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members
and staff.

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Please send it to Sara Tips
sara@whetstonefit.com

Our goal is easy, whole food meals and snacks.
Try one of these or find your own.

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Cashew Chicken](#)

-Ronna G.

[White Bean
Soup](#)

-Jeannette N.

[Italian Vegetable
Custard](#)

-Joyce B.

[Curried Lentil
Soup](#)

-Kristen S.

[Favorite
Granola](#)

-Kristen S.

[Sweet Potato
Black Bean Chili](#)

-Sara T.

[Red Lentil Soup](#)

-Kristen S.

[Chana Masala](#)

-Kristen S.

Massaged Kale Salad *(Adapted from Feeding the Whole Family, Cynthia Lair)*

INGREDIENTS

1 bunch kale
1 tsp sea salt
1/3 cup toasted sunflower seeds
¼ cup diced red onion
1/3 cup currants

½ diced apple
2 tbsp unfiltered apple cider vinegar
¼ cup olive oil
½ cup gorgonzola cheese, crumbled

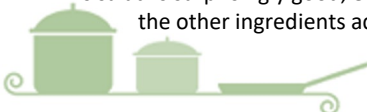


DIRECTIONS

- 1) De-stem kale, wash leaves. Stack leaves, roll up and cut into thin ribbons (chiffonade). Put kale in a large mixing bowl. Add salt, massage salt into kale with your hands for 2 minutes. Put kale in a fresh bowl and discard any leftover liquid.
- 2) Stir onion, currants, apple and toasted seeds into kale.
- 3) Dress with oil and vinegar and toss. Taste for salt and vinegar, adding more if necessary.
- 4) Toss in cheese.

NOTES AND SUBSTITUTIONS

This salad is surprisingly good, even if you are typically not too keen on kale. Massaging the kale takes out the bitterness and the other ingredients add interesting tastes and textures. It all works together beautifully.



-Recipe shared by Lynn H.

Go-to Tuna Salad

INGREDIENTS

- 1 can good quality tuna
- 1-2 tbsp olive oil
- Zest of 1 lemon (zest before you juice it)
- Fresh Lemon juice (½ lemon or more to taste)
- 2-3 sundried tomatoes, sliced or diced
- 3 tbsp onion chopped
- ½ celery stalk, chopped
- 6 fresh basil leaves
- Black pepper to taste

DIRECTIONS

- 1) Drain the tuna and break it up in a bowl. Add lemon juice and olive oil and stir. Taste to see if you like the balance of oil and lemon and adjust as desired. Stir in the remaining ingredients. Put half on top of your green salad and enjoy. Use the other half for your lunch tomorrow.

NOTES AND SUBSTITUTIONS

The most important parts are the tuna, lemon juice and olive oil. Everything else can be substituted according to taste and what you have on hand. If you don't have fresh lemon, use bottled. If you don't like zesting, don't bother. If you don't have fresh basil, fresh parsley or chives are a great substitute, or try a pinch of dried herbs. Shallots, green onion, red onion – all are good so use what you have on hand. Fresh chopped sweet pepper is a tasty addition. You can sub mayo for the lemon juice and olive oil if you prefer. It's a fast, clean, easy meal with quality protein.



-Recipe shared by Michelle B.

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Go-to White Bean Salad

INGREDIENTS

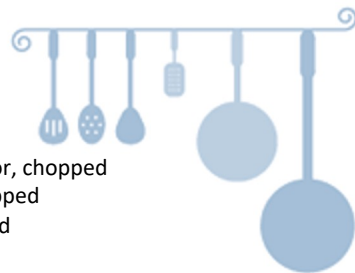
- 1 can white beans, drained
- 1-2 tbsp olive oil
- 1-2 tbsp lemon juice
- 1 tbsp white wine vinegar (or champagne vinegar)
- 1 small garlic clove, finely chopped
- 2-3 tbsp chopped onion
- 3 tbsp bell pepper, any color, chopped
- 2-3 tbsp fresh parsley, chopped
- 1 tbsp fresh chives, chopped
- Pinch of salt
- Black pepper to taste

DIRECTIONS

- 1) Mix all this up and put in the refrigerator overnight so the beans can marinate and soak up all of the flavors.
- 2) Scoop about a 1/3 cup on top of your green salad and enjoy for lunch.

