



Kickass Condiments 20+ LITTLE RECIPES THAT CHANGE EVERYTHING



Copyright © 2020 Stephanie A. Meyer All rights reserved.

Photographs © 2020 by Stephanie A. Meyer Cover and book design by Kim Kalina

Dedication

This book is dedicated to my dear friends and creative collaborators

Tracy Morgan and Kim Kalina. There would be no

Project Vibrancy Meals—or Kickass Condiments—without them.





Stuck in a dinner rut?

I call it the fridge stare. That longing look into the depths of your refrigerator, usually when you're tired and hungry, hoping there's something delicious waiting for you. What you see is...ingredients. Before you close the fridge in frustration, consider that in the time it would take to order takeout, you can turn those ingredients into a meal that will blow away whatever you were going to order, made with healthy ingredients, for way less money.

How? Condiments!

But not just any condiment. I have a few favorites that I buy pre-made, but to me, they're not delicious enough to make a meal really stand out. I'm talking about condiments that transform simple ingredients into a meal you will love, while also brimming with antioxidants, phytonutrients, vitamins, minerals, and healthy fats.

To me, a great condiment is delicious AND nutritious and really, that's why we're eating, right? If you're working with a healing diet—gluten-free, paleo, autoimmune protocol, Whole30, low carb/keto—or avoiding food allergies, making your own condiments becomes essential.

Luckily, it can also be fast and easy. In this e-book you'll find recipes for 20+ favorite condiments from my **Project Vibrancy Meals** meal plans and my blog **Fresh Tart**. They're not just my favorites—I polled my members and readers and asked for their favorites and these are what they picked.

That means they're highly tested and well loved by people all over the world. These condiments are nut-free, egg-free gluten-free, and/or nightshade-free. Most are vegan. Yep, it's true. And they ROCK.

Bust yourself out of ruts with great condiments and an eye to contrasts and you'll slay the dreaded fridge stare!

Equipment

You don't have to spend a lot of money to make great condiments, but I will outline a few pieces of equipment that make all cooking go more quickly and smoothly.

CHEF'S KNIFE

First, a sharp <u>chef's knife</u> is imperative. I like working with an 8-inch blade. It's large enough to slice as well as dice and mince, but not so large as to be unwieldy.

Second, keep that knife sharp. There are several knife-sharpening devices on the market—look for one with great reviews. Or, buy a <u>whetstone</u> and watch a few YouTube videos about how to sharpen knives the traditional way. It's actually really simple to do and yields a very sharp blade, so it's my preferred method. No matter how you sharpen, just make sure you're working with a sharp knife. It makes prep safer and it makes cooking so much easier and more fun.

Third, use a <u>sharpening steel</u> daily to keep a clean edge on your knife between sharpening sessions.

HIGH-POWERED BLENDER

My <u>Vitamix</u> is hands down the most-used appliance in my kitchen. I use it to make condiments, of course, as well as smoothies, batters, gravies, nut butters, and <u>Healing Green Broth</u> and other soups. A high-powered blender is a very different experience than other blenders, so if you're on the fence about whether you'd like one, go for it! It's a workhorse and the cost per use is close to nothing after a year.

FOOD PROCESSOR

I've tried other brands of food processors and always come back to my 14-cup <u>Cuisinart</u> for power, ease of clean-up, great accessories, and how simple it is to use.

SHARP VEGETABLE PEELER

Did anyone else inherit their grandmother's old peeler and as a result think peeling vegetables was the most tedious task in the world? The first time I bought a fresh, new, sharp <u>peeler</u> it was a revelation! (This an aside, but don't forget that many fruits and vegetables with thicker peels or rinds can be peeled by laying them on a cutting board and using a sharp chef's knife to cut away the peel. This is my preferred method for butternut squash, cucumbers, and even apples.)

Project Vibrancy Meals

How To Use This Book

I suggest making one or two condiments each week and using them up as the week goes along, while they're at peak freshness.

Experiment with adding to your old stand-by dishes to give them a new twist. Use as salad dressings or to top simple chicken and fish dishes, or to spoon over a quick burger or sautéed vegetables. Use oil-based condiments like chimichurri or ginger-scallion sauce to cook in—have you ever fried an egg in ginger-scallion sauce? Oh, you should.

The most satisfying meals push all the buttons—nutrient-dense, colorful, with contrasts between warm and cool, salty and sweet and zingy, crunchy and creamy and chewy. If that sounds daunting to achieve, it doesn't need to. A meal hitting all of those notes can be ready in 10 minutes or less. A great condiment alone offers plenty of salty zing, and oftentimes a kick of heat and sweet as well. In effect, a condiment is a shortcut to several of the elements that make a meal memorable and all you have to do is spoon it out of a jar.

A WORD ABOUT FAST COOKING AND TIME MANAGEMENT

These condiments hail from <u>Project Vibrancy Meals</u>, my meal-planning subscription service, which is based on the time-management concept of batch cooking.

If you want to eat fresh meals at home most nights of the week, then you need to plan and manage your time. There are two ways to do this: 1) stock your refrigerator with simple, basic proteins, vegetables, and starches and use condiments to add variety to fast and simple meals, or 2) batch cook (aka meal prep) a couple of proteins, vegetables and starches on the weekend to mix-and-match into a wide variety of interesting and flavorful meals during the week.

Working with this book will give you ideas for the first option.

Project Vibrancy Meals are the source of many of these condiments. The plans map out instructions, shopping lists, and recipes for the second option.

If you'd like to try a free plan, <u>CLICK HERE!</u> Try a week and see if eating healthy, amazing food most nights of the week makes you feel kickass.

In the end, this is all about learning. Experiment with whatever method gets you preparing meals at home on a consistent basis, because that is how you transform your health.

