

Crockpot Tomato Basil Pulled Chicken

Ingredients

Olive oil

Boneless, skinless chicken breasts

Salt and pepper

Balsamic vinegar

Garlic

Tomatoes

Fresh basil

Optional balsamic reduction
for serving

Directions

1. Coat the bottom of your slow cooker with olive oil.
2. Add chicken, salt, pepper, balsamic vinegar, garlic, and tomatoes.
3. Cook on low for 4-6 hours.
4. Shred chicken.
5. Stir in basil.

Enjoy with pasta, salad, or roasted eggplant. (Slice eggplant into 1/4 inch coins, drizzle with olive oil, salt and pepper, and bake for 20 minutes at 350 degrees.)

Orecchiette with Asparagus, Ricotta, and Lemon

Ingredients

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| 1 lb. (500 gr) orecchiette | 250 gr ricotta (or Lemon-Macadamia Ricotta for a dairy-free version) |
| 1/2 Cup of reserved pasta water | Freshly ground black pepper (be generous!) |
| 3 Tbsp. extra-virgin olive oil | A handful of fresh herbs, chopped (dill, basil, mint, parsley, or a combination works well) |
| 2 Tbsp. minced garlic | Grating of parmesan (optional) |
| 1 large lemon (or 1 Tbsp. lemon juice) | |
| 2-4 tsp. red chili flakes | |
| 1 small bunch (500 gr) asparagus | |
| 1/2 tsp. salt, divided | |
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Directions

1. Bring a large pot of pasta water to the boil. Salt the water and drop pasta. Cook 1-2 minutes shy of package directions for al dente pasta. Don't forget to reserve 1/2 cup of pasta water before draining.
2. In the meantime, heat a large, deep skillet over medium heat. Add oil, garlic, zest from the entire lemon, and chili flakes. Sauté for a few minutes, until fragrant.
3. Snap away woody stems of asparagus and cut stalks into coins. Add to skillet along with 1/4 tsp. salt. Sauté for 3 minutes, or until asparagus is crisp-tender.
4. Remove from heat. Stir in ricotta, the juice from half the lemon, and a few splashes of pasta water to loosen the sauce. Add orecchiette, the remaining 1/4 tsp. of salt and a few generous grinds of black pepper. Add more pasta water as needed to loosen the sauce. Taste, adjust for seasoning, adding more salt or lemon if desired. (If using the vegan lemon ricotta, you may not need all of the lemon juice called for in the recipe. Taste as you go.)
5. Serve immediately with a sprinkling of herbs and an optional grating of parmesan.

Focaccia Pizza Dough

Ingredients

1 teaspoon active dry yeast, or 0.2 ounces fresh cake yeast	5 teaspoons granulated sugar
3 cups all-purpose flour	2 teaspoons kosher salt
1 cup bread flour	1/2 cup olive oil

Directions

1. Combine yeast and 1 ^{1/2} c tepid water in stand mixer with dough hook attachment and let sit for 1 min.
2. Add both flours, sugar, and salt and mix on low.
3. Slowly add olive oil and mix 3-5 min until dough forms a ball. Transfer to a greased bowl and cover with plastic wrap for at least 6 hrs.
4. Cover a sheet pan with parchment paper and dump dough out on center. Using floured hands, work dough into an even rectangle the size of the sheet pan (or circle if you have a pizza pan).
5. Top with 1 cup +/- crushed tomatoes (spread out with the back of a spoon) and bake at 450F for 15 min.
6. Add mozzarella cheese and broil for another 5 min (Watch carefully depending on oven).

Mini Chocolate Chip Banana Muffins

Ingredients

2-3 ripe bananas

1/3 cup coconut oil
(or melted butter)

1/2 cup sugar

1 large egg

1 tsp vanilla

1 tsp baking soda

1 ¹/₂ c flour

1/2 cup semi sweet chocolate chips

Directions

1. With a mixer, combine bananas, oil, sugar, egg, and vanilla until incorporated.
2. Mix in flour and baking soda. Stir in chocolate chips.
3. Put a heaping teaspoon per muffin into greased mini muffin tins.
4. Bake at 350F for 15 min.

