosting:

- 1½ cups cashews, soaked (We recommend soaking all nuts to remove enzyme inhibitors and neutralize phytic acid. See a guide for soaking [here](#). If you don't have time, you can quick-soak them. See instructions below).
- ⅓ cup coconut milk
- ¼ cup maple syrup or honey
- ¼ cup liquid coconut oil
- T lemon juice, at room temperature
- 2 t vanilla extract



Image by Amin Safaripou is free for use by Unsplash

Directions:

Cake:

1. Preheat oven to 350F.
2. Combine flour, baking soda, baking powder, salt, cinnamon, and nutmeg in a large mixing bowl.
3. Prep the carrots. Grate them by hand, in a food processor, or pulse in a blender for about 10 to 20 seconds.
4. Combine maple syrup, apple, carrots and lemon juice, then mix with dry ingredients. Fold in the cranberries and walnuts. I generally use my hands to spread a teaspoon of coconut oil on the pan, but using a bit of wax paper to spread the oil will do the trick, too!
5. Pop that baby in the oven for 20-25 minutes or until the top is golden brown.

Frosting:

1. For cashews: To quick-soak, cover cashews with boiling water and let sit for 15 minutes. Note that quick-soaking will give the desired texture, but does not offer the same nutritional benefits as a longer soak.
2. Drain and transfer cashews to a blender, then add remaining frosting ingredients. Add more milk for a smoother, thinner texture, if needed.

Once the cake has completely cooled, spread the frosting over the top. Sprinkle with extra walnuts and place the cake in the fridge for at least an hour until the frosting sets.

Bon appétit!

Cacao Almond Butter Cups



Why We Love Them:

Cacao can improve your mood. Cacao contains the neurotransmitter Anandamide, also called the 'Bliss Molecule' that stimulates a sense of euphoria in the body. Cacao also aids in relieving PMS symptoms for women by bumping up serotonin in the brain.

Cacao can be used as an aphrodisiac. Another mood-boosting compound found in cacao is phenethylamine (PEA), which triggers endorphin release and pleasant opium-like neurochemicals. Cacao can also boost libido, which is why giving chocolate on Valentine's Day is so popular!

Cacao can protect the heart. Flavanols in raw cacao are anti-inflammatory and heart protective antioxidants that may protect against cardiovascular disease, help improve blood circulation, and reduce the risk of stroke.

Makes 8 cups

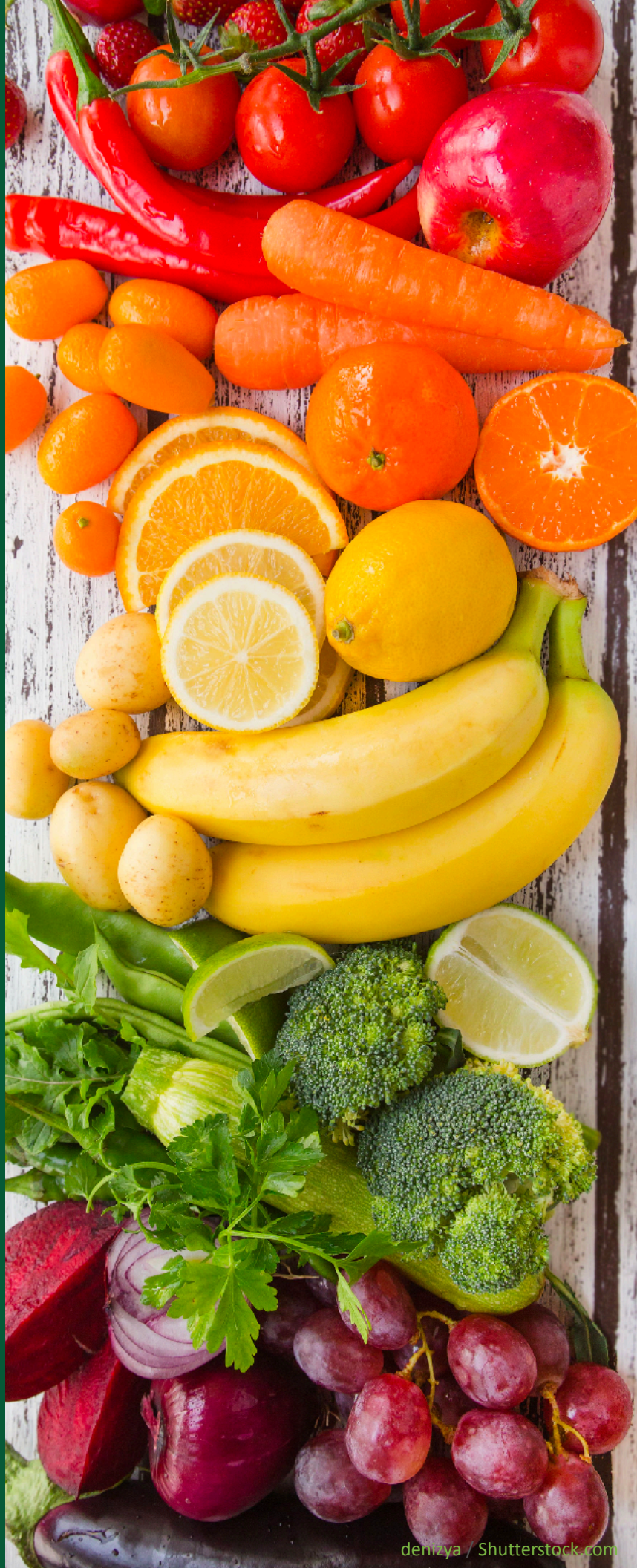
Ingredients:

