

# WINTER KALE SALAD

Yield: 4-6 portions

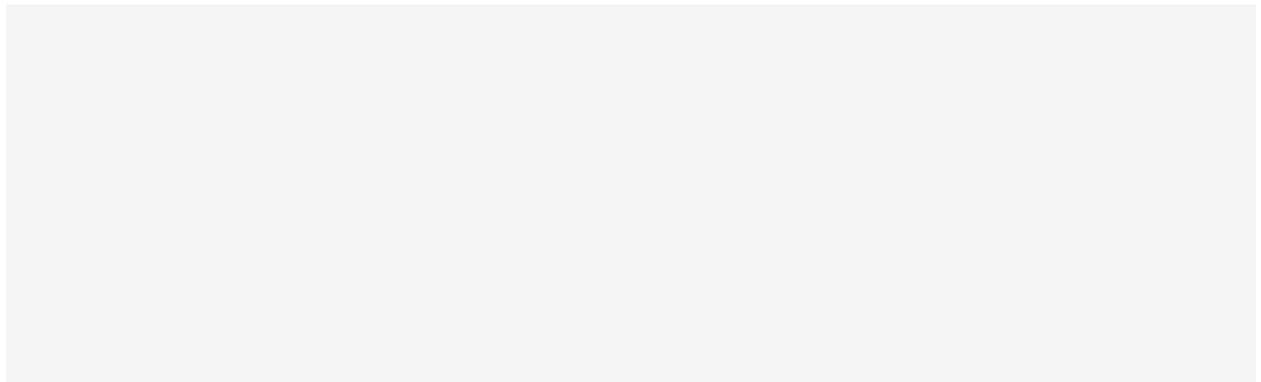
## **Ingredients**

1 bunch kale, stalks removed, leaves thinly sliced  
juice of 1 lemon  
3 tbs extra virgin olive oil or canola oil  
Kosher salt  
2 tsp honey  
1/8 of a fresh pineapple, cut into small dice  
freshly ground black pepper  
2 generous tbs pumpkin seeds

## **Process**

In a large serving bowl, add the kale, half of the lemon juice, 1 tsp of the olive oil, and a pinch of kosher salt. Massage the kale until it starts to soften and wilt, about 2-3 minutes.

In a small bowl, whisk the remaining lemon juice with the honey and freshly ground pepper. Stream in the remaining oil, whisking until a dressing forms. Add the pineapple and pumpkin seeds. Pour dressing over the kale and toss. Kale salad holds up well in the refrigerator for up to 2 days.



# NORTH AFRICAN CHICKEN CURRY

Yield: 4 servings

## Ingredients

1 lb boneless chicken breast cut into 1.5 in. cubes  
3 tbs. flour  
½ onion, diced 2 tbs. canola oil  
1 med. sweet potato, peeled & diced into 1 in. cubes  
1 ½ tsp cinnamon  
1 tsp ground cumin ½ tsp. grd. ginger  
½ tsp turmeric ¼ tsp. crushed red pepper  
2 cups chicken broth (or 2 cups coconut water)  
2 tbs. lemon juice  
½ tsp salt  
¼ cup pitted dates, sm dice  
⅓ cup dried apricots, small dice  
⅓ cup slivered almonds  
1 5-inch carrot, large dice  
1 5-inch celery, large dice  
4 oz. fresh leaf spinach

## Process

Coat chicken with flour and salt. Heat oil in large deep skillet or Dutch oven over medium heat. Add half of the chicken, brown about 3 minutes per side. Remove from skillet. Repeat browning step with remaining chicken.

After browning chicken, add onions and saute until softened (add more oil, if needed). Combine cinnamon, cumin, ginger, peppers and turmeric. Add to onions and saute an additional 1 minute. Stir in broth or coconut water and lemon juice, stir in carrots, celery, dried fruit, almonds and sweet potatoes. Cover and simmer over medium heat for 20 minutes, or until carrots and sweet potatoes are soft.

Uncover, add chicken and spinach, simmer on low heat for an additional 10 minutes. It is important that the curry at this point does not bubble, which will harden the proteins in the chicken.

This dish can also be prepared without the sweet potatoes and served over brown rice or another healthy grain. (Quinoa, bulghur, barley, etc.)

# FLOURLESS CHOCOLATE CAKE

Yield: 6 portions

## Ingredients

1 ½ cups semisweet chocolate chips  
¾ cup white sugar  
1 (15 oz) can garbanzo beans, rinsed and drained  
½ tsp baking powder  
4 eggs  
1 tbs powdered sugar for dusting

## Process

Preheat the oven to 350 degrees. Grease a 9 inch round cake pan.

Place the chocolate chips into a pyrex dish. Melt in the microwave about 2 minutes, stirring every 20 seconds until chocolate is smooth.

Combine the beans and eggs in the bowl of a food processor. Process until smooth. Add the sugar and baking powder, and pulse to blend. Pour in the melted chocolate and blend until smooth, scraping down the corners to make sure chocolate is completely mixed. Transfer the batter to the prepared cake pan.

Bake for 40 minutes in the preheated oven, or until a knife inserted into the center comes out clean. After the cakes cools, dust with powdered sugar just before serving.