Project Vibrancy Meals

Contents

Introduction

Equipment

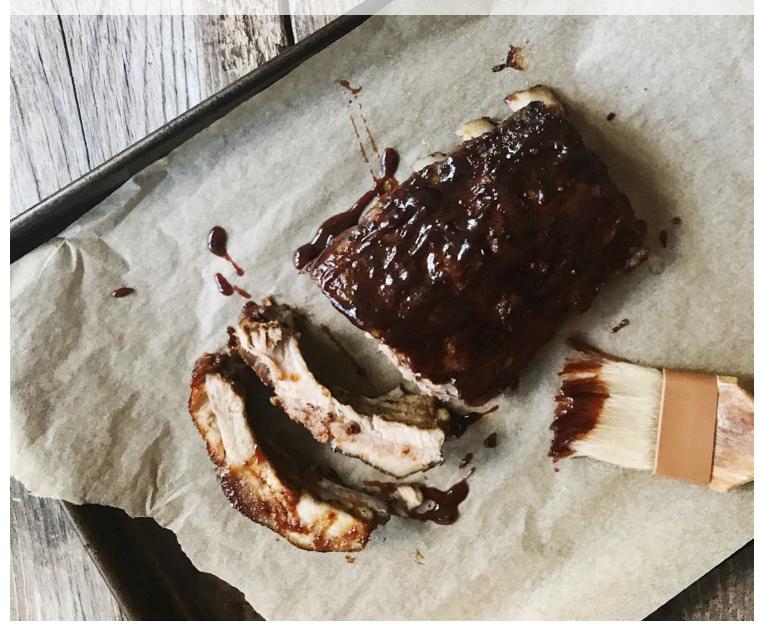
How To Use This Book

Recipes

Asian Barbecue Sauce	<u>9</u>
Avocado Caesar Dressing	<u>1</u> 1
Avocado Ranch Dressing	<u>13</u>
Caramelized Onions	<u>15</u>
Carrot Ginger Sauce	<u>17</u>
Carrot Yogurt Dressing	<u>19</u>
Charmoula: Standard Version	<u>21</u>
Charmoula: AIP Version	<u>22</u>
Cheater's Caesar Dressing	<u>24</u>
Chimichurri I	
Chimichurri II	<u>28</u>
Ginger Scallion Sauce	<u>30</u>
Green Chutney	<u>32</u>
Green Yogurt Sauce	
Gremolata	<u>36</u>
Horseradish Cream	<u>38</u>
Maple Ginger Vinaigrette	<u>40</u>
Maple Tahini Dressing	<u>42</u>
Nuoc Cham	<u>44</u>
Olive Tapenade	
"Peanut" Sauce	<u>48</u>
Quick Italian Pickles	<u>50</u>
Roasted Pineapple Salsa	<u>52</u>
Smoky Zucchini Caviar	<u>54</u>
Spicy Cilantro Pesto	56



Asian Barbecue Sauce



Paleo AIP

Asian Barbecue Sauce

INGREDIENTS

MAKES ABOUT 1 CUP

- 1/4 cup molasses
- 1/4 cup apple cider vinegar
- 2 tablespoons fish sauce
- 1/4 cup coconut aminos
- 1/4 cup honey
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 2 teaspoons powdered ginger

INSTRUCTIONS:

- Add all ingredients to a small saucepan and set over medium heat. Bring to a low boil and simmer for about 5 minutes until sauce is slightly thickened.
- 2. Cool and transfer to a glass jar and refrigerate.

HOW TO USE IT:

- 1. **RIBS AND CHICKEN:** If you've been following the autoimmune protocol and missing licking sticky barbecue sauce from your fingers, this sauce is for you. Finish your favorite ribs or chicken recipe with brushes of this sauce—return to heat (grill or hot oven) for a few minutes to crisp things up a bit. Finish with one last brush of sauce.
- GROUND BEEF LETTUCE WRAPS: If you're in a burger slump, do this instead. Sauté ground beef with chopped scallions, garlic, and minced fresh ginger. Season with salt and pepper. Serve in lettuce wraps drizzled with barbecue sauce. Garnish with sliced radishes and fresh mint.



Avocado Caesar Dressing



INGREDIENTS

MAKES ABOUT 3/4 CUP

- 4 tablespoon fresh lemon juice
- · 4 anchovies, mashed
- 1/2 ripe avocado, mashed
- 3 cloves garlic, minced
- 1/2 cup olive oil
- 1/2 teaspoon sea salt (more to taste)
- Freshly ground black pepper (skip for AIP)

INSTRUCTIONS:

- 1. Add lemon juice, anchovies, avocado, and garlic to the bowl of a blender or food processor. Purée and with the blender running, slowly drizzle in the olive oil.
- Taste and add more salt (if needed) and several grinds of pepper (skip pepper for AIP) and blend again.
 Transfer to a glass jar and refrigerate.

HOW TO USE IT:

- 1. **SALMON CAKES:** as much as I love crab cakes, I love salmon cakes even more. They're a great way to use canned wild salmon which is nutritious, affordable, and convenient. I keep the cakes grain-free, fry them crispy in avocado oil, and top them with this creamy dreamy sauce and pickles over a salad.
- 2. **EGG OR TUNA SALAD:** I have nothing against good mayonnaise—in fact, I love this <u>Primal Kitchens brand</u> made with avocado oil—but avocado caesar egg or tuna salad is a true rut-buster. Season with tarragon and chives, diced olives, and a squeeze of lemon and pile it on grain-free crackers or even just simple greens. Not one bit boring.

Project Vibrancy Meals





Avocado Ranch Dressing



INGREDIENTS

MAKES ABOUT 1 1/2 CUP

- 1 ripe avocado, halved and pitted
- 1 tablespoon freshly squeezed lime juice
- ³/₄ cup buttermilk (substitute canned coconut milk for AIP/Whole30/Dairy Free)
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 tablespoon minced fresh dill leaves (more to taste)
- 3/4 teaspoon sea salt
- Several grinds black pepper (skip for AIP)

INSTRUCTIONS:

1. Add all ingredients to bowl of blender and purée until smooth. Add more salt if needed.

HOW TO USE IT:

- 1. CHEF'S SALAD: aka the perfect use of leftovers. Top a bowl of greens with evenly diced protein, cooked vegetables, cucumbers, radishes, olives, and herbs. If you eat dairy, add cubed or crumbled cheese. Don't forget to add a pinch of sea salt to the salad itself, it makes a big difference. For crunch add raw or toasted nuts/seeds (substitute tiger nuts or toasted coconut if you follow AIP), for sweet chewiness add fresh or dried fruit. Toss with the dressing and serve immediately.
- 2. **CRUDITÉ:** when I need a quick snack, I reach for raw celery, carrots, radishes, jicama, and/or zucchini and a killer condiment. Just like with salad, a sprinkle of sea salt makes all the difference. If you need protein, wrap vegetables in prosciutto or turkey first. Then dip and crunch! There are many nights I call this a light meal.

Project Vibrancy Meals



Caramelized Onions

Caramelized Onions

Paleo AIP Whole30

NOTE:

You can't rush good caramelized onions. Keep a careful eye on them, stir frequently, and if onions are browning too fast, turn heat down and/or add a bit of water to the pan.

INGREDIENTS

MAKES ABOUT 3/4 CUP

- 2 medium yellow onions, peeled, halved, sliced thin
- 1 tablespoon butter (substitute olive oil for AIP/ Whole30/Dairy Free)
- 1 tablespoon olive oil
- Sea salt
- 1 tablespoon balsamic vinegar or water

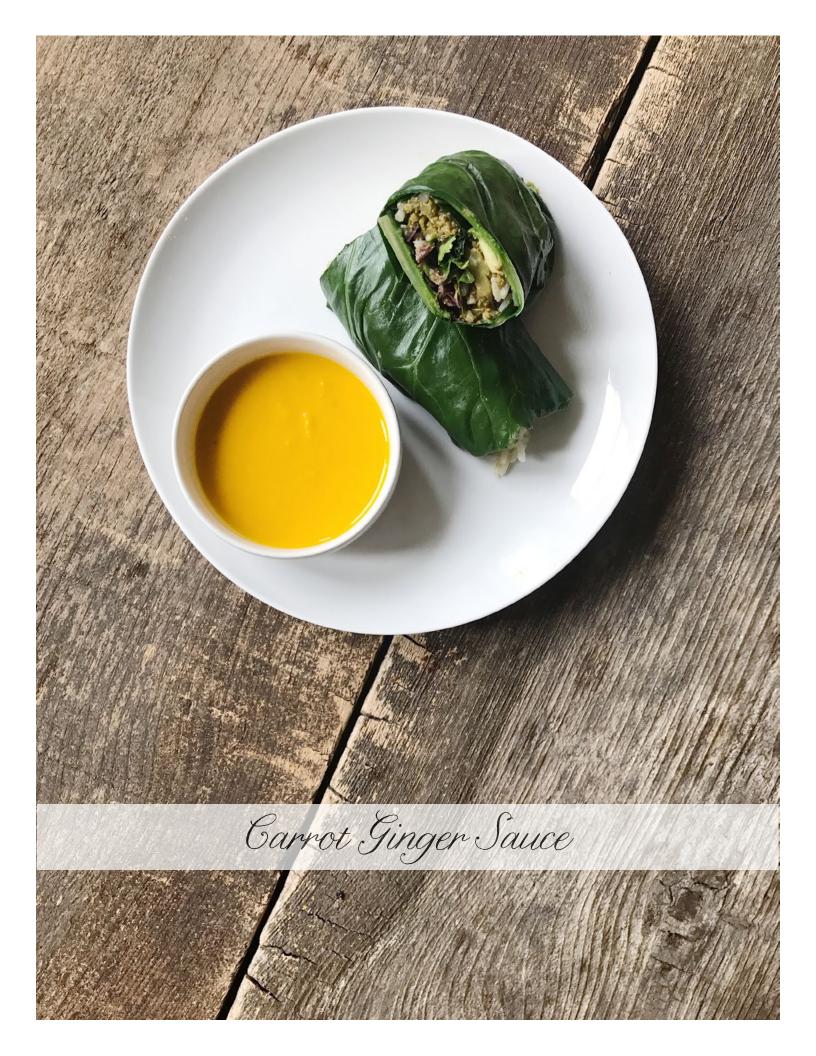
INSTRUCTIONS:

