

*NTHI Eats*

# HOLIDAY RECIPES

A COLLECTION OF  
RECIPES THAT WILL  
BRING JOY TO YOUR  
HOLIDAY TABLE

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

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

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CHAPTER

01

*Playful  
Starters*



## INGREDIENTS

- 12 oz fresh cranberries
- 1 small jalapeño
- 2 T fresh cilantro
- 1-inch fresh ginger
- 1 T fresh lime juice
- ¼ c raw sugar big pinch sea salt
- 1 small bunch green onions (4-5)

## DIRECTIONS

1. Slice the green onions thinly.
2. Peel and grate the ginger (a Microplane™ works great for this).
3. Seed and mince the jalapeño.
4. In a food processor, pulse the cranberries with the jalapeño, cilantro, ginger, lime juice, sugar, and salt, until the cranberries “resemble the texture of pickle relish.”
5. Fold in the sliced onions.
6. Serve with tortilla chips.



# Bacon Wrapped Dates

## INGREDIENTS

- 16 slices bacon
- 32 medium organic Medjool dates, pitted
- Organic black pepper

## DIRECTIONS

1. Heat oven to 400°F
2. Using a knife, cut each slice of bacon in half crosswise at a diagonal, like cutting a ribbon. Starting at the straight end of the bacon, roll the bacon around the dates. Tuck the point under the wrapped bacon to secure. Place seam side down on a baking sheet.
3. Place in the oven and heat the oven to 400°F. Cook for 10 minutes, then flip, and cook until golden brown all over, another 5 to 15 minutes, depending on the thickness of your bacon.
4. Season with black pepper, then transfer to a paper towel-lined plate to crisp and cool slightly.



## INGREDIENTS

- 2 med red apples (I like Sweet Tango, Pink Lady or Ambrosia)
- 1 med Granny Smith Apple
- 2 ripe Bosc or red pears
- 1 cup golden raisins
- 1 cup raisins
- 1 cup dried cranberries
- 1.5 sticks of salted butter (12 Tbsp.)
- 2 Tbsp pure date syrup (no added sugar)
- 3/4 fresh squeezed tangerine juice
- 1 inch knob of ginger finely chopped or grated
- 2 tsp cinnamon
- 1 tsp ginger powder
- 1/2 tsp allspice
- 1/2 tsp cardamon
- 1/2 tsp nutmeg
- 1/2 tsp cloves
- 1/2 of a juiced tangerine peel with pulp



## DIRECTIONS

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1. Peel, core, and fine dice the apples and pears.
2. In a Med saucepan over medium heat slightly melt the butter.
3. Stir in the date syrup along with the ginger, cinnamon, nutmeg, cardamom, cloves, and ginger.
4. Stir until well mixed and all the butter is melted.
5. Stir in the fresh tangerine juice and the reserved half-peel
6. Add the apples, pears, cranberries, raisins, and golden raisins and mix thoroughly.
7. Bring mixture to a slow boil for 15-20 min stirring frequently.
8. Reduce heat to low, cover, and simmer for a minimum of 1 hour. Stirring every 10-15 minutes. You can simmer longer if desired.
9. When the mixture is a deep brown and the liquid has formed a thick syrup turn off heat cover and let cool to room temp. Remove the tangerine peel and refrigerate, or use as a pie, tart, or cookie filling. It is also good with chicken and pork as a chutney as well as a great addition to any holiday charcuterie, sweet or savory!
10. Enjoy!