NOTES AND SUBSTITUTIONS

Substitute ingredients according to taste and what you have on hand. If you don't have fresh lemon, use bottled. If you don't have fresh parsley, try a pinch of dried.



-Recipe shared by Michelle B.

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Kale & Quinoa Salad *(use as a full meal)*

SALAD INGREDIENTS

- 8 cups of kale, chopped
- 3 cups quinoa, cooked
- 1 large sweet bell pepper, chopped
- 1 onion, chopped
- 1 large sweet potato, roasted and cubed
- ½ cup kalamata olives, chopped
- 1 cup raisins

DIRECTIONS

- 1) Mix dressing ingredients and let sit while you prepare the rest.
- 2) De-stem kale, wash leaves. Stack leaves, roll up and cut into thin ribbons (chiffonade). Put kale in a large mixing bowl. Add salt, massage salt into kale with your hands for 2 minutes. Put kale in a fresh bowl and discard any leftover liquid.
- 3) Stir in quinoa, pepper, onion, sweet potato, olives and raisins
- 4) Pour dressing over mixture and gently toss to coat. Let chill one hour in the fridge.
- 5) Top with cheese when ready to serve, if desired.

NOTES AND SUBSTITUTIONS

This salad is definitely a meal. Massaging the kale softens it and takes out the bitterness. Don't like some of the suggested ingredients? Simply omit, or substitute something you like. Like it spicy?

Try a spicy olive oil. There will be leftovers!

-Recipe shared by Georgianna S.

DRESSING INGREDIENTS

- ½ cup balsamic vinegar
- ¼ cup apple cider vinegar
- 1 tbsp garlic, minced
- ½ cup olive oil
- 1 heaping tbsp honey
- Salt and Pepper to taste

TOPPING INGREDIENTS (optional)

- 1 cup crumbled feta. ½ cup sunflower or pepita seeds



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Three Sisters Stew *(Adapted from Feeding the Whole Family, Cynthia Lair)*

INGREDIENTS

- 1 can beans (kidney, garbanzo or lima beans, etc.)
- 3 cups of stock or water, divided
- 2 tsp ground cumin
- 1 tbsp olive oil
- 1 medium onion, chopped
- 2 tsp salt
- 3 cloves of garlic, minced
- ½ tsp cinnamon
- 1 tsp chili powder
- 2-3 cups of delicata winter squash, cut in chunks (no need to peel)
- 1 14-oz can diced tomatoes
- 1 ½ cups fresh or frozen corn
- *Optional garnish – ½ cup grated cheese

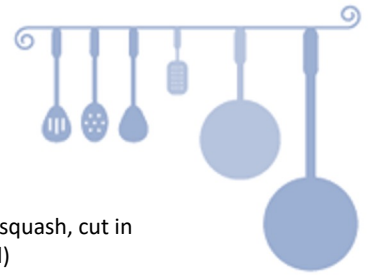
DIRECTIONS

- 1) Heat a 4-quart pot, add oil. Add onion, salt and garlic, sauté until onion is soft. Add cumin, oregano and cinnamon and chili powder and cook for about 30 seconds.
- 2) Add 2 ½ cups of water, squash, and tomatoes and bring to a simmer. Cook until squash is soft, (about 20 minutes).
- 3) Add remaining ½ cup of water if mixture is dry. Add beans and corn and simmer until corn is tender.
- 4) Adjust seasoning to taste. Serve hot with grated cheese if desired.



-Recipe shared by Lynn H.