- 1 bag 100% raw cacao chips
- 1 T coconut oil
- 1 cup **almond butter** (more if desired)
- Himalayan sea salt
- 2 tablespoons honey (optional - if using, mix into the almond butter before assembling the cups)

Directions:

1. Line a muffin tin with cupcake liners.
2. In a small pot, melt the cacao nibs and coconut oil over low heat on the stove.
3. Spoon about 1/2 inch of the melted cacao/coconut oil into the muffin cups. Freeze for 5-10 mins.
4. Once set, spoon a layer of almond butter over the chocolate. Again, set in freezer for 5-10 mins.
5. Once set, pour final layer of melted cacao/coconut over the top. Top with sea salt. Set back in the freezer for 20-30 mins.
6. Once all layers are completely solid, eat!

Extras



2 Step Homemade Almond Butter



Why We Love It:

Brain Power: Almonds contain riboflavin and L-carnitine, which have been shown to increase brain activity, resulting in new neural pathways and a decreased occurrence of Alzheimer's disease.

Immune System Strength: Almonds are great sources for alkali materials, which are known to benefit the strength of the immune system and increase the ability to stave off diseases.

Healthy Heart: The potassium present in almonds helps to regulate blood pressure, and because almonds are very low in they help to regulate blood pressure.

TIPS:

- *Have stale almonds? Rather than tossing out, give them new life! You will hardly notice a difference in taste.*
- *Blender overheating? Unplug it and give it a five minute break, it's not going anywhere.*
- *In a rush? Add a tablespoon or two of avocado oil to expedite the process. As you may have guessed, this will produce*

Step 1:

Warm your almonds! You do not have to roast them if you prefer a raw blend. However, I always recommend at least popping them in the oven at 350 degrees Fahrenheit for 5-7 minutes. This will help expedite the blending process.

Step 2:

Blend your almonds! Transfer your warm almonds to your blender or food processor. Here is where patience really comes into play. It will take 15-20 minutes for the almonds to blend into a creamy texture. I generally use the medium power setting on my Ninja blender and let the blender rest every 3-5 minutes while using a spatula to scrape down the sides.

Preserved Lemons

Why We Love This Method:

Preserving lemons is a wonderful way to use the peel in recipes. Lemon peel contains limonene, a potent chemoprotective compound found to have anti-tumor properties and to assist in liver detoxification of carcinogens.

When eaten raw (not heated), fermented foods contain loads of probiotics that improve immunity and gut and brain health.

