

NITI Eats

SUMMER RECIPES

A COLLECTION OF LIGHT,
BRIGHT, AND INSPIRING
RECIPES



NUTRITION THERAPY INSTITUTE



We're On a Mission

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 any recipe in this book click on the image to be taken to a detailed blog post.

CONTENTS

CHAPTER

01

Soups, Salads, & Sides

CHAPTER

02

Mains

CHAPTER

03

Sweets

CHAPTER

01

*Refreshing
Soups, Salads,
& Sides*



01

Summer Squash, Spinach, & Leek Frittata

Serves 4

INGREDIENTS

- 2 leeks, trimmed and cleaned
- 1 yellow summer squash, thinly sliced
- 1 zucchini, thinly sliced
- 1 tbsp oil or butter
- 2 cups spinach (packed), coarsely chopped, no stems (or try other greens like chard or kale!)
- 6 eggs
- ½ cup milk (cow's milk or dairy-free)
- Salt, to taste
- Pepper, to taste
- 2 tsp fresh dill, minced
- ½ cup grated cheese of choice (dairy-free, if needed), optional



DIRECTIONS

1. Preheat the oven to 350°F.
2. Split the leeks lengthwise in half, clean, and then slice crosswise into thin slices.
3. Trim and slice the squash.
4. Heat the oil or butter in a 10-inch sauté pan over moderate heat.
5. Add the leeks and sauté until wilted.
6. Add the squash and spinach, sauté until just tender.
7. Beat the eggs and milk, add dill, salt and pepper to taste.
8. Heat the pan with vegetables over moderate heat. Add the egg mixture and lower the heat.
9. Stir the mixture to coat the vegetables and cook slowly until the eggs are set but creamy in the middle.
10. Sprinkle with cheese and put the pan in the oven, uncovered, until set.
11. Slide the frittata onto a plate or cutting board.
12. Cut into 4 wedges. Serve immediately.



Farmers Market Carrot Top Pesto

INGREDIENTS

- 2 cups packed carrot greens (washed and tough stems removed)
- 1 handful of spinach
- 4 cloves of garlic
- 1/3 cup pumpkin seeds
- 1 tsp. salt
- 1 lemon, juiced
- ½ cup olive oil
- 2 Tbsp. water



DIRECTIONS

1. Place all ingredients except the water into a food processor, blender or mortar and pestle and process until consistency is smooth, making sure to scrape the sides, and adding water as needed.

Can be served with hot food or cold. Stores well up to 3 days. It usually turns a darker color when in the fridge but it's still suitable to eat.

SUPPLIES NEEDED

- Cutting board
- Knife
- Liquid measuring cup
- Measuring cups
- Measuring spoons
- Food processor, or blender, or mortar and pestle
- Citrus press (not necessary if you don't have one)
- Spatula
- Bowl for serving



Vegetarian Antipasto Salad

INGREDIENTS

- 2 cups green beans, blanched (see notes)
- 14-oz can white beans (rinsed and drained), or 1 can albacore tuna, drained
- 14-oz can artichoke hearts in water, drained
- 1 cup kalamata olives, sliced
- 1 cup celery, chopped (optional)
- 1/2 cup roasted bell peppers, chopped into bite-size pieces
- 1 cup cherry tomatoes, halved
- 1 bell pepper, diced
- 1/4 cup red onion, thinly sliced
- 2 tablespoon capers
- 1/2 cup flat-leaf parsley, chopped
- 1/4–1/2 cup basil, thinly sliced
- optional: baby mozzarella balls

ITALIAN DRESSING:

- 1/3 cup olive oil
- 2 tbsp red wine vinegar, more to taste
- 1 tbsp lemon juice
- 1 finely minced garlic clove
- 1 tbsp shallot, finely minced
- 1/2 tsp maple syrup or honey
- 1 tsp Italian seasoning (or dried oregano)
- 1/4 tsp salt, more to taste
- 1/2 tsp pepper
- pinch chili flakes



DIRECTIONS

1. Begin with blanching the green beans: bring a medium pot of salted water to a boil, add green beans and simmer until vibrant and just tender, 3-4 minutes. Drain, rinse with cold water.
 2. Whisk dressing ingredients together in a small bowl or glass jar.
 3. In a large bowl, add the drained beans (or drained tuna), drained artichoke hearts, olives, chopped celery, roasted peppers, cherry tomatoes, bell pepper, red onions, capers and fresh herbs. Add baby mozzarella balls if using.
 4. Gently fold in the dressing into the salad, until combined. Taste, and add more salt or vinegar as needed – the flavor will vary here based on what specific preserved ingredients you are using.
 5. Chill until serving time.
- Salad will keep for 4 days in the fridge.



