

# The Health Reset Recipe Guide

## Soups and Stews –

### Moroccan Lentil Soup

- 1 white onion (diced)
- 3 cloves garlic (minced)
- 1 tbsp chopped ginger
- 2 tbsp curry powder
- 1 tbsp chili powder
- 1 sweet potato (diced)
- 1 red bell pepper (diced)
- 3 cups of Orange Lentils
- 4 cups vegetable stock (homemade or boxed)
- 2 tbsp chopped cilantro for garnish
- 1 lime

In a soup pot over med/high heat, sauté all of the vegetables and seasonings in a little olive oil. After 10 minutes add the lentils and stock and season with salt and pepper. Bring the soup to a boil and then reduce the heat to med/low, cover and let simmer until the lentils have cooked through, about 30 minutes. Serve garnished with chopped cilantro and a lime wedge.

### Curried Butternut Squash Soup

- 1 white onion (chopped)
- 1 fennel bulb (chopped)
- 3 cloves garlic (minced)
- 1 tbsp chopped ginger
- 5 tbsp curry powder
- 1/2 tsp cayenne
- 1 butternut squash (peeled and chopped)
- 3 long hot peppers (cored)
- 4 cups of vegetable stock (homemade or boxed)
- 1 cup apple cider

In a pre-heated 425 degree oven, roast the chopped butternut squash and long hot peppers tossed with 3 tbsp. curry powder. Meanwhile, in a large soup pot sauté the onions, fennel, garlic, ginger and remaining seasonings in a little olive oil. After the squash begun to soften and caramelize in the oven, add it, with the roasted peppers to the soup pot. Add the stock and cider and bring to a boil. Reduce the heat to med/low and cover and let simmer for 45 minutes. Puree soup in a blender or a food processor and serve.

## **Black Bean Chili**

1 white onion (diced)  
3 cloves garlic (minced)  
4 tbsp chili powder  
2 tbsp cumin  
½ tsp cayenne  
1 tbsp honey  
2 tbsp dried oregano  
1 tbsp dried basil  
2 cups cremini mushrooms (chopped)  
4 cans black beans  
1 can petite diced tomatoes  
4 cups vegetable stock

In a large soup pot, sauté the onions, garlic and dried seasonings in a little olive oil. After 5 minutes, add the mushrooms and continue to sauté seasoning with salt and pepper. Next add the remaining ingredients and bring to a boil. Cover and reduce the heat to med/low and let simmer for 45 minutes. Serve with chopped cilantro and some rice cakes for a crunchy garnish.

## **Light Entrees -**

### **Winter Kale Salad**

1 bunch kale (washed and chopped)  
1 grapefruit  
1 navel orange  
1 can chickpeas  
½ cup chopped hazelnuts  
2 chopped roasted red bell peppers (homemade or jarred)  
2 tbsp olive oil

Peel and either slice or segment the citrus fruit. In a big salad bowl, toss all of the ingredients together and serve. Simple as that!

### **Zucchini Noodles**

3 med/large zucchini  
2 cups your favorite homemade pasta sauce

On a mandolin, slice the zucchini into spaghetti like strips. Toss with your favorite pasta sauce and serve with a side salad. If you do not have a mandolin, carefully slice the zucchini into your “noodles”.

## **Vegetable Stir Fry**

1 red onion (sliced)  
2 garlic cloves (minced)  
1 tbsp chopped ginger  
1 red bell pepper (sliced)  
2 carrots (cut into strips)  
½ lb shitake mushrooms (sliced)  
½ head napa cabbage (chopped)  
1 tbsp chinese five spice powder  
1 tbsp honey  
3 tbsp tamari

In a large wok (or sauté pan) over high heat, sauté the onion, garlic, and ginger in a little oil. Quickly add the remaining vegetables and stir fry for a few minutes until they start to soften. Meanwhile, mix the five spice, honey, and tamari in a small bowl. After the vegetables caramelize and soften, add the sauce. Serve with brown rice.

## **Quinoa Salad**

2 cups cooked Quinoa  
½ cup currants  
½ cup slivered almonds  
½ cup diced carrots  
½ cup diced cucumber  
2 tbsp chopped parsley  
1 tbsp chopped mint  
1 tbsp cumin  
3 tbsp olive oil

Mixed all of the ingredients together and keep cold until serving.

## **Snacks and Treats:**

### **“The Treat”**

1 rice cake  
1 tbsp almond butter  
½ sliced banana

Smear the almond butter on top of the rice cake and top with the sliced banana.  
Ridiculous!

### **Roasted Sweet Potatoes:**

3 sweet potatoes (cut into wedges)  
2 tbsp curry powder

In a pre-heated 450 degree oven roast the sweet potato wedges tossed with olive oil and curry powder and seasoned with salt and pepper until caramelized and cooked through. Perfect as a side or for a daytime snack!

### **The Green Drink**

2 cucumbers  
3-4 celery stalks  
2-3 apples  
1 lemon  
2 handfuls of spinach

Blend all of the ingredients with just enough water to create the smoothie consistency that you prefer. Add some pineapple or a banana if you need some more sweetness.