When eaten raw (not heated), fermented foods help curb sugar cravings, fight intestinal yeast, and help recolonize gut microflora.

Preserved lemons are versatile; use them in salad dressings, grain bowls, stews, soups, stir-fries, meat braises, guacamole, fish tacos, whipped sweet potatoes, hummus, and everywhere else you use salt.

They take 15 minutes to make and can last up to one year.

Ingredients:

- 1 clean, dry pint-sized glass jar with tight fitting lid
- Sharp paring knife
- 4-6 Meyer lemons, depending on size
- Coarse unrefined sea salt



Directions:

1. Pour two teaspoons of salt in the bottom of your clean jar.
2. Lop off the very ends of a lemon. Make two slits down the lemon $\frac{3}{4}$ of the way lengthwise, as if you were going to quarter it.
3. Stuff the slit lemon with a teaspoon of salt.
4. Put the first lemon at the bottom of the jar, then repeat steps 2 and 3 with the remaining lemons, stuffing each on top of the other in the jar.
5. When you can't fit any more lemons in the jar, slice one more lemon and squeeze its juice into the jar so that all lemons are submerged in lemon brine. Leave about $\frac{1}{2}$ inch of space between bottom of lid and top of lemons.
6. Cover jar and leave at room temperature for at least 3 days and up to 3 weeks, then move jar to the refrigerator to slow the fermentation process.
7. Allow lemons to ferment for at least two weeks before using. Longer is better!

To use preserved lemons, remove one from jar and scoop flesh from rind. Discard the seeds. Rinse the rind and flesh and slice thinly or mince before adding to your recipe.

Spring Greens Jam

Paula Wolfert's recipe, with minor adaptations



Why We Love It:

Spring greens help support cleansing of the blood and the liver.

The addition of lemon enhances the bioavailability of the iron in the greens.

It's adaptable: any combination of spring greens works in this recipe.

Ingredients:

- 16 ounces of greens (try any mix of baby spinach, dandelion greens, arugula, beet greens, or Swiss chard)
- 1-2 big bunches flat-leaf parsley leaves (about 1 cup total)
- 3 garlic cloves, unpeeled
- 1 bunch fresh cilantro leaves, chopped (about ½ cup total)
- ¼ teaspoon sea salt
- ¼ cup avocado oil
- ¼ teaspoon ground cumin
- ¼ teaspoon sweet smoked paprika
- pinch of cayenne pepper
- pulp from ¼ of a **preserved lemon**
- rind from ¼ of a **preserved lemon**
- Optional: 12 oil-cured black olives

Directions:

1. Stem the greens and herbs and chop coarsely (discard stems).
2. Fill a large pot with a steamer basket and add enough water so that it comes just under the base of the basket.
3. Bring the water in the pot to a boil.
4. In batches, add the greens, garlic cloves, and parsley. As soon as one batch softens, push it to the side with tongs and add more greens.
5. Once all the greens are added, cover the pot, and let them steam until the garlic is soft and the greens have tenderized. This will take about 10-15 minutes total.
6. Set the pot off the heat and remove the steamer basket. Let the contents cool enough to be handled. Then squeeze the greens dry with a hand towel and chop them finely.
7. In a food processor or high-speed blender, pulse the garlic, cilantro, salt, and lemon pulp until a paste forms. Add a tiny bit of avocado oil to help things liquefy.
8. Then, heat a large skillet with 2 tablespoons of the avocado oil and gently cook the garlic paste with the paprika, cumin, and cayenne. Keep stirring and cooking for about 30 seconds. Add the chopped greens and continue cooking for about 10-15 minutes, until all the liquid evaporates.
9. Transfer cooked greens to a bowl and let cool to room temperature. Add more oil and mash until the jam is smooth and creamy. Cover and store in the fridge for at least an hour and up to four days.
10. Before serving, top with optional black olives and chopped preserved lemon rind. Serve with crackers, flatbread, and a mixture of colorful raw vegetables.

We're on a mission



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For More Information

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