INGREDIENTS

- 2 large ripe red tomatoes
- 1 red bell pepper, seeds and stem removed
- 1 cup cubed watermelon
- ½ cucumber, unpeeled
- 3 cloves garlic, peeled
- 2 teaspoons red wine vinegar
- 1/3 cup extra virgin olive oil
- Sea salt and black pepper to taste
- To garnish: Cubed avocado, finely diced shallot, drizzle of olive oil, chopped parsley



DIRECTIONS

1. Place tomatoes, red bell pepper, watermelon, cucumber, garlic, and red wine vinegar in a blender and puree until smooth.
2. Turn blender speed to low and add olive oil in a slow, steady stream.
3. Season with salt and pepper to taste. Adjust seasoning with more vinegar, olive oil, salt, or pepper.

Top with garnishes. Store in the fridge for up to 3 days.

Makes about 3 ½ cups



Chilled Poblano & Cilantro Soup

INGREDIENTS

- 5 poblano peppers
- 3 medium zucchinis, cut in half lengthwise
- 2 tbsp extra virgin olive oil
- 1 yellow or white onion, thinly sliced
- 4 cups chicken stock
- 1 cup corn, fresh or frozen
- 1 tsp salt
- ½ tsp white pepper
- 2 cups cilantro, coarsely chopped
- ¼ cup fresh mint, chopped
- 1 cup sour cream or plain full-fat yogurt
- 1-2 limes, juiced



DIRECTIONS

1. Preheat the grill to high heat.
2. Spray the zucchini lightly with oil. Place the halved zucchini on the grill; char one side, flip and char the other side. Remove from the grill, roughly chop, and set aside.
3. Place the whole poblano peppers directly on the grill. Roast until the skin becomes charred, wrinkled and loosed, turning them frequently.
4. Put the poblano peppers in a bowl and cover, let steam for 15 minutes to loosen skin.
5. Remove the skins and seeds from the peppers and chop coarsely. Place in a bowl with zucchini.
6. Heat oil in a soup pot over medium heat. Add onion, cook until translucent, stirring occasionally, about 10 minutes.
7. Add chicken stock, poblanos, zucchini, corn, salt and pepper. Bring to a boil. Reduce to simmer and cook until zucchini and onion are completely soft, about 30 minutes.
8. Remove from the heat and add cilantro and mint.
9. Let cool to room temperature, add the sour cream or yogurt.
10. Put mixture in a blender or food processor, puree until smooth.
11. Season with lime juice to taste. Chill 2 hours before serving.
12. Serve chilled. This soup may be served slightly warm if desired.

Makes 8 servings

INGREDIENTS

- 1 small head of red or green cabbage, sliced crosswise
- salt, 2 generous pinches to season cabbage
- 1 small red onion, sliced
- 1/4 cup lemon juice plus 2 tsp. lemon zest for garnish
- 1/2 cup coarsely chopped parsley
- 1/2 cup sunflower seeds
- 3 Tbsp. red wine vinegar
- 6 Tbsp. extra-virgin olive oil
- fresh mint, roughly chopped, for garnish
- fresh basil, roughly chopped, for garnish



DIRECTIONS

1. Quarter the cabbage through the core. Use a sharp knife to cut the core out at an angle.
2. Thinly slice the cabbage crosswise and place in a colander set inside a large salad bowl.
3. Season with two generous pinches of salt to help draw out water, toss the slices, and set aside.
4. In a small bowl, toss the sliced onion with the lemon juice and let sit for 20 minutes to soften. Set aside.
5. After 20 minutes, drain any water the cabbage may have given off. Place the cabbage in the bowl and add the parsley, sunflower seeds, and the onions (but not their lemony juices, yet).
6. Dress the slaw with vinegar and olive oil. Toss very well to combine.
7. Taste and adjust, adding the remaining lemon juice and salt as needed.
8. Garnish the slaw with lemon zest, fresh mint, and fresh basil.