## INGREDIENTS

### SALAD

- 2 bunches of kale, washed and chopped (about 8 cups or 12oz)
- 2 delicata squash
- 1 medium/large apple, cored and quartered, sliced into thin slices
- 1 cup mixed nuts/seeds, e.g. pecans & pumpkin seeds
- Arils from 1 pomegranate

### DRESSING

- 1 tbsp maple syrup
- 3 tbsp apple cider vinegar
- 1/3 cup extra virgin olive oil
- 2 tsp Dijon mustard
- 1/2 tsp cinnamon
- 1/4 tsp sea salt, or to taste
- 1/8 tsp black pepper, or to taste



## DIRECTIONS

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1. Wash the delicata squash and cut the ends off to create two flat edges. Cut the squash in half lengthwise and scoop out seeds, then cut into 1/4- to 1/2-inch c-shaped slices.
2. Preheat the oven to 400 F. Place squash slices on a parchment-lined baking sheet, drizzle with a few teaspoons of olive oil and some sea salt, and spread in a single layer. Roast for 25-35 minutes until tender, stirring about halfway through.
3. Meanwhile, dry toast the nuts/seeds on the stovetop in a pan over medium heat, or on a baking sheet while the squash is roasting. Watch carefully so they don't burn. Once the nuts/seeds smell toasty and begin to brown, they are done.
4. While the squash is roasting, make the dressing by combining all the ingredients together in a mason jar, tighten with a lid, and shake to combine. Adjust seasonings as needed.
5. Place kale into a large bowl and drizzle with 1-2 tbsp of the dressing. Massage the kale until softened and wilted.
6. Add the roasted squash, apple slices, pomegranate arils, and toasted nuts/seeds to the bowl of kale, reserving a bit of each ingredient for topping. Add a splash more of the dressing, adjusting as needed (you might have leftover dressing).
7. Transfer the salad onto a serving platter, adding extra pomegranate arils, nuts/seeds, or apple slices on top for presentation.

Makes 4-6 servings



CHAPTER

02

*Comforting  
Sides*

# Gluten-Free Skillet Cornbread

## INGREDIENTS

- 1 cup (132 g) coarsely ground yellow cornmeal
- 1 cup (132 g) gluten-free all-purpose flour or corn flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon kosher salt
- 1 ½ cups (340 g) plain yogurt at room temperature (can substitute an equal amount of buttermilk or half sour cream/half whole milk)
- 4 tablespoons (56 g) unsalted butter melted and cooled
- 1 egg at room temperature, beaten
- ¼ cup (65 g) honey



## DIRECTIONS

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1. Preheat your oven to 400°F. Grease a 12-inch cast iron skillet or an 8-inch square or round pan, and set it aside.
2. In a large bowl, place the cornmeal and flour, baking powder, baking soda, and salt, and whisk to combine well. In a separate bowl, place the yogurt (or buttermilk or sour cream and milk mixture), butter, and egg, and whisk to combine well.
3. Create a well in the dry ingredients and pour in the wet ingredients and the honey. Mix until just combined. The mixture will be relatively thin (thinner if you use buttermilk). Pour the mixture into the prepared pan.
4. Bake for 20-30 minutes, or until lightly golden brown on top, golden brown around the edges, and firm to the touch in the center. Slice and serve immediately.

*Adapted from Gluten Free on a Shoestring*



# Wasabi Miso Mashed Sweet Potatoes

## INGREDIENTS

- 2 sweet potatoes peeled and diced, or whole if baking
- Sea salt
- 2-4 Tbsp wasabi powder
- 3-6 Tbsp filtered water
- 2 Tbsp fresh ginger – finely grated
- 2 Tbsp melted coconut butter
- 2 Tbsp butter, ghee, or olive oil
- 2 Tbsp white miso



## DIRECTIONS

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1. Place the sweet potatoes in a saucepan. Cover with filtered water by 2” and add a teaspoon of sea salt.
2. Bring to a boil and cook until easily pierced with a fork, about 10 minutes. Drain. (Alternative – roast whole until tender, 45-55 minutes.)
3. Mix the wasabi powder and water to form a paste. Let stand for 5 minutes. Mix with the ginger, coconut butter, butter, and miso.
4. Mash the sweet potatoes, or use a food processor, and mix in the wasabi-miso mixture.
5. Season to taste.