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Sweet Potato Kale Bites *(Great snack high in protein and fiber)*



INGREDIENTS

- | | |
|--|-----------------------------------|
| 2 cups Sweet Potatoes, roughly cut into 1" cubes | 1 tsp Paprika (smoked or regular) |
| 1 cup Chickpeas (Garbanzo Beans), drained | 1 ½ tsp Garlic Powder |
| 3 Garlic Cloves, minced | 1 tsp Ground Cumin |
| 2 cups Kale, finely chopped | ½ tsp salt, optional |
| 2 tsp Onion Powder | ¼ tsp black pepper |
| | 1 tbs Flax Meal |

DIRECTIONS

- 1) Add the Sweet Potatoes to a large pot with enough water to cover them. Bring to a boil. Cook until tender, about 10 min.
- 2) Meanwhile, add the Kale to the colander you plan to use to drain the Sweet Potatoes.
- 3) Drain the Sweet Potatoes when finished cooking over the top of the Kale to tenderize.
- 4) Add the Sweet Potatoes, Kale, and Chickpeas to a large bowl and mash until things are mostly mashed.
- 5) Add the Fresh Garlic and the rest of the spices and stir until combined. Fold in the Flax Meal.
- 6) With clean hands, form into bite-sized rounds, about 1 ½" in diameter. Place each bite in your air fryer basket or tray. They can touch, but don't pile them on top of one another. No air fryer? Place on a baking sheet lined with parchment paper to ready for the oven.
- 7) Air Fryer: Cook at 380°F for 10 – 12 min, until crispy, shaking the basket halfway through.
- 8) Traditional Oven: Cook at 400°F for 30 minutes, flipping halfway through.



NOTES AND SUBSTITUTIONS

Can substitute any potato for the sweet potato, white beans for chickpeas, and any dark leafy green for the kale.

-Recipe shared by Linda C.

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Homemade Protein Bars



INGREDIENTS

- | | | |
|---|----------------------------------|---------------------------|
| ¾ cup Applesauce, Pumpkin, or Mashed Banana | 1 cup Whole Wheat Flour | 2 tbsp Chia Seeds |
| 1 tsp Vanilla Extract | 2 cups Cooked Quinoa | 1 tsp Cinnamon |
| 2 Large Eggs | 2 cups Oats | ¾ cup Unsweetened Coconut |
| ¾ cup Peanut or Almond Butter | ¾ cup nuts (chopped) | 1 cup Chocolate Chips |
| ½ cup Honey | ¼ cup pepitas or sunflower seeds | 1 cup Craisins |

DIRECTIONS

1. Combine Applesauce, Vanilla, Eggs, Peanut Butter, and Honey and mix well.
2. Add remaining Ingredients and stir until just mixed.
3. Spoon into greased 9" x 13" pan
4. Bake at 375 degrees F for approximately 25 minutes
5. Let cool. Store in refrigerator or can freeze for up to 3 months.

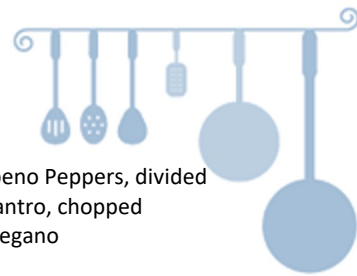
NOTES AND SUBSTITUTIONS

This is an amazingly versatile recipe. I've used all of the above fruits, including a plum puree, and for my daughter with a peanut allergy, almond or sunflower seed butter. Add your favorite things and make it yours! These have been great for many a breakfast or lunch when I've been in a hurry. They are nutrient and calorie dense.

-Recipe shared by Sara T.