Peanut Butter Cookies

Ingredients

1 1/4 cup all-purpose flour	3/4 cup packed brown sugar
1 teaspoon baking soda	1/4 cup granulated sugar
1/2 teaspoon salt	1 large egg
1/2 cup creamy peanut butter	1 teaspoon vanilla extract
1/2 cup (1 stick) unsalted butter, softened	sugar for sprinkling, optional

Directions

1. Preheat oven to 350°F. Line two baking sheets with parchment paper.
2. Combine the flour, baking soda and salt in a medium bowl. Set aside.
3. In the bowl of a stand mixer, beat the peanut butter, butter and both sugars, until light and fluffy. Add in the egg and vanilla.
4. Gradually add in the flour mixture on low speed. Stir until dough forms.
5. Using a large cookie scoop (about 1 heaping tablespoon of dough), drop rounded balls of dough onto prepared cookie sheet. Leaving space for spreading. (For a sparkle look, I like to sprinkle the tops of the dough with extra granulated sugar — but it's totally optional.)
6. Bake for 10 to 12 minutes, or until edges are slightly browned, and remove from oven. Let cool for 5 minutes on cookie sheets before transferring cookies to a wire rack to cool completely.
7. Store in an airtight container for up to 5 days.

Early Grey Yogurt Cake

Ingredients

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| 1 cup vegetable oil, plus more for pan | 2 large eggs |
| 2 cups (250 g) all-purpose flour | 1¼ cups (250 g) granulated sugar |
| 1½ tsp. Diamond Crystal or 1 tsp. Morton kosher salt | 1 cup plain whole-milk yogurt |
| ½ tsp. baking powder | 3 Tbsp. loose-leaf Earl Grey tea or ¼ cup tea from bags |
| ½ tsp. baking soda | 2 tsp. vanilla extract |
| | 1 Tbsp. raw or granulated sugar |
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Directions

1. Preheat oven to 325°. Lightly coat a 9x5" or 8½x4½" loaf pan with vegetable oil and line with parchment paper, leaving overhang on long sides.
2. Whisk 2 cups (250 g) all-purpose flour, 1½ tsp. Diamond Crystal or 1 tsp. Morton kosher salt, ½ tsp. baking powder, and ½ tsp. baking soda in a medium bowl to combine.
3. Vigorously whisk 2 large eggs and 1¼ cups (250 g) granulated sugar in a large bowl 1 minute (time it!); mixture should be pale yellow and frothy. Whisk in 1 cup plain whole-milk yogurt, 3 Tbsp. loose-leaf Earl Grey tea (or ¼ cup tea from bags), and 2 tsp. vanilla extract.
4. Gradually stream in 1 cup vegetable oil, whisking constantly until incorporated. (Place a kitchen towel under your bowl to stabilize it so that you have two free hands.) Add dry ingredients and whisk to combine. Scrape batter into prepared pan and smooth top. Gently tap pan against surface to eliminate any air bubbles.
5. Sprinkle evenly with 1 Tbsp. raw or granulated sugar. Bake cake until a skewer or toothpick inserted into the center comes out clean, about 1 hour.
6. Let cool 15 minutes in pan, then run a butter knife or offset spatula between the cake and pan to release. Lift it out using parchment overhang and transfer to a wire rack. Serve warm or room temperature (or even better, toast slices and slather them with butter!)

Chili Lime Sweet Potato and Chicken Skillet

Ingredients

1 lb boneless skinless chicken breasts (roughly 2 large chicken breasts; cut into 1-inch cubes)
2 tablespoons olive oil
Salt and pepper
4 cups sweet potato cubes (cut into 1-cm (1/2 inch) cubes; approximately 1 large or 2 smaller sweet potatoes)
2 bell peppers (cut into 1/2 inch pieces)
1 red onion (1 small onion or 1/2 large onion; diced)
2 tablespoons chili powder
2 teaspoons ground cumin
1/4 teaspoon salt
1 cup chicken stock
1 tablespoon lime zest
1 can black beans drained (540mL/18 oz)

To serve

Shredded cheddar cheese
Cilantro leaves
Lime wedges
Greek yogurt or sour cream
Avocado
Tortilla chips

Directions

1. In a large skillet or pan, heat 1 tablespoon of olive oil over medium heat. Add the chicken, and cook until no longer pink in the middle (roughly 8-10 minutes).
2. Remove the chicken from the pan and place on a clean plate.
3. Add the sweet potato, bell peppers, red onion, chili powder, cumin, salt, chicken stock and lime zest.
4. Cover and bring to a simmer. Simmer (covered) for 15-20 minutes, stirring 2-3 times, until sweet potatoes are soft and cooked through. If the pan becomes dry, add more chicken stock.
5. Add the black beans and cooked chicken breast, and cook 2 or so minutes until heated through.
6. Serve with suggested toppings.