- Set a large, heavy skillet over medium heat and add butter and/or oil. When oil is hot, add the onions and a few large pinches of salt and stir to coat them in the oil
- 2. Sauté the onions, stirring every 3-4 minutes, until deeply browned, about 45 minutes. If onions brown too quickly, turn heat to medium-low. If the pan seems dry, add a bit more oil.
- 3. When onions are deeply browned, add vinegar (or water) to deglaze the pan. Continue cooking until liquid is absorbed. Season with additional salt. Cool to room temperature and transfer onions to a glass container with an airtight lid. Refrigerate.

HOW TO USE IT:

- 1. IN PLACE OF CHEESE: nope, I'm not even kidding. Caramelized onions impart a richness and even a creaminess that can deliciously take the sting out of missing cheese on a burger or pizza. I promise that a burger, topped with caramelized onions, eaten with lettuce leaves, is incredible. (You'll just need lots of napkins.) For a quick AIP pizza fix, fry cassava flour tortillas in avocado oil until crisp and top with onions, sliced olives, seasoned ground pork, and perhaps a drizzle of one of the chimichurris from this book.
- 2. PAN SAUCES AND SOUPS: basically anywhere you use good bone broth, use caramelized onions too to add another layer of deep flavor. Pan fry chicken thighs or pork chops, then deglaze the pan with broth and stir in onions—super-fast and rich pan sauce. For an easy soup, sauté ground chicken with diced scallions, garlic, carrots, and celery. Add your favorite dried herbs. Stir in bone broth and caramelized onions and simmer for a few minutes.

Project Vibrancy Meals



Carrot Ginger Sauce



NOTE:

For Whole30, soften 2 medjool dates in boiling water for 15 minutes before assembling the sauce.

INGREDIENTS

MAKES ABOUT 1 1/2 CUP

- 1/2 cup olive oil
- 1/2 cup apple cider vinegar
- 3 medium carrots, peeled and chopped
- 3 tablespoons chopped fresh ginger
- · Zest of 1 lime
- 2 tablespoons honey (substitute 2 softened medjool dates for Whole30)
- 2 teaspoons fish sauce
- 1 teaspoon sea salt
- 1 teaspoon turmeric

INSTRUCTIONS:

- Place all ingredients in the bowl of a high-powered blender. Blend until smooth. If sauce seems too thick, add a bit more olive oil and vinegar. Adjust for salt and sweetness.
- 2. Transfer sauce to a glass container with an airtight lid. Refrigerate.

HOW TO USE IT:

- "SANDWICH" DIP: I'm a big fan of using blanched collard green leaves for wrap sandwiches. Layer in thinly sliced turkey, avocado slices, perhaps some of the caramelized onions from this book, maybe some crispy bacon, thinly sliced radishes or cucumber, and salt, and roll it all up. Dip in carrot ginger sauce for a flavor explosion.
- 2. **SHRIMP DIP:** sauté or fry shrimp (dusted in arrowroot starch) for an easy appetizer and serve with this bright, sunny sauce.

Project Vibrancy Meals



Carrot Yogurt Dressing

Carrot Yogurt Dressing



NOTE:

For Whole30, soften 2 medjool dates in boiling water for 15 minutes before assembling the sauce.

INGREDIENTS

MAKES ABOUT 1 1/2 CUP

- 1 cup Greek yogurt (or coconut yogurt for AIP/ Whole30/Dairy Free)
- 2 tablespoons olive oil
- 1 tablespoon honey (substitute 1 medjool date softened in hot water for Whole30)
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons freshly squeeze orange juice + zest of 1 orange
- 2 small or 1 large carrots, peeled and coarsely chopped
- 1 teaspoon turmeric
- 1 small clove garlic, minced
- 1 tablespoon minced fresh ginger
- 1/2 teaspoon sea salt

INSTRUCTIONS:

- 1. Combine all ingredients in the bowl of a blender. Blend on high until smooth. Add more salt to taste.
- 2. Transfer to a glass jar and refrigerate.

HOW TO USE IT:

- CHICKEN SALAD: tear up leftover roast chicken or rotisserie chicken from the store into bite-sized pieces. Pile on top of greens, garnish with scallions, radishes, diced pineapple, and thinly sliced jalapeño (skip for AIP). Add chopped nuts (if you can eat them) or crushed plantain chips for crunch. Top with dressing.
- 2. **KALE SALAD:** remove the ribs from and thinly slice lacinato kale. Squeeze lemon over kale and rub leaves to soften. Add salt, minced shallot, chopped dill, and crumbled, crispy bacon. If you can eat eggs, diced, hard-cooked egg would rock here. Drizzle with dressing.

Project Vibrancy Meals



Charmoula

Charmoula: Standard Version (skip for AIP)



NOTE:

I provide 2 versions of this recipe, one Standard (on this page) and one AIP (on the following page).

INGREDIENTS

MAKES ABOUT 1 CUP

- 2 garlic cloves, minced
- 1 scallion, minced
- 3 tablespoons fresh lemon juice
- 2 tablespoons ground cumin
- 2 tablespoons smoked paprika
- ¹/₄ teaspoon cayenne pepper
- 1 cup cilantro leaves
- 1 cup parsley leaves
- 1 cup olive oil
- 1/2 teaspoon sea salt
- Several grinds of black pepper

INSTRUCTIONS:

- 1. Add all ingredients to a blender. Process to a smooth purée. Taste and add sea salt as needed.
- 2. Transfer to a glass jar and refrigerate.

HOW TO USE IT:

- 1. **SAUTÉED GREENS:** sauté spinach or Swiss chard in a bit of olive oil. Add a dollop of charmoula to the hot pan and stir to finish. If you can eat eggs, fry eggs in a combination of olive oil and charmoula and serve on top of the greens with plenty of black pepper.
- 2. **TO FINISH SOUP:** elevate the simplest soups to kablam by swirling in charmoula to finish.

Project Vibrancy Meals

Charmoula: AIP Version



NOTE:

This is the AIP version of the Charmoula recipe. The Standard version is on the previous page.