Serve chilled or at room temperature. Enjoy leftover slaw for up to two days.

SUPPLIES NEEDED

- Cutting board
- Knife
- Large bowl
- Large colander
- Citrus juicer (if desired)
- Medium bowl
- Measuring cups and spoons
- Microplane

INGREDIENTS

- 3 ripe (but not overripe) avocados
- ½ cup coconut flour
- 4 eggs
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1 tsp sea salt
- ½ tsp freshly ground black pepper
- 1 ½ cup unsweetened shredded coconut

Don't forget the fry sauce! [Get the recipe here.](#)



DIRECTIONS

1. Preheat the oven to 450° F. Line a baking sheet with parchment paper, set aside.
2. Slice avocados lengthwise – for three avocados, you'll get 18-24 fries (6-8 per avocado depending on the size).
3. Set up three bowls in an “assembly line”: in the first bowl, add the ½ cup of coconut flour.
4. Crack the eggs into the middle bowl, beat lightly and add garlic powder, onion powder, paprika, salt, and pepper.
5. In the last bowl, add the shredded coconut.
6. Dredge each avocado slice through the flour, and then the beaten egg. Coat thoroughly with the shredded coconut and place on the baking sheet.
7. Bake for 20-25 minutes. Cool for about ten minutes and serve with dipping sauce of your choice (try the Fry Sauce!)

Makes 6 servings



A close-up photograph of a dining table with various dishes including bread, potatoes, and condiments, with text overlaid. The scene is set outdoors with a blurred background of greenery and a blue sky. The lighting is warm and natural, suggesting a sunny day. The text is centered and reads "CHAPTER 02 Inspiring Mains".

CHAPTER

02

*Inspiring
Mains*

Peanut Sesame Noodles

INGREDIENTS

Noodles

- 8oz spaghetti or linguine (for gluten-free use brown rice noodles)
- 2 tsp salt
- 1 tbsp toasted sesame oil

Sauce

- 2 tbsp toasted sesame oil
- $\frac{3}{4}$ cup peanut butter
- 3 tbsp tamari (wheat-free soy sauce)
- 2 tbsp rice vinegar
- 1 tbsp lime juice
- 1 tbsp grated fresh ginger
- 1-2 tsp hot sauce (see note)

Serving

- 1 cucumber, peeled (if not organic), quartered lengthwise and sliced thin
- 1 red bell pepper, seeded and cut into $\frac{1}{4}$ -inch strips
- $\frac{1}{2}$ cup chopped fresh cilantro



DIRECTIONS

1. **COOK PASTA:** Bring 4 quarts water to boil in a large pot. Add pasta and salt to boiling water and cook until al dente. Reserve $\frac{3}{4}$ cup pasta cooking water. Drain pasta in colander, rinse with water until cool, drain once more, and transfer to a large bowl. Add 1 tbsp sesame oil and toss to coat.
2. **DRESS AND TOSS:** Whisk 2 tbsp sesame oil, peanut butter, tamari, vinegar, lime juice, ginger, hot sauce, and 6 tbsp pasta cooking water in a medium bowl until smooth. Use a food processor or blender for a smoother sauce.
3. **SERVE:** Add dressing, sliced cucumber, sliced bell pepper, and cilantro to the pasta and toss to combine, adding reserved pasta water as needed to adjust consistency. Serve warm or room temperature.

Serves 4-6

NOTES

Hot sauce: Use a mild hot sauce, such as Frank's. If you use a hotter hot sauce, such as Tabasco, reduce the amount to 1 tsp. Adjust as needed.

Make ahead: The pasta, dressing and vegetables can be refrigerated in separate airtight containers for 2 days. Bring ingredients to room temperature before tossing together. Add warm water to thin as needed.