# Brussels Sprouts with Cranberry Maple Brown Butter

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## INGREDIENTS

- 2 lbs. Brussels sprouts – cut in half lengthwise
- 2-3 Tbsp oil
- salt and pepper
- ¼ lb. fresh cranberries – rough chopped (frozen may be substituted)
- 2 Tbsp maple syrup
- 2 tsp fresh ginger- minced or grated
- 1 tsp fresh thyme- minced
- 1 orange – juice and zest
- 1 shallot – minced
- 6 Tbsp butter





## DIRECTIONS

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1. Preheat oven to 375°.
2. Toss the Brussels sprouts in the oil, salt, and pepper to coat evenly. Place on a baking sheet.
3. Roast the Brussels sprouts, stirring occasionally, until tender and browned, about 25 minutes.
4. In a small saucepan, combine cranberries, maple syrup, ginger, thyme, orange juice, zest, and shallot.
5. Cook for 10 minutes on medium heat.
6. In a small sauté pan, heat the butter until the milk solids are browned.
7. Combine the butter with the cranberry mixture.
8. Toss the Brussels sprouts with the cranberry browned butter and serve.

Serves 6



CHAPTER

03

*Nourishing  
Mains*



# Squash Stuffed with Pears & Wild Rice

## INGREDIENTS

- 5 acorn squash or sweet dumpling – cut in half crosswise, seeded
- ½ t freshly ground nutmeg
- 3 T olive oil
- 1 cup wild rice – uncooked
- 2 ½ cups vegetable broth
- ½ tsp salt, plus extra to taste
- 2 T olive oil
- 1 lb. ground turkey or chicken (optional)
- 1 large yellow onion, finely chopped
- 3 large garlic cloves, minced
- 3 large celery ribs, finely chopped
- 2 firm pears, peeled, halved lengthwise, cored, cut ½-inch dice
- 2 T minced sage
- 2 T minced fresh thyme leaves
- ⅔ cup minced fresh parsley
- ½ cup chopped walnuts or pecans, toasted
- ½ cup dried sweetened cranberries – rehydrated



## DIRECTIONS

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1. Preheat the oven to 375° F. Cut each squash in half crosswise. Scoop out and discard the seeds and strings. Rub inside flesh with oil. Sprinkle each half with a little salt, pepper, and nutmeg to taste.
2. Place on a rimmed baking sheet, cut side down. Bake for 30 minutes while preparing the stuffing.
3. Meanwhile, combine the wild rice, vegetable broth, ¼ teaspoon salt in a medium saucepan. Bring to a boil over medium-high heat. Reduce the heat to a simmer, partially cover, and cook, stirring occasionally, until the rice is tender, about 40 minutes. When the rice is done most of the water should be evaporated.
4. In a saute pan, heat the olive oil over medium heat. Saute the ground meat (if using) for 5 minutes; add the onion and celery until slightly softened, about 3-5 minutes. Add the garlic, pears, sage, thyme, and parsley and saute for 2 minutes. Remove from the heat.
5. In a large bowl, combine the cooked rice, sauteed vegetables/pears, walnuts, and dried cranberries. Add salt and pepper to taste.
6. Mount the rice mixture into the squash halves, dividing it evenly.
7. Cut the 3 tablespoons of butter into small pieces. Dot each stuffed squash with butter.
8. Cover with parchment and foil. Bake at 375°F until heated through, about 25 minutes.

Makes 10 halves

# Roasted Miso-Pomegranate Salmon

## INGREDIENTS

- 1 – 1.5 lb of wild-caught salmon filets
- 2 tablespoons olive oil
- 2 large shallots (sliced into thin rings), or half a yellow onion (thinly sliced)
- 2 fennel bulbs – very thinly sliced (save the fronds!)
- ½ cup white wine or sherry (or, use ½ cup broth plus a big splash of apple cider vinegar instead)
- salt and pepper to taste

## SALMON MARINADE

- 3 tablespoons miso
- 2 tablespoons maple syrup
- 2 tablespoons olive oil
- 2 garlic cloves
- 1 orange, zest and ¼ cup juice
- 2 tablespoons pomegranate molasses (see original recipe for instructions on making your own)
- ½ teaspoon salt and pepper