INGREDIENTS

MAKES ABOUT 1 CUP

- 2 garlic cloves, minced
- 1 scallion, minced
- 2 tablespoons fresh lemon juice
- 1 teaspoon dried ginger
- 1/4 teaspoon mace
- 1/8 teaspoon cinnamon
- Pinch cloves
- 1/2 teaspoon smoked salt
- 1 cup cilantro leaves
- 1 cup parsley leaves
- 1 cup olive oil
- Sea salt (if needed)

INSTRUCTIONS:

- 1. Add all ingredients to a blender. Process to a smooth purée. Taste and add sea salt as needed.
- 2. Transfer to a glass jar and refrigerate.

HOW TO USE IT:

- 1. **SAUTÉED GREENS:** sauté spinach or Swiss chard in a bit of olive oil. Add a dollop of charmoula to the hot pan and stir to finish. Broiled salmon is a wonderful addition to the sautéed greens for a lovely meal.
- 2. **TO FINISH SOUP:** elevate the simplest soups to kablam by swirling in charmoula to finish.

Project Vibrancy Meals

Cheater's Caesar Dressing



Paleo Whole30

Cheater's Caesar Dressing

INGREDIENTS

MAKES ABOUT 2/3 CUP

- 1/4 cup fresh lemon juice
- 1/3 cup extra-virgin olive oil
- 2 tablespoons <u>Primal</u> Kitchen Mayo
- 2 cloves garlic, chopped
- 3/4 teaspoon sea salt
- 4 dashes fish sauce (more to taste)
- Freshly ground black pepper

INSTRUCTIONS:

- 1. Combine in a blender and blend on medium-high until quite smooth.
- 2. Store in a glass jar in the refrigerator for up to two weeks.

HOW TO USE IT:

- CAESAR SALAD: not a surprise, this suggestion. You
 might think caesar salad can't be great without
 cheese and croutons, but you'd be wrong. The trick
 is to sub in avocado (for the cheese) and bacon or
 crispy shrimp or chicken (for the croutons). I have
 come to prefer these replacements, which also make
 for a much more nutrient-dense salad.
- 2. TARTAR SAUCE: make fish sticks from panfry-friendly fish like trout, halibut, or cod by dusting pieces in arrowroot starch or cassava flour. Fry in a healthy fat like avocado oil. Stir minced pickles into the dressing and pretend you're in grade school, swiping fish sticks through tartar sauce. Or just fry the fish as whole filets and drizzle with sauce to finish. Braised Swiss chard alongside would be fantastic.



Chimichurri 1



Chimichurri I



NOTE:

This smooth chimichurri is arugula-based. Not traditional, but so vibrant green and peppery.

INGREDIENTS

MAKES ABOUT 1 CUP

- 2 packed cups arugula leaves
- 2 tablespoons fresh oregano leaves
- 2 tablespoons chopped scallions
- 2 cloves garlic, chopped
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon crushed red pepper flakes (skip for AIP)
- 3 tablespoons red wine vinegar
- 1/2 cup extra virgin olive oil

INSTRUCTIONS:

- Combine ingredients in bowl of blender. Blend on medium speed until smooth, about 30 seconds. Add more salt to taste.
- 2. Transfer to a jar and refrigerate.

HOW TO USE IT:

- 1. **STEAK:** this is a classic use for chimichurri, of course. Slice grilled steak thinly against the grain and toss with a few spoonfuls of chimichurri. Also fantastic with grilled pork tenderloin.
- 2. **ROAST CHICKEN:** I don't know about you, but I think it's pretty hard to top a crispy roasted chicken, fresh out of the oven, served with spoonfuls of chimichurri. No time to roast a chicken? Pick up a rotisserie chicken and make it memorable.

Project Vibrancy Meals



Chimichurri 11



Chimichurri II



NOTE:

The star of this chimichurri is the fresh mint.

INGREDIENTS

MAKES ABOUT 1 CUP

- 1/2 cup chopped fresh oregano
- 1/3 cup chopped mint
- · 4 garlic cloves, minced
- 2 tablespoons apple cider vinegar
- 2/3 cup extra-virgin olive oil
- 1 teaspoon chile flakes (skip for AIP)
- 1/2 cup finely chopped scallions
- 1/2 teaspoon smoked salt (or sea salt)

INSTRUCTIONS:

- Add all ingredients to the bowl of a food processor and pulse until finely chopped into a coarse purée.
 Taste and add more salt, if needed (it should be pleasantly salty).
- 2. Transfer to a glass jar and refrigerate.

HOW TO USE IT:

- GRILLED VEGETABLES/FISH: chimichurri makes a
 fantastic marinade for vegetables and fish. I like to
 marinate for about 30 minutes, then skewer them and
 quickly grill or broil. In particular, zucchini, onions,
 summer squash, and/or peppers and firm fish like
 halibut, salmon, or shrimp are terrific on the grill.
- 2. **LAMB:** whether meatballs, burgers, chops, or roast, the inherent richness of lamb shines with fresh mint and a touch of acid. This is my favorite lamb sauce.

Project Vibrancy Meals



Ginger Scallion Sauce

Ginger Scallion Sauce

Paleo AIP Whole30

NOTE:

This recipe is adapted from Francis Lam's amazing original. I've changed the fat and tweaked the process a bit to paleo-fy it. Make it as written—with 1 cup of oil—to have flavored oil for cooking in. Or, if you like, decrease the oil a bit for a thicker sauce.

INGREDIENTS

MAKES ABOUT 1 CUP

- 2 ounces fresh ginger, peeled and cut into ¹/₂-inch dice
- 1 cup avocado oil
- 2 bunches (8 ounces) scallions (or chives) cut into ¹/₂-inch pieces
- Sea salt

INSTRUCTIONS:

- 1. Add the ginger and scallions to the bowl of a food processor and whir until it's finely minced, but not puréed. Scrap into a large glass or metal (not plastic) bowl (you'll need room for the hot oil to bubble up when you add it to the bowl).
- 2. Salt the ginger and scallion generously. You want it to be just a little too salty to account for all the oil you're about to add.
- 3. Heat the oil in a small saucepan until you just start seeing a lot of shimmer and movement. Take one little piece of the ginger-scallion mixture and add it to the oil to test—if it pops and sizzles the oil is hot enough. (If it doesn't pop and sizzle, the oil isn't hot enough.)
- 4. Carefully pour oil over the ginger scallion mixture. It will sizzle guite a lot.
- 5. Give it a stir to dissolve the salt, then let cool to room temperature. Transfer to a jar or airtight glass container and refrigerate.

HOW TO USE IT:

- FRIED EGGS: here's a secret of mine—I love to cook IN ginger scallion sauce as much as finish with it. Cooking it softens the flavors; adding a bit more at the end adds back brightness. Try it, I think you'll like it. Serve over rice or cauliflower rice. Works beautifully swirled into frittatas as well.
- 2. **HALIBUT:** lean, white fish like halibut and cod soak up ginger scallion sauce in the most luxurious way. Spoon sauce over filets, wrap tightly in foil packets, and bake. Serve over rice or cauliflower rice (like above) or sautéed greens.