INGREDIENTS

Shrimp

- 1lb wild-caught shrimp, shells removed and deveined
- 2 tbsp olive oil
- 1 tsp cumin
- 1/2 tsp chili powder
- 1 tsp smoked paprika
- 1 clove garlic, minced
- 1/4 tsp salt
- 1/4 tsp pepper

Coleslaw & Cilantro Lime Sauce

- 1/4 cup chopped scallions
- 3 cups shredded purple or green cabbage
- 1/2 cup mayonnaise
- 1/3 cup chopped cilantro
- 2 cloves garlic
- 2 tbsp lime juice
- 1/3 cup chopped scallions
- ¼ tsp salt

Avocado Tomato Salsa

- 2 medium tomatoes, diced
- 1 avocado, diced
- 1 jalapeno, finely chopped (less if the jalapeno is spicy!)
- 1/4 cup cilantro, roughly chopped
- 1 tbsp lime juice
- 1/2 tsp salt

DIRECTIONS

1. To make the shrimp: mix 1 tbsp of olive oil with the spices in a large bowl. Place the shrimp in the bowl and toss to ensure they are well coated. Set aside to marinate while you prepare the coleslaw and salsa.
2. To make the coleslaw: in a separate large bowl, combine the shredded cabbage and 1/4 cup chopped scallions. In a food processor combine the mayonnaise, cilantro, garlic, lime juice, salt and 1/3 cup chopped scallions and blend until smooth.
3. If desired, you can save some of the sauce to use as a drizzle. Pour approximately half of the sauce over the coleslaw and toss until it is well coated. Or, pour all the sauce on the slaw.
4. To make the avocado tomato salsa: in a bowl combine all the ingredients for the salsa and stir until well mixed.
5. Heat 1 tbsp olive oil in a skillet on high heat and then add in the shrimp. Cook the shrimp for 2-3 minutes per side until pink and cooked through.
6. To assemble the tacos, fill each tortilla of choice with coleslaw, avocado salsa and shrimp and then drizzle with any extra cilantro lime sauce. Serve with wedges of lime.

Serves 4-6



AIP Ribs with Nightshade-free Cherry BBQ Sauce

INGREDIENTS

Ribs

- 2 – 2 ½ lb. baby back or St. Louis style ribs, cut into 3 equal sections
- 1 cup water or broth
- BBQ sauce of choice

AIP Spice Rub

- 1 ¼ tsp. garlic powder
- 1 ¼ tsp. turmeric
- 1 ¼ tsp. dried oregano
- 1 ¼ tsp. ginger powder
- ¾ tsp. onion powder
- ½ tsp. cinnamon
- ½ tsp. ground cloves
- ¾ tsp. smoked sea salt

Nightshade-Free Cherry BBQ Sauce

- 2 Tablespoons coconut oil
- 1 medium sweet onion, roughly chopped
- 6 cloves garlic, minced
- 3 cups pitted cherries, fresh or frozen, halved
- ¼ cup maple syrup
- ¼ cup apple cider vinegar
- 1 teaspoon smoked sea salt



DIRECTIONS

Ribs

1. Combine the ingredients for the spice rub.
2. Remove the silverskin and cut the rack of ribs into 3 equal sections then rub each section with the spice rub.
3. Place the metal rack into the bottom of the Instant Pot. Add the broth or water.
4. Place the ribs on the rack and arrange the ribs into a pyramid by standing each section up on its end and leaning them against one another.
5. Place the lid on the Instant Pot and lock it into place. Flip the valve to the 'Sealing' position.
6. Select the high-pressure setting and set the cooking time to 30 minutes.
7. As soon as the cooking time is up, quickly release the pressure by flipping the valve to the 'Venting' position.

Finishing:

8. Remove the ribs from the Instant Pot/Pressure Cooker and place them on a wire rack on a rimmed baking sheet (can line the baking sheet with foil for easy clean-up).
9. Preheat the broiler to medium-high heat. Brush the ribs with barbecue sauce on both sides.
10. Broil for 3-5 minutes or until the sauce is bubbly and slightly caramelized.
11. Cut into individual ribs for serving.