**Garnish:** ¼- ½ cup pomegranate seeds, fennel fronds



## DIRECTIONS

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1. Preheat the oven to 375°F.
2. Make the salmon marinade by whisking marinade ingredients together in a small bowl. Pour over the salmon, coating it well. Let marinate 15 minutes or up to 24 hours.
3. Heat oil over medium in an extra large skillet (preferably oven-safe). Sauté the fennel bulb and shallots/onion for 4-5 minutes, stirring until golden and slightly tender. Add wine and season generously with salt and pepper. Simmer gently until the wine has evaporated. Let the fennel finish cooking in the oven with the salmon.
4. Place the salmon in the oven to roast (skin-side down). It can be placed over the braised fennel, or on a separate pan. Pour any remaining marinade over the salmon. Depending on the size, thickness and the way the salmon is cut, cooking time will vary. For individual portions, check after 10 minutes. Large filets will likely take 15 minutes, and extra large thick filets may take even longer. Better to err on the side of under than over, so make sure to check the salmon every few minutes.
5. When the salmon is cooked, scatter with pomegranate seeds and fresh herbs for color before serving.



Serves 4

## INGREDIENTS

### FOR THE MEAT

- 2 lbs. beef stew meat, cut into 1 ½ inch chunks
- 1 Tbsp. sea salt
- 2 tsp. black pepper
- 1 Tbsp. bacon fat

### FOR THE STEW

- 1 Tbsp. bacon fat
- 1 medium yellow onion, diced
- 5 cloves garlic, minced
- 4 medium-sized carrots, cut into 1-inch chunks for a chunkier stew
- 1 Tbsp. fresh thyme, minced
- 1 tsp. fresh rosemary, minced
- 2 Tbsp. tomato paste
- 2 Tbsp. Worcestershire sauce
- 1 tsp. coconut aminos
- ½ cup red wine (I used Pinot Noir)
- ¼ cup cassava flour
- 4 ½ cups beef broth
- 5 medium red potatoes, skin on, cubed
- 2 cups mushrooms, ¼ inch sliced
- 2 bay leaves
- 1 cup fresh or frozen peas
- Sea salt and pepper to taste



## DIRECTIONS

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1. Preheat the oven to 325 degrees F.
2. In a large bowl, toss the meat, salt and pepper together until the meat is well coated.
3. In a large Dutch oven, heat the bacon fat and add the meat. Brown the meat well on all sides and then transfer to a plate and set aside.
4. Leave the browned bits in the pot and add a little more bacon fat. Then, add the onions, garlic, and carrots and sauté. Cook for 3-5 minutes until the onions start to become translucent. Then, add the thyme, rosemary, tomato paste, Worcestershire sauce, and coconut aminos. Stir well until everything is coated and softened.
5. Add the wine and cook until it reduces, about 5 minutes. Be sure to scrape the browned bits on the bottom during this process.
6. Add the flour and stir until everything is well coated. Then, add in the broth, cubed potatoes, mushrooms, beef and bay leaves.
7. Bring the pot to a boil, and then reduce to a simmer for 5 minutes. Put the lid on and cook in the oven for 1 hour and 45 minutes. Add in the peas 10 minutes before cooking is done.
8. Remove bay leaves and top with favorite herb before serving. I also added some Maldon finishing salt for topping, too.

Serves 6





# Spatchcocked Turkey

## INGREDIENTS

- One 12-14 pound turkey
- ¼ cup Diamond Crystal kosher salt (not all kosher salts are the same)
- ½ cup softened butter or ½ cup ghee, duck fat, or schmaltz
- ¼ cup blend of fresh sage, thyme, and rosemary leaves minced