Project Librancy Meals

Green Chutney



Green Chutney



INGREDIENTS

MAKES ABOUT 1 CUP

- 1 1/2 cups cilantro leaves
- 1 ½ cups mint leaves
- 1 teaspoon ground cumin (substitute ¹/₂ teaspoon turmeric for AIP)
- 1 teaspoon curry powder (skip for AIP)
- 1-2 tablespoons chopped jalapeño (to taste; skip for AIP and add an extra tablespoon of chopped fresh ginger, below)
- 1 clove garlic
- 1 tablespoon chopped fresh ginger
- 1 tablespoon fresh lemon juice (more to taste)
- 2 tablespoons toasted pepitas (substitute coconut flakes for AIP)
- 1 teaspoon sea salt
- 2 tablespoons water

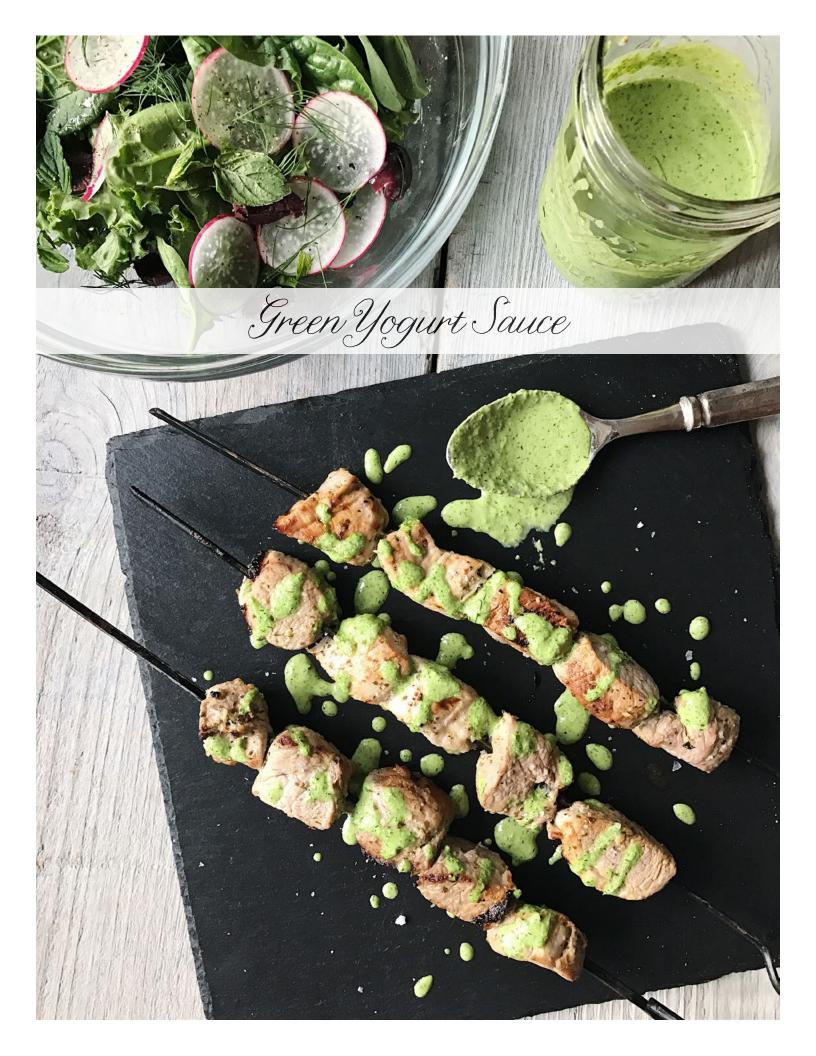
INSTRUCTIONS:

- Add all ingredients to the bowl of a food processor.
 Process to an almost-smooth purée, scraping down the bowl as needed.
- 2. Transfer to a glass jar and refrigerate.

HOW TO USE IT:

- 1. **CRISPY POTATOES:** whether fried or roasted, swipe crispy white or sweet potatoes through this spicy treat. You'll never want ketchup again.
- 2. **CHICKEN OR TURKEY BURGERS:** work a few spoonfuls of the chutney into the ground meat, along with salt. Form into patties and panfry. Serve in lettuce leaves with more chutney (the potatoes above would be the perfect accompaniment).

Project Vibrancy Meals



Green Yogurt Sauce



INGREDIENTS

MAKES ABOUT 2 1/2 CUP

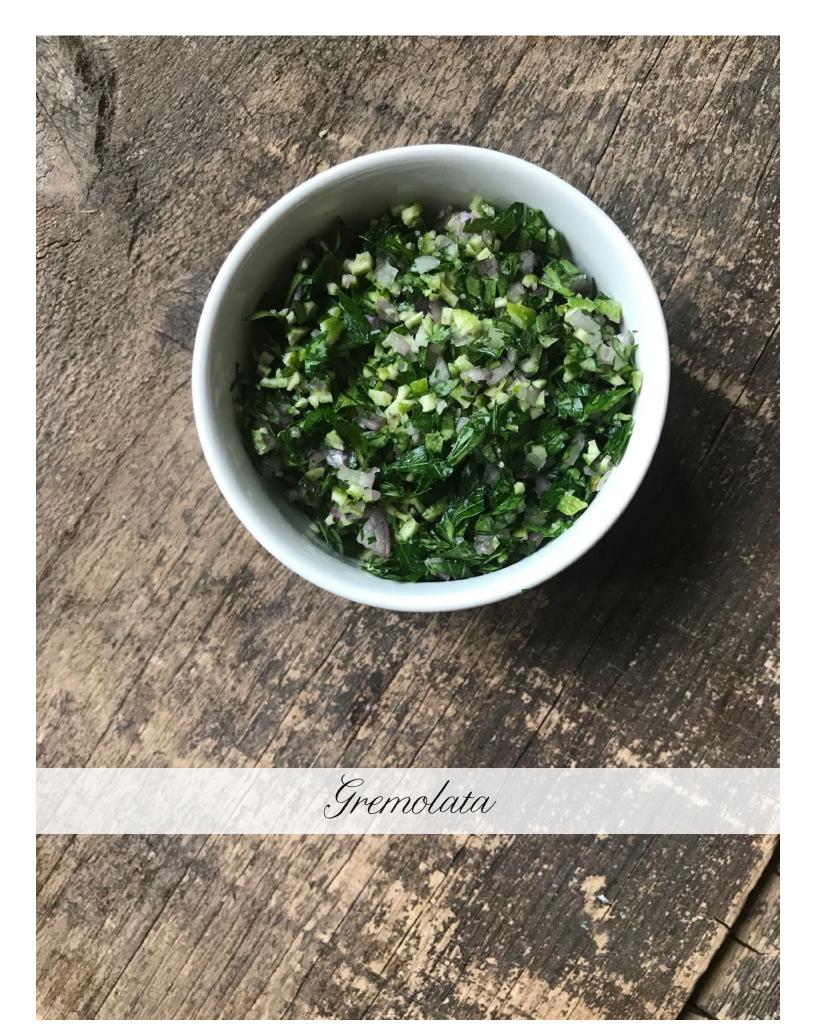
- 2 cups whole milk Greek yogurt (substitute coconut yogurt for AIP/Dairy Free)
- 1 cup Italian parsley leaves, chopped
- ¹/4 cup fresh oregano leaves, chopped
- 1/4 cup fresh mint leaves, chopped
- 1/4 cup fresh dill, chopped
- 2 cloves garlic, minced
- ¹/4 cup scallion greens, chopped
- 2 teaspoons red wine vinegar
- 2 tablespoons olive oil
- 2 teaspoons sea salt
- Several grinds of black pepper (skip for AIP)

INSTRUCTIONS:

- 1. Add all ingredients to the bowl of a high-powered blender and blend until smooth.
- 2. Transfer to a glass jar and refrigerate.