See website for pressure cooker and grill finishing directions

Cherry BBQ Sauce

1. Heat the coconut oil in a saucepan on medium heat. When it is melted, add the onion, and cook for 7-10 minutes or until browned.
2. Add the garlic and cook for another couple of minutes, stirring, until fragrant.
3. Add the cherries, maple syrup, cider vinegar, and smoked sea salt. Cook uncovered for 20 minutes, or until the mixture thickens considerably.
4. Transfer to a blender, or use an immersion blender directly in the saucepan and blend on high until smooth consistency.

Makes about 3 cups

Paleo Lamb Burgers with Dairy-Free Tzatziki

INGREDIENTS

Lamb Burgers

- 1 lb grass-fed ground lamb
- 1/4 cup finely chopped green onions, scallions or red onion
- 1 tbsp chopped fresh dill
- 1 tbsp chopped fresh oregano (or 1/2 tsp dried oregano)
- 1 tbsp fresh mint finely, chopped
- Pinch crushed red pepper
- Fine grain sea salt
- 1 tbsp water
- 1 tsp olive oil to grease pan

Tzatziki Sauce

(make at least 2h before serving!)

- 1 can full-fat coconut milk, chilled and all but 1 tbsp of the liquid part discarded
- 3 cloves garlic
- 1 medium cucumber peeled seeded, roughly chopped
- 3 tbsp fresh squeezed lemon juice (from ~1 small lemon)
- 2 tbsp chopped fresh dill
- 3/4 tsp fine grain sea salt or to taste
- Black pepper to taste



DIRECTIONS

To make the Tzatziki:

Make the tzatziki at least 2 hours before serving to allow flavors to blend and coconut cream to thicken. You can also make it the day before and store it tightly covered in the refrigerator. This recipe makes a lot of leftover tzatziki!

1. Open the chilled can of coconut milk – the coconut cream should be solidified. Pour off the coconut water and save it for another use (you can use it instead of water in smoothies!).
2. Add the garlic, cucumber, and lemon juice to a high-speed blender or food processor and pulse until finely chopped. Add in the coconut cream, dill, salt, and pepper and blend until combined. The sauce won't be smooth.
3. Once blended, taste to see if you need to add salt or pepper. Transfer to a lidded jar or container and store in the fridge until time to serve. The flavors will intensify over time as it chills in the refrigerator.

To make the Lamb Burgers:

1. In a mixing bowl, gently combine the ground lamb with the scallions (or the red onion), dill, oregano, mint, red pepper and water. Sprinkle the mixture with fine-grain sea salt, then form into 4 equal-sized patties. Don't work the meat too much – just handle enough to form the patties.
2. Heat a large cast iron skillet over medium-high heat and drizzle with a small amount of olive oil. Sprinkle the skillet lightly with more fine-grain sea salt.
3. Place the patties in the skillet and cook on each side for about 4 minutes, adjusting the heat is necessary to prevent the outside from browning too much. Alternatively, you can grill the burgers or broil them.
4. Remove from the skillet and serve over greens, Greek salad, and top with tzatziki sauce. You can also serve the sauce on the side for dipping if preferred. Garnish with more fresh herbs if you like – enjoy!

Serves 4 burgers



CHAPTER

03

*Cooling Sweet
Treats*

INGREDIENTS

3 cups fruit juice
4 tablespoons agar flakes
2 cups berries or fruit

DIRECTIONS

1. In a saucepan, combine the first two ingredients. Boil over medium heat, stirring often, until the agar dissolves, about 5 minutes.
2. Remove from heat and cool about 15 minutes. Stir occasionally while cooling.
3. Arrange fruit in the bottom of individual molds or an 8" baking dish.
4. Pour gel over fruit. Let set in refrigerator for at least 1 hour.