## DIRECTIONS

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1. Remove the innards from the turkey and reserve the neck and giblets for gravy or bone broth. Dry the turkey well with paper towels.
2. Grab a sharp pair of kitchen shears and start cutting from the tail-end open cavity along one side of the backbone until you reach the neck hole.
3. Once you've cut all the way through, cut along the other side of the backbone, and remove the spine. Add the backbone to the neck and giblets you're saving for gravy or broth.
4. Use a knife to make a shallow cut in the cartilage on the underside of the breastbone, and use your hands to firmly push the breasts flat like an open book.
5. Now, it's time to salt the bird. Use your fingers to loosen the skin away from the flesh. Rub salt directly onto the meat under the skin, as well as on the outside and underside of the turkey. Loosely cover the bird with plastic wrap, and dry-brine it in the fridge for 1 to 3 days.
6. On Thanksgiving Day, preheat the oven to 450°F with the rack in the lower middle position. Take the brined turkey out of the refrigerator. Place a wire rack on top of a baking sheet.\*
7. Grab your softened butter and fresh herbs. Mince the herbs, and mix them with the softened butter/ghee to form a compound.
8. Take two-thirds of the herb butter and use it to spread under the skin of the breast and thigh meat. Spread the remaining herb butter on the outside of the bird.
9. Lay the bird flat on the wire rack and tuck the wing tips under the turkey so they don't burn. Pour ½ cup of water into the tray. This will keep the drippings from burning and smoking.
10. Place the turkey in the oven and place an in-oven thermometer (if you have one) into the thick part of the breast. The turkey is done when the breast meat reaches 145°-150°F, and the thigh meat is 165°F, about 80-90 minutes. If you don't have an oven thermometer, you can check the temperature of the breast and thigh meat at the 80-minute mark with an instant-read thermometer.

*Recipe by Michelle Tam of Nom Nom Paleo*

## INGREDIENTS

- 1 Tbsp avocado oil or ghee
- 1 turkey backbone
- Kosher salt and freshly ground black pepper
- 1 large onion, roughly chopped (about 1 1/4 cup)
- 1 large carrot, peeled and roughly chopped (about 1/2 cup)
- 2 medium ribs celery, roughly chopped (about 1/2 cup)
- 1 bay leaf
- 1/3 cup apple cider vinegar
- 1/3 cup water
- 1 1/4 cup turkey or chicken stock or bone broth
- 3/4 tsp coconut aminos
- 1 1/4 tsp tamari
- 4 Tbsp unsalted butter
- 1 Tbsp lemon juice



## DIRECTIONS

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1. While the turkey is roasting, heat ghee/oil in a small saucepan over high heat until shimmering.
2. Add turkey backbone and cook, stirring frequently, until well browned, about 3 minutes.
3. Add onion, carrot, and celery and cook, stirring frequently, until beginning to brown, about 3 minutes.
4. Add bay leaf and any stems leftover from the herb butter and deglaze with apple cider vinegar, water, coconut aminos, and stock, using a wooden spoon to scrape up any browned bits from bottom of pan. Reduce heat to maintain simmer and cook for 20 minutes until desired consistency is reached.
5. Strain out solids and return liquid to pan. Simmer over medium-high heat until approximately 2/3 cups remain, about 7 minutes.
6. Whisk in tamari, butter, and lemon juice off the heat. Season to taste with salt and pepper.

*Adapted from recipe by J. Kenji López-Alt*



CHAPTER

04

*Seasonal  
Sweets*



# Dairy-free Turmeric Pumpkin Pie Panna Cotta

## INGREDIENTS

- 1  $\frac{3}{4}$  cup pumpkin purée
- 1 cup coconut cream
- $\frac{1}{4}$  cup plain coconut yogurt
- 2 Tbs –  $\frac{1}{4}$  cup maple syrup (depending on your preferences)
- 1  $\frac{1}{2}$  tsp unflavored gelatin
- 1  $\frac{1}{2}$  tbs ground turmeric
- 1 tsp pumpkin pie spice
- 1 tsp cinnamon
- $\frac{1}{4}$  tsp ground cloves
- $\frac{1}{4}$  tsp kosher salt
- $\frac{1}{4}$  tsp black pepper
- Pumpkin seeds and flaky or black lava salt for topping