HOW TO USE IT:

- OVEN FRIES: potatoes, plantains, sweet potatoes, rutabaga, carrots, brussels...you get the picture. Roast your favorite starch or veggies in avocado or coconut oil and sea salt, and get dipping!
- 2. **PORK OR CHICKEN SOUVLAKI SKEWERS:** this creamy, herbal sauce is the perfect foil for smoky, crusty grilled pork or chicken. Serve atop a Greek-style salad also drizzled with the sauce. Heaven.



Gremolata



INGREDIENTS

MAKES ABOUT 3/4 CUP

- Zest of 2 lemons, yellow part only, peeled off with vegetable peeler
- 1/2 cup finely chopped fresh parsley
- 3 medium shallots, finely chopped
- 1 clove garlic, finely chopped
- · Generous pinch of sea salt

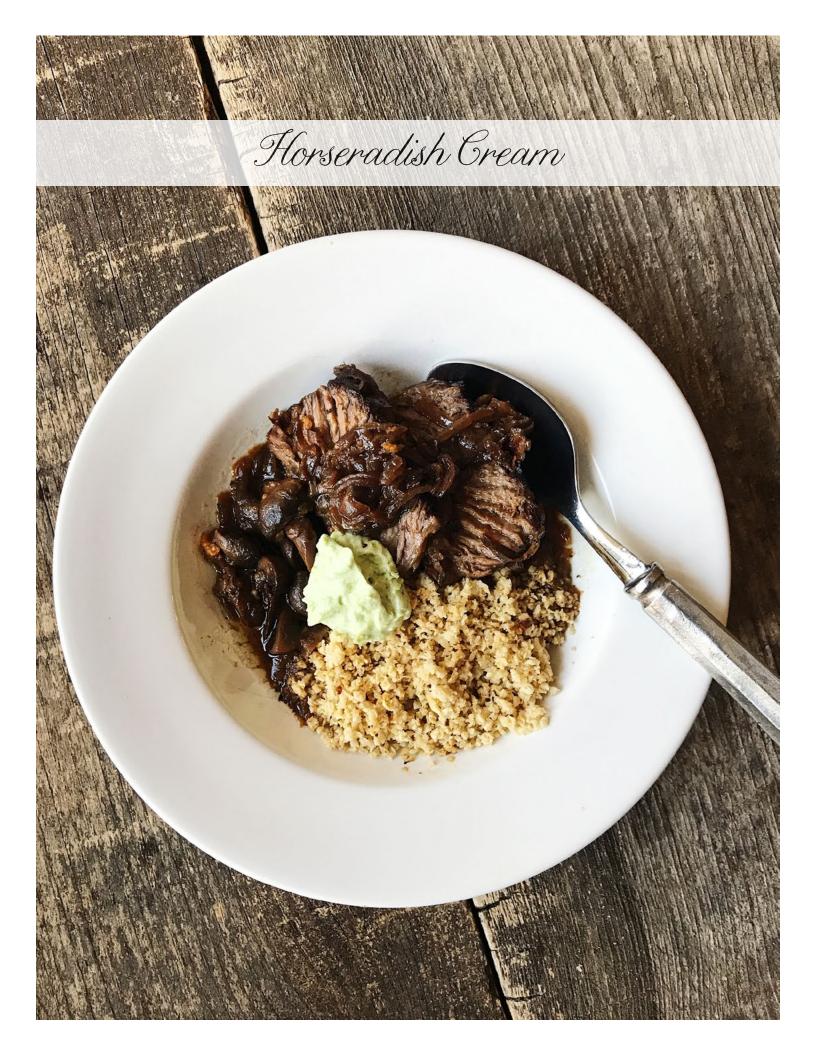
INSTRUCTIONS:

- Finely chop the lemon zest. Pile on the parsley, chopped shallots, garlic, and salt and keep chopping, all of them together, until gremolata is finely minced and uniform.
- 2. Store in the refrigerator in a glass jar.

HOW TO USE IT:

- BRAISED BEEF: gremolata is the traditional garnish for osso buco or braised veal shanks, because it's a zingy and colorful contrast to a rich, meaty braise. But you don't need to limit it to veal shanks—a standard pot roast loves gremolata. So does a braised pork shoulder.
- 2. **GRILLED LAMB:** as much as I love a braise—and if you know me at all, you know that I am all about the braise—my favorite way to eat gremolata is atop <u>grilled lamb chops</u>. It's a perfect spring dish, so keep it in mind for spring holidays or those first dinners from the grill.

Project Vibrancy Meals



Horseradish Cream



INGREDIENTS

MAKES ABOUT 1 CUP

- 1 cup Greek yogurt (substitute coconut yogurt for AIP/Whole30/Dairy Free)
- 1/4 cup freshly grated horseradish root
- 2 teaspoons apple cider vinegar
- 1 teaspoon sea salt
- Freshly ground black pepper (skip for AIP)

INSTRUCTIONS:

1. Combine ingredients in a small bowl and stir until smooth. Add more salt to taste. Cover and refrigerate.

- ANY BEEF: if you're following AIP and can't do ketchup, don't forget about how beautiful horseradish and beef are together. Bust out of a burger, meatloaf, or meatballs rut by drizzling with zippy horseradish cream. And it goes without saying that horseradish cream is the perfect accompaniment to a holiday prime rib roast.
- 2. **BAKED POTATOES/SWEET POTATOES:** kick the idea of sour cream with potatoes—which is a brilliant idea, of course—up a notch by using horseradish cream in its place. Make sure to finish with a shower of chives.



Maple Ginger Vinaigrette

Maple Ginger Vinaigrette



NOTE:

For Whole30, soak 4 medjool dates in hot water for 15 minutes before blending.

INGREDIENTS

MAKES ABOUT 1 CUP

- 1/4 cup apple cider vinegar
- 1/4 cup maple syrup (substitute dates, per above, for Whole30)
- 1 tablespoon grated fresh ginger
- 1 clove garlic, minced
- 1/2 cup extra-virgin olive oil
- 1 teaspoon sea salt

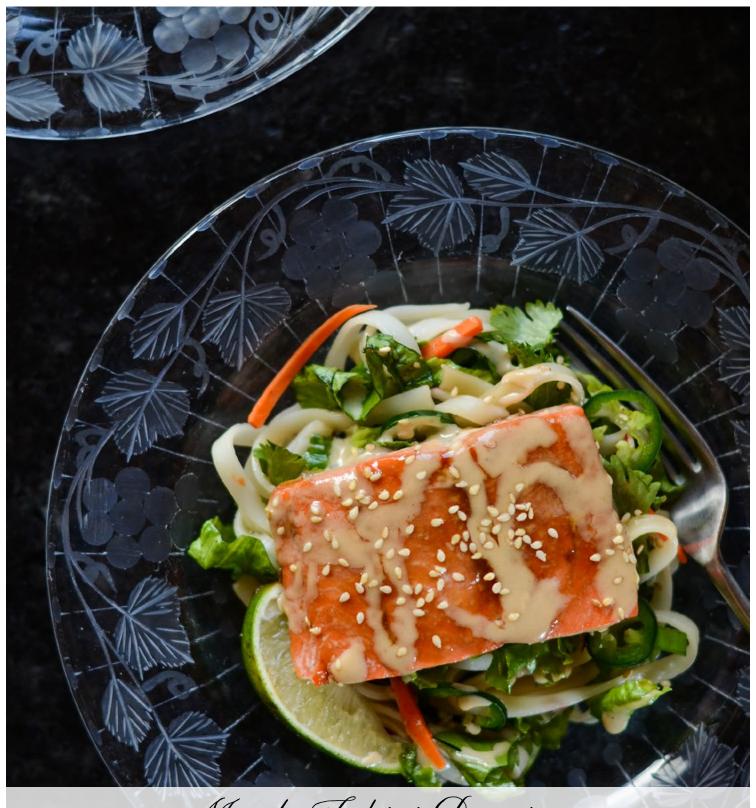
INSTRUCTIONS:

- 1. Add all ingredients to the bowl of a blender. Blend on medium-high until smooth.
- 2. Transfer to a jar and refrigerate.