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Fish Fillets Braised with Tomatoes, Capers, Olives, and Herbs



INGREDIENTS

- 1 tbs Olive Oil
- 1 ½ cups Onion, thinly sliced
- 4 Garlic Cloves, minced
- 3 cans of Diced Tomatoes, or 3 lbs fresh, chopped
- 1 cup sliced, pitted Manzanilla (or green) Olives, divided
- ½ cup Water
- ¼ cup Capers, divided
- ¼ cup sliced pickled Jalapeno Peppers, divided
- 3 tbs Fresh Parsley or Cilantro, chopped
- 1 ½ tsp dried Mexican Oregano
- 3 Bay Leaves
- 1 tsp Salt, divided
- 6, 6-ounce firm white fish fillets (cod, snapper, etc.)
- ¼ cup Fresh Lime Juice

DIRECTIONS

- 1) Sauté sliced onions and garlic in half the olive oil until soft and slightly golden in a 12" sauté pan on medium heat. Put in small bowl and set aside.
- 2) Add remaining oil and maybe a bit more. Sear both sides of seasoned fish (with salt and pepper) on medium high.
- 3) Turn heat to medium low and add tomatoes, water, capers, sliced olives, pickled jalapeños, oregano, and bay leaves.
- 4) Reduce some of the liquid and cook fish til firm to the touch. Add lime juice and simmer another minute.
- 5) Top with chopped Parsley or Cilantro.



NOTES AND SUBSTITUTIONS

Recommend the Icelandic Cod at the Olympia Fish Market downtown.
I like to serve with steamed baby potatoes or rice.

-Recipe shared by Linda C..

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Squash and Apple Gratin



INGREDIENTS

- 1 large (about 3 lbs.) Butternut Squash
- 2 Golden Delicious Apples, peeled, cored, and cut into ½ inch cubes
- 2 Garlic Cloves, minced
- 2 tbs Fresh Parsley, chopped
- 1 tsp chopped Fresh Thyme
- ¾ tsp Salt
- ¼ tsp Pepper
- ⅓ cup All-Purpose Flour
- ¼ cup Olive Oil

DIRECTIONS

- 1) Heat oven to 375°F. Spray shallow casserole dish with vegetable oil spray.
- 2) In large bowl toss together squash, apple, garlic, parsley, thyme, salt, pepper, and flour.
- 3) Transfer mixture to prepared baking dish and drizzle olive oil over the top.
- 4) Bake 1 hour. 8 servings.

NOTES AND SUBSTITUTIONS

If you have dried parsley and thyme, the ratio to substitute is roughly ⅓ the amount of fresh. For example, for every tbs of fresh parsley you use 1 tsp of dried. Don't have golden delicious apples? Use any sweet, thinner-skinned apple. And ready cut bags of cubed butternut squash make this a breeze. Serve with a side of chicken or veggie sausage and salad greens tossed with oil and vinegar for a colorful, delicious, nutrient dense meal.



-Recipe shared by Linda C.. Notes and Substitutions by Sara T.

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Cabbage, Carrots, & Potatoes (Tikil Gomen)

INGREDIENTS

- | | |
|---|-----------------------------------|
| ¼ cup Olive or Canola Oil | ¼ tsp Turmeric |
| 1 ½ medium Yellow Onion, halved & thinly sliced | ¼ tsp Salt |
| 3 large Carrots, cut into slices | ¼ tsp Black Pepper |
| 2 Potatoes, washed and cut into 1-inch cubes | 1 cup Water |
| 1 tbs fresh Garlic, peeled & minced | 8 – 10 cups chopped Green Cabbage |
| 1 tsp fresh Ginger, peeled & minced | 1 Jalapeno, chopped with seeds |



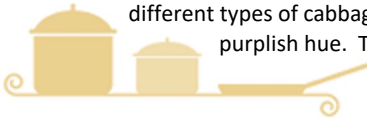
DIRECTIONS

- 1) In large saucepan, heat over medium. Add Onion. Cook, stirring 4 minutes. Add Carrots. Cook, stirring 4 minutes. Add Potatoes and cover, cook 5 minutes.
- 2) Add Garlic, Ginger, Turmeric, Salt, and Pepper. Cook, stirring 1 minute. Add Water. Cook, stirring 3 minutes.
- 3) Add Cabbage and Jalapeno. Cook, stirring 2 minutes.
- 4) Cover and cook, stirring occasionally, until vegetables are soft, about 5 – 8 minutes. (Don't let it burn)