## DIRECTIONS

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1. In a small bowl sprinkle unflavored gelatin over 2 Tbsp warm water and let stand for 10 minutes
2. In a small saucepan combine coconut cream, maple syrup, and all of the spices
3. Cook over medium-low heat while stirring until the edges are simmering
4. Remove from heat and stir in gelatin mixture and let stand 10 minutes
5. Place pumpkin and coconut yogurt in a medium mixing bowl, strain in cream mixture and whisk until smooth and creamy
6. Divide into serving dishes and refrigerate for 3 or more hours to set
7. Top with sprouted “crispy” (pictured) or toasted pumpkin seeds and flaky salt, or black lava salt (pictured) if you want more of a Halloween vibe.

Serves 4-6



# Ginger Molasses Cookies

## INGREDIENTS

- 1 cup/256g almond butter (roasted)
- 3 tablespoons/45g unsulphured molasses
- 2 large eggs, room temperature
- 2 teaspoons freshly grated ginger root
- ½ cup/96g coconut sugar
- ¼ cup/30g coconut flour
- 1 teaspoon baking soda
- 1/2 teaspoon ground ginger
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1/2 teaspoon sea salt
- A pinch of freshly ground white pepper





## DIRECTIONS

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1. Line two baking sheets with parchment paper. Preheat oven to 350 degrees.
2. In the bowl of a stand mixer with a paddle attachment or by hand, beat together the almond butter, molasses, eggs, and freshly grated ginger until smooth.
3. In a medium bowl, mix together coconut sugar, coconut flour, baking soda, ginger, cinnamon, allspice, salt and pepper.
4. Slowly add the sugar and spice mixture to the almond butter mixture while mixing on low until just combined.
5. Drop the dough by the rounded teaspoonfuls about 2 inches apart on the prepared baking sheets, slightly flatten the top.
6. Bake cookies, rotating baking sheets halfway through, until firm around the edges and starting to crack in the center (the cookies will look slightly puffed but will flatten and crackle more as they cool), about 12-15 minutes. Cool two minutes on the baking sheets out of the oven then transfer the parchment paper with the cookies to wire racks to cool completely.

Yield: 2 1/2 dozen



## INGREDIENTS

- 1¼ cups blanched almond flour
- ¼ teaspoon sea salt
- ½ teaspoon baking soda
- 1/3 cup honey
- 1/3 cup tahini
- 1 Tablespoon coconut oil
- 1 Tablespoon vanilla extract
- ¼ cup raw sesame seeds



## DIRECTIONS

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1. Preheat oven to 350 F.
2. In a large bowl, combine almond flour, salt, and baking soda.
3. In a smaller bowl, combine honey, tahini, coconut oil, and vanilla.
4. Blend together the dry and wet ingredients.
5. Form the dough into 1" balls and roll in the sesame seeds.
6. Place on parchment-lined cookie sheet and flatten.
7. Bake for 8 to 10 minutes, or until cookies are lightly browned. Remove cookies from oven and transfer to a baking sheet to cool.

Makes 14 cookies





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# CONTRIBUTORS

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## 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.



## KELLY BREWSTER, NFC

Kelly Brewster is a graduate of NTI's Certified Natural Food Chef program. She loves creating flavorful, nourishing, fortified food experiences! She takes pride in making recipes with the most nutrient-dense options for optimal health and wellbeing! Her desire is to share her NFC knowledge to inspire others like her to enjoy a healthier, more conscientious life regarding good whole food and food sourcing. She loves that she gets to share recipes that not only continue to enhance her culinary mastery, but also provide creative delicious meals for others to enjoy.



## JENN LEPLATT, NTM, NFC

Jenn LePlatt is a Natural Food Chef and Nutrition Therapist Master. Her zest for learning everything nutrition is contagious. One of her favorite things is to share nutritious "tidbits" of food and information. "We all have a superpower, mine is to nourish".

# CONTRIBUTORS

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## **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 [tableto crave.com](http://tableto crave.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.



## **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!



## **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](http://megsnourishedkitchen.com).

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Recipe & photo by Jacqui Gabel

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