HOW TO USE IT:

- NOODLE SALAD: we all reach for hot pasta for quick meals, but don't forget how satisfying cold noodle salads can be, for the same amount of effort. Whether you choose rice noodles, sweet potato starch noodles, or zoodles, toss cold noodles with chopped salad greens or cabbage, julienne carrots, cucumber, and radishes, sliced scallions, and protein and transform leftovers into takeout heaven. Add nuts or sesame seeds, fresh herbs, and plenty of dressing. Finish with sriracha for an extra kick.
- 2. WALDORF SALAD: with leftover roast chicken (or a rotisserie chicken), you can whip up a fast and fantastic salad. Dice chicken and apple, chop celery and onion, halve grapes, chop cashews or walnuts, add a dollop of mayo (or mashed avocado), a sprinkle of sea salt, and plenty of maple ginger vinaigrette et voila, you've created a new and delicious twist on Waldorf salad.

Project Vibrancy Meals



Maple Tahini Dressing

Paleo

Maple Tahini Dressing

INGREDIENTS

MAKES ABOUT 1 CUP

- ¹/₂ cup tahini
- ¹/4 cup freshly squeezed lemon juice
- 3 tablespoons maple syrup
- 1 teaspoon sea salt
- ½ teaspoon garlic powder
- ¹/₂ teaspoon smoked paprika
- Warm water

INSTRUCTIONS:

- 1. In a medium bowl, stir all ingredients except water together. Adding 1 tablespoon at a time, stir in water until dressing is smooth and can pour off a spoon.
- 2. Transfer to a jar and refrigerate. (Bring to room temperature before using as it will be quite thick when cold.)

- 1. **SALMON SALAD:** toss greens with lemon juice, olive oil, and salt. Top with broiled salmon and drizzle with maple tahini dressing. Finish with sesame seeds.
- 2. **LAMB HASH:** sauté ground lamb with chopped onion, garlic, and curry powder (substitute a bit of turmeric and mace for AIP). Serve over roasted potatoes (or sweet potatoes) and brussels sprouts. Top with dressing and chopped fresh mint.



Nuoc Cham



NOTE:

For Whole30, soften 4 medjool dates in boiling water for 15 minutes before making dipping sauce.

INGREDIENTS

MAKES ABOUT 1 CUP

- 1/2 cup freshly squeezed lime juice
- Grated zest of 1 lime (green part only, avoiding the pith)
- 1/4 cup fish sauce
- 2 tablespoons tamari (substitute coconut aminos for AIP/Whole30)
- 4 teaspoons grated fresh garlic
- 6 tablespoons maple syrup (substitute 4 softened, mashed dates for Whole30, per above)
- 2 Thai chiles, halved, seeded and thinly sliced (substitute 4 teaspoons grated fresh ginger for AIP)

INSTRUCTIONS:

1. Combine all ingredients in a pint glass jar and shake to combine. (For Whole30, combine all ingredients except chiles in a blender and blend until smooth; stir in chiles and transfer to a glass jar). Refrigerate.

HOW TO USE IT:

- ANYTHING WRAPPED IN LETTUCE: whether these
 <u>Vietnamese skewers</u>, leftover roast chicken or pork, or
 just simply roasted vegetables, wrap in lettuce leaves
 and dip into this addictive salty-sour-sweet sauce. It
 makes everything taste amazing.
- STIR-FRY: stir-fry broccoli or bok choy, carrots, and onions together, served over cauliflower rice or jasmine rice and spoon nuoc cham over to finish. The sauce soaks into the rice and is so good you won't want to stop eating it. Top with a fried egg if you eat eggs.

Project Vibrancy Meals



Olive Tapenade



INGREDIENTS

MAKES ABOUT 1 CUP

- 1/2 pound pitted kalamata olives
- · 2 anchovy filets
- 1 clove garlic, minced
- 2 tablespoons scallion greens, chopped
- 2 tablespoons capers (in brine, drained)
- ¹/₂ cup chopped flat-leaf parsley
- 1 tablespoon freshly squeezed lemon juice
- 3 tablespoons extra-virgin olive oil

INSTRUCTIONS:

- 1. Place all ingredients in the bowl of a food processor. Pulse to combine, scraping down the sides of the bowl, until the mixture becomes a coarse paste.
- 2. Transfer to a glass jar and refrigerate.

- "FLATBREAD" TOPPING: bake grain-free tortillas until crisp. Spread with olive tapenade. Top with baby arugula leaves, a drizzle of olive oil, and a squeeze of lemon. Serve alongside crudité for more dipping. Makes a simple appetizer, snack, or light meal.
- 2. "MEATZA": my definition of meatza is using ground meat as the "crust" of a pizza. Pat seasoned beef, lamb, pork, or a combination of 2-3 of them into an 8-inch circle on a parchment-lined baking sheet. Bake until cooked through. Top with olive tapenade, torn romaine, sliced cucumbers, ripe tomatoes (skip for AIP), fresh dill, and drizzle with the Green Yogurt Sauce from this book.



"Peanut" Sauce

Paleo Whole30

"Peanut" Sauce

NOTE:

For Whole30, soften 3 medjool dates in boiling water for 15 minutes before making dipping sauce.

INGREDIENTS

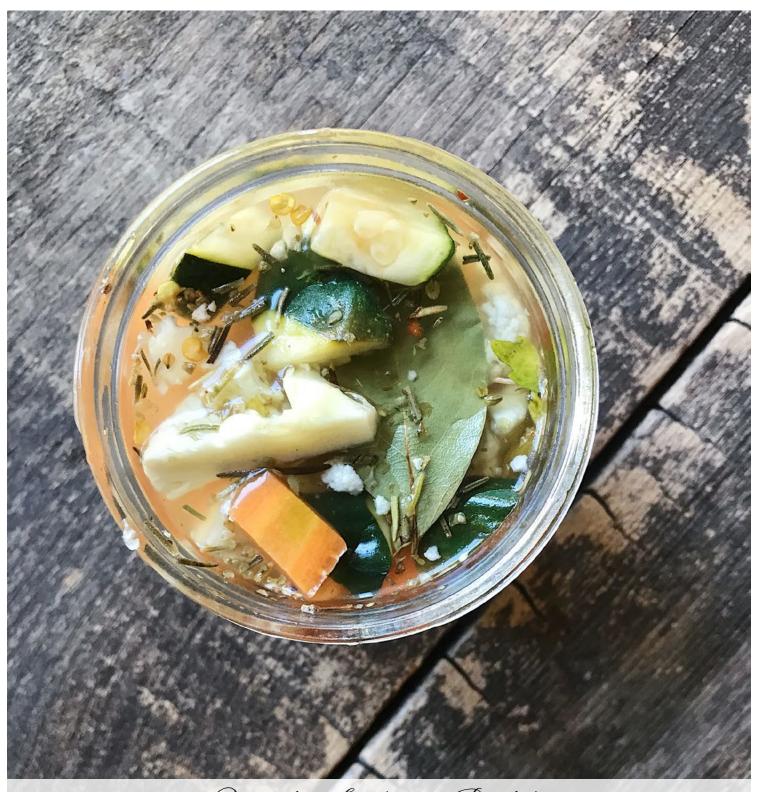
MAKES ABOUT 3/4 CUP

- 5 tablespoons sunflower seed butter (aka sun butter; substitute raw almond butter if you can eat nuts)
- 1/4 cup tamari or coconut aminos
- 3 tablespoons honey (substitute 3 dates for Whole30)
- 3 tablespoons apple cider vinegar
- 1/2 teaspoon garlic powder
- ¹/₂ teaspoon powdered ginger
- 1-2 teaspoons sriracha (to taste)