*See recipe on website for notes



Raw Peanut Butter Cookie Dough Superfood Bars

INGREDIENTS

Cookie Layer

- ½ cup plus 2 tablespoons creamy peanut butter
- ¼ cup plus 1 tablespoon melted coconut oil
- ¼ cup plus 1 tablespoon maple syrup
- 2 teaspoons vanilla extract
- heaping ½ teaspoon sea salt
- 2½ cups almond flour
- 2½ tablespoons maca powder
- 1 cup chocolate chips or chopped chocolate

Cacao Layer

- 1½ cups walnuts
- 2 tablespoons cacao powder
- ¼ teaspoon sea salt
- 10 medjool dates (soaked in warm water for 10 minutes, then drained)
- 2 tablespoons water
- flaky sea salt for sprinkling on top, optional



DIRECTIONS

1. Line an 8x8 baking pan with parchment paper.
2. In a large bowl, stir together the peanut butter, coconut oil, maple syrup, vanilla, and salt, until combined. Add the almond flour and maca, and stir to combine (the mixture will be thick). Fold in the chocolate chips and press into the pan and place in the freezer so that it firms up a bit while making the next layer.
3. In a food processor, pulse the walnuts, cacao powder, and sea salt, until the walnuts are well chopped. Add the dates and pulse to combine, adding 2 tablespoons water if the blade gets stuck. Process until smooth, then spread onto the cookie layer. Sprinkle with sea salt if desired. Freeze for 30 minutes (this will help them firm up, making them easier to cut). Remove and slice into approximately 25 bars. Or, slice into smaller pieces for bite size treats!
4. Store remaining bars in the fridge or freezer in a sealed glass container.



Macaroons with Chia Jam

INGREDIENTS

Cookies

- 1½ cups unsweetened flaked coconut
- 1 cup almond flour (or almond meal*)
- ½ tsp fine-grain sea salt
- ½ cup pure maple syrup
- ¼ cup coconut butter, softened (no subs – this binds the cookies together)
- 1 tsp pure vanilla extract

Chia Seed Jam

(makes about 1 cup**)

- 3 cups frozen or fresh strawberries, blueberries or raspberries
- ¼ cup pure maple syrup, or to taste
- 2 tbsp chia seeds
- 1 tsp pure vanilla extract



DIRECTIONS

1. For the chia seed jam (can be made ahead): add frozen berries and maple syrup to a medium pot and bring to a simmer. After 5 minutes or so, stir in the chia seeds. Continue to cook down the mixture for about 15 minutes, or until thickened. Remove from heat and stir in the vanilla. Chill in the fridge a couple of hours to thicken it up even more.
2. Preheat the oven to 275°F and line a baking sheet with parchment paper.
3. In a large bowl, combine the coconut, almond flour (or meal), and salt.
4. Melt the coconut butter over very low heat (you can use a double boiler so it doesn't burn, or place the jar of coconut oil into a bowl of hot water).
5. Add the maple syrup, softened coconut butter, and vanilla into the dry mixture and stir very well until combined. The dough will be very wet and sticky, but this is normal.
6. Grab a couple tablespoons of dough at a time with your hand and drop it into the baking sheet. You can also roll the dough into balls and gently flatten. With a wet finger, press a well into the middle and lightly shape the outsides if necessary. Repeat for the rest. The macaroons don't spread out so there's no need to space them far apart.
7. Bake at 275°F for 20 minutes. Rotate the pan and bake for another 10-20 minutes (every oven is different, so make sure to check on the macaroons often!) until the bottoms are lightly golden and browned, but not burned. Place the pan on a cooling rack for 5-10 minutes and then transfer each macaroon onto the cooling rack until completely cool.
8. Fill each well with jam. The macaroons will be very soft at first, but will firm as they cool.

Makes 2 dozen

NOTES:

1. *If you make homemade almond milk, this is a great recipe for using up your leftover almond meal! You can store your remaining meal in the freezer and defrost before using it in a recipe like this.
2. **Leftover jam will keep for about 2 weeks in the fridge. Use it anywhere you would use regular jam!



NUTRITION THERAPY INSTITUTE



*We're On a Mission
Will you join us?*

**IF YOU ARE INSPIRED BY NUTRITION AND WANT TO HELP
PEOPLE BE THEIR HEALTHIEST, THEN BECOMING A
NUTRITION THERAPIST MASTER OR NATURAL FOOD CHEF
IS THE PERFECT WAY TO DO JUST THAT**

DON'T WAIT, START MAKING A DIFFERENCE TODAY

LEARN MORE

**CREATING OPTIMAL HEALTH THROUGH
HOLISTIC NUTRITION EDUCATION**

CONTRIBUTORS



DAINA RASUTIS, MS, NTM

Daina Rasutis is a graduate of NTI's Nutrition Therapist Master Program. Her background in Environmental Engineering has allowed her to combine the best of science with a love for nutrition, the environment & delicious food. Follow Daina's cooking creations and lifestyle tips on her website tabletocrave.com.