NOTES AND SUBSTITUTIONS

Lots of nutrients in this mixture. I have used dried ginger, and many kinds of potatoes, though not sweet. I have also used different types of cabbage. If you use a red or purple cabbage, it will taste great, but everything will have a colorful purplish hue. The Olympia Farmer's Market is a great place to get potatoes, carrots, onions, and cabbage this time of year. And you know exactly how healthily it has been grown. Ask the farmers! They are open Saturdays from 10:00am – 3:00pm through the winter.

-Recipe shared by Sara T.

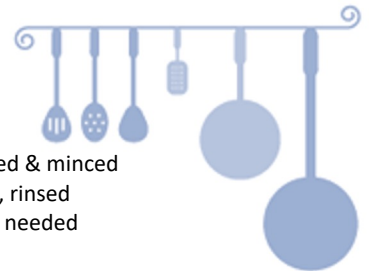


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Berberé Lentils (Yesimir Wot)

INGREDIENTS

- | | |
|--|-------------------------------------|
| ¼ cup Olive or Canola Oil (add more if needed as you cook) | 2 tsp fresh Garlic, peeled & minced |
| 1 ½ medium Yellow Onion, finely chopped | 1 cup dried Red Lentils, rinsed |
| ¼ to ½ cup Berbere spice blend (<i>see notes</i>) | 3 cups Water + more if needed |
| 1 tbs fresh Ginger, peeled and finely chopped or minced | ½ tsp Salt, to taste |



DIRECTIONS

- 1) In a medium saucepan, heat oil over medium heat. Add onions. Cook, stirring approx. 8 minutes.
- 2) Stir in Berbere, Ginger, and Garlic. Cook, stirring, approx. 2 minutes.
- 3) Add Lentils. Cook, stirring approximately 1 minute.
- 4) Add 3 cups Water and bring to boil over high heat. Then reduce heat to medium-low to simmer.
- 5) Stir often and add water when needed, until lentils disintegrate and mixture is a thick stew, approximately 30 minutes. Taste: season with salt.

NOTES AND SUBSTITUTIONS

I fell in love with Ethiopian food, many years ago in Berkeley, CA. You can get the Berbere spice mix downtown at Buck's Spice Shop. I LOVE spicy foods, and this one can be quite spicy. If you do not like food very spicy, I recommend using a ¼ cup of Berbere for your first batch. You can add more the next time. I typically serve these lentils with the Tikil Gomen recipe above, which is not spicy, and complements flavors nicely.

-Recipe shared by Sara T.



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Baked Swiss Chard



INGREDIENTS

- 1 lb. Swiss Chard
- 2 large Eggs
- ¼ cup Butter or Ghee
- ¾ grated Mozzarella, Goat, or Soy Cheese
- 1 large Onion
- Salt and Pepper to taste

DIRECTIONS

- 1) Wash Chard. Cut stems from chard into ¼ inch pieces and leaves into 1-inch pieces.
- 2) Slice or chop Onion to medium-fine.
- 3) In a large saucepan, melt butter, then sauté Chard Stems and Onion until onion is transparent.
- 4) Add the Chard Leaves for 3 minutes or so (covered) or until leaves wilt.
- 5) Place in a lightly greased 2-quart glass baking dish
- 6) Spread the veggie mixture out evenly in the dish and pour the well beaten Eggs (with a dash of Salt and Pepper to taste) over the veggies.
- 7) Try to get it as even as you can over the Chard.
- 8) The egg will sink in and look like it is not enough. It is.
- 9) Sprinkle cheese on top and bake at 400°F for 10 min.



-Recipe shared by Linda C..

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Quick Cauliflower Pasta



INGREDIENTS

- ½ cup Pine Nuts
- 7 anchovy fillets, minced
- ½ cup Golden Raisins
- 3 Tbs Capers
- 3 Tbs Olive Oil
- 1 cup White Wine
- 4 cloves Garlic, peeled and minced
- 1 lb. Dried Rigatoni or another Pasta
- 1 med. head Cauliflower, rinsed and trimmed to 1-inch pieces
- 10 Fresh Basil Leaves, very thinly sliced
- Salt & Pepper to taste

DIRECTIONS

- 1) Heat a large skillet over med-high heat. Add Pine Nuts. Toast, stirring, until golden brown (approx. 5 min), then set aside in a small bowl. Place Raisins in a separate small bowl and cover with 1 cup warm water to plump. (approx. 10 min)
- 2) Heat Olive Oil in the same large skillet over med-low heat. Sauté garlic and cauliflower until golden, about 5 minutes. Add Pepper Flakes, Anchovies, Capers, and Wine. Simmer 2 – 3 min. Meanwhile, drain Raisins, discarding water. Add Raisins to Cauliflower mixture; season with Salt and Pepper. Cook, covered, 10 – 12 min until Cauliflower is fork tender. Uncover, let liquid reduce slightly over high heat, 1 – 2 min.
- 3) Meanwhile, cook Rigatoni in salted boiling water until just tender, according to package directions. Drain; toss into warm Cauliflower mixture.
- 4) Top with Basil Leaves and enjoy!

NOTES AND SUBSTITUTIONS

In place of white wine, you could try a white wine vinegar or rice vinegar, ginger ale, or vegetable broth. -Recipe shared by Linda C..

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Barley Risotto with Asparagus and Corn



INGREDIENTS

1 tbs Olive Oil
1 cup Onion, thinly sliced
1 cup Barley (hulled will bring a nuttier taste than pearled)
3 cups warm Vegetable Broth, divided.
1 cup 1-inch slices, Asparagus ½ cup Water
¾ cup Corn, (Frozen is fine)
¼ cup grated Parmigiano-Reggiano Cheese

½ Tsp finely grated Lemon Zest
1 Tsp Lemon Juice
¼ Tsp Black Pepper
2 Tbs thinly sliced fresh Basil

For Garnish:

Extra Cheese, Basil, and Black Pepper, if desired.

DIRECTIONS

- 1) Heat Olive Oil in a large, heavy saucepan over med-high heat. Add Onion and sauté until tender.
- 2) Stir in Barley; cook 1 minute stirring constantly. Reduce heat to med, add ½ cup Broth. Cook 2 min or until the Broth is nearly absorbed, stirring constantly. Add remaining broth, ½ cup at a time, stirring constantly until each portion of the broth is absorbed before adding the next (about 20 min total). Stir in the asparagus and corn. Cook for 3 min, stirring occasionally.
- 3) Stir in Cheese, Basil, Lemon Zest, Pepper, and Lemon Juice. Serve Immediately, topped with additional Basil, Cheese, and Black Pepper, if desired.

NOTES AND SUBSTITUTIONS

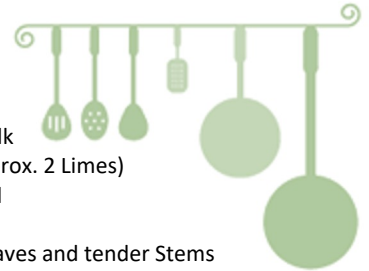
Did you know that Barley has a great cholesterol-lowering ingredient called beta glucan? If you are watching your cholesterol like me, you may want to give barley a try! Use it in place of rice anytime you cook. Pearled Barley also contains beta glucan.



-Recipe shared by Sara T.