MEGHAN MCGEE, NFC

As a graduate of NTI's Certified Natural Food Chef program as well as an Integrative Nutrition Health Coach. She believes food is the most powerful catalyst that brings people together. Sitting around a table, and enjoying a nourishing meal with strangers or friends is her absolute favorite thing to do. Her mission is to inspire others to take control of their health. You can find Meghan's personal chef and other services at megsnourishedkitchen.com.



AMBER FRAZIER, NTM, NFC

Amber is a self-proclaimed nutrition nerd. She is a graduate of the [Nutrition Therapist Master](#) and [Natural Food Chef](#) programs. Amber believes that knowledge equals empowerment so she is thrilled to be able to guide others through their educational journeys as a member of the advising team and as a part of the NFC instructor team at NTI.

CONTRIBUTORS CONTINUED



JACQUI GABEL, NFC, NTM

Jacqui Gabel's enthusiasm for travel, wellbeing, and human connection have led her to kitchens throughout the U.S., South America, and Asia. She's gathered experiences and knowledge by spending time with home cooks, farmers, and professional chefs in these places. In 2016, she graduated from NTI's Natural Food Chef program and continued to study nutrition science, obtaining her NTMC in the summer of 2020. She believes that cooking is one of the most empowering skills we can all gain: she teaches culinary lessons to people looking to support their health and cooks for families throughout Denver and Boulder. Exposing children to whole foods at an early age is one of her greatest passions.



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!

RECIPE & IMAGE CREDITS

01 **SUMMER SQUASH, SPINACH, & LEEK FRITTATA**

Recipe & photos by Daina Rasutis

02 **FARMER'S MARKET CARROT TOP PESTO**

Recipe & photos by Chef Meghan McGee

03 **VEGETARIAN ANTIPASTO SALAD**

Recipe adapted from Feasting at Home

Photos by Yaroslav Danylchenko & Daina Rasutis

04 **GAZPACHO 2.0**

Recipe by Chef Jacqui Gabel

Photo by Sara Dubler is free for use by Unsplash

05 **CHILLED POBLANO & CILANTRO SOUP**

Recipe by Chef Lynda Lacher

Photo by Daina Rasutis

06 **CRISP CABBAGE SLAW**

Recipe adapted from Samin Nosrat

Photo by Chef Meghan McGee

07 **AVOCADO FRIES**

Photos by Daina Rasutis

08 PEANUT SESAME NOODLES

Recipe adapted by Chef Lynda Lacher
Photo by Daina Rasutis

09 SHRIMP TACOS

Recipe adapted from Every Last Bite
Photo by Daina Rasutis

10 AIP RIBS WITH NIGHTSHADE-FREE CHERRY BBQ SAUCE

Ribs: method by Jessica Beacom, spice rub by Chef Amber Frazier
Sauce: adapted from Autoimmune Wellness
Photo by Chef Amber Frazier

11 PALEO LAMB BURGERS WITH DAIRY-FREE TZATZIKI

Recipe adapted from Paleo Running Momma
Photo by Daina Rasutis

12 FRUIT KANTEN

Recipe by Chef Lynda Lacher
Photo by Daina Rasutis

13 RAW PEANUT BUTTER COOKIE DOUGH SUPERFOOD BARS

Recipe adapted from Love and Lemons
Photo by Daina Rasutis

12 MACAROONS WITH CHIA JAM

Recipe adapted from Oh She Glows
Photo by Daina Rasutis

COVER

Photo by rimmabondarenko on Canva Pro

CONTENTS

Photo by by Konstanttin from Getty Images

CHAPTER 01

Photo by Barbara Dudzińska from Getty Images Pro

CHAPTER 02

Photo by luza studios from Getty Images Signature

CHAPTER 03

Photo by by Mykola Lunov on Canva Pro