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Thai-Style Coconut Curry Chicken Tacos



INGREDIENTS

3 Tbs Canola Oil
3 Tbs Thai Red Curry Paste
1 Tbs minced Garlic
1 lb. boneless, skinless Chicken Thighs, sliced
¼ inch thick
Salt and Pepper

¼ cup Unsweetened Coconut Milk
¼ cup fresh Lime Juice (from approx. 2 Limes)
2 cups Tomatoes, finely chopped
½ cup finely chopped Red Onion
¼ cup chopped fresh Cilantro Leaves and tender Stems
8 (6-inch) Corn Tortillas

For Garnish: 1 avocado, sliced and Lime Wedges

DIRECTIONS

- 1) Heat 2 Tbs Oil in a large nonstick skillet over low heat. Add Curry Paste and Garlic and cook, stirring occasionally until the Garlic is softened, about 3 min. Add remaining 1 Tbs Oil and Chicken. Season with Salt and Pepper, and cook over medium heat, stirring, until no longer pink (3 or 4 min).
- 2) Stir in the Coconut Milk and simmer until the sauce is thickened and the Chicken starts to caramelize, about 15 min. Stir in 2 Tbs Lime Juice.
- 3) Meanwhile, in a medium bowl, make the Pico de Gallo: Toss the Tomato, Onion, Cilantro and remaining 2 Tbs Lime Juice; season with Salt and Pepper.
- 4) Divide the chicken mixture among the Tortillas. Top with the Pico de Gallo and Avocado, if using. Serve w/Lime Wedges.

NOTES AND SUBSTITUTIONS

Since tomatoes are not best this time of year, if you have a favorite Pico, save yourself some time, and wait until summer to prepare fresh Pico. Don't eat meat? Try thinly sliced firm or extra firm tofu instead.



-Recipe shared by Linda C.. Notes and Substitutions by Sara T.

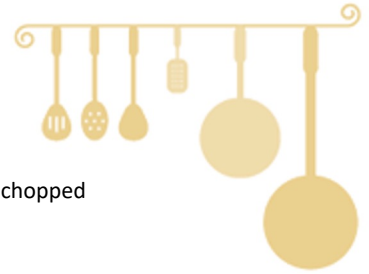
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Crack Broccoli

INGREDIENTS

¼ cup Olive Oil, not extra virgin
Zest of ½ Lemon
2 Tsp Lemon Juice
1 Tsp Salt
½ Tsp Black Pepper
¼ Tsp Red Pepper Flakes

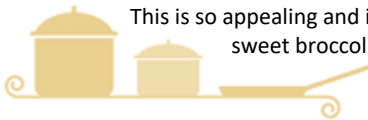
1 ½ Tsp Ranch Seasoning, dry powder
5 Garlic Cloves, minced
2 ½ Lbs. Broccoli Crowns, washed and chopped
¼ cup Almonds, raw and sliced
⅓ cup Parmesan Cheese, grated



DIRECTIONS

- 1) Preheat oven to 450°F, or 475°F for crisper Broccoli.
- 2) In a large mixing bowl, whisk together Olive Oil, Lemon Zest, Lemon Juice, Salt, Pepper, Red Pepper Flakes, Ranch Seasoning, and Garlic. Add the Broccoli and toss to coat.
- 3) Spread the Broccoli onto a large, rimmed baking sheet. Roast for 1—12 min. Flip the Broccoli and add Almond Slices.
- 4) Roast until Broccoli reaches desired tenderness, about 5 – 10 min. Watch the almonds as they can burn quickly.
- 5) Transfer to a plate and sprinkle with Parmesan.

NOTES AND SUBSTITUTIONS



This is so appealing and inherently delicious that even children will be excited to eat their vegetables. Crunchy, slightly sweet broccoli is roasted to a crisp golden brown and coated with tangy, fragrant spices and bright lemon flavors to maximize your tastebuds. This speedy side dish will surely make you and your family crack a smile.

-Recipe shared by Linda C.

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Have a Recipe to Share?

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