INSTRUCTIONS:

- 1. Combine all ingredients in a medium bowl. Stir until combined. (For Whole30, combine all ingredients in a blender and blend until smooth). Refrigerate.
- 2. Store in a glass jar.

- COLD NOODLES: whether rice noodles, sweet potato starch noodles (aka jap chae), or zucchini noodles, cold "peanut" noodles are one of the world's great dishes. Fill out the dish with shredded carrots and matchstick slices of cucumber. Add cold, shredded chicken for protein.
- 2. **GRILLED SHRIMP:** skewer shrimp, brush with oil, and grill for a few minutes on each side. Serve over cauliflower rice with plenty of "peanut" sauce. Finish with sliced scallions.



Quick Italian Pickles

Quick Italian Pickles



NOTE:

The pickles are ready to eat as soon as they're cold. They'll keep in the refrigerator for a week.

INGREDIENTS

MAKES ABOUT 2 CUP

- 1 clove garlic, minced
- 2 bay leaves
- 1 teaspoon dried oregano, divided
- ¹/₂ teaspoon dried rosemary (optional), divided
- · 2 whole cloves, divided
- 1/2 cup each of 1/2-inch diced cauliflower, zucchini, celery, and carrots
- 1 cup water (perhaps more to top off jar)
- 1/2 cup apple cider vinegar
- 2 teaspoons sea salt
- 2 teaspoons honey (skip for Whole30)
- Olive oil (to top off jar)

INSTRUCTIONS:

- 1. Add garlic, 1 bay leaf, 1/2 teaspoon dried oregano, 1/4 teaspoon dried rosemary, and 1 clove to the bottom of a pint jar. Pack vegetables, in layers, into the jar. Top with remaining herbs/spices.
- In a small saucepan, heat water, vinegar, salt, and honey until boiling. Pour boiling brine into jar. Top with a bit more water if needed, and drizzle top with olive oil.
- 3. Seal jar and refrigerate. Pickles are ready when they're cold.

HOW TO USE IT:

- CHARCUTERIE PLATE: best quick meal ever. Add your favorite cured meats to a plate with olives, quick pickles, brown mustard (skip for AIP), and grain-free crackers and/or chips. Snack din!
- 2. **ANY SALAD:** add these quick pickles to any simple salad of greens and protein. Drizzle salad with olive oil, then top with pickles (they add the acid). Finish with salt and black pepper (skip pepper for AIP).

Project Vibrancy Meals





Roasted Pineapple Salsa



INGREDIENTS

MAKES ABOUT 2 CUP

- 2 cups diced pineapple (from whole pineapple, peeled and cored, cut into 1/2-inch dice)
- 1 tablespoon olive oil
- Sea salt
- 1/4 cup finely diced red onion
- 1/2 cup chopped cilantro
- 2 tablespoons freshly squeezed lime juice
- 1 tablespoon minced jalapeño (or to taste; substitute peeled and minced fresh ginger for AIP)

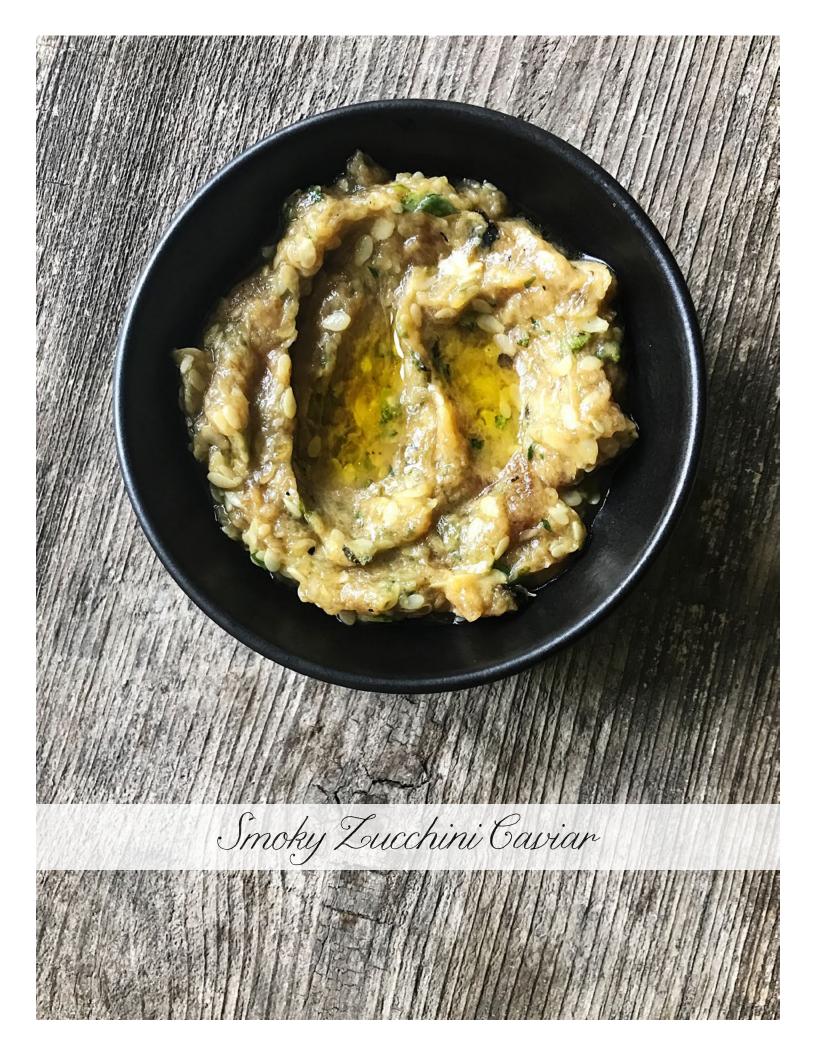
INSTRUCTIONS:

- 1. Preheat oven to 375° F. Line a baking sheet with parchment paper.
- 2. Add pineapple to a medium bowl. Drizzle with oil and add a generous pinch or two of salt. Toss to coat.
- 3. Spread pineapple on baking sheet (reserve bowl) and roast for 15 minutes or until browning at the edges.
- 4. Cool pineapple to room temperature, then add pineapple back to medium bowl. Add remaining ingredients and stir to combine. Season with salt to taste.
- 5. Transfer to a glass jar and refrigerate.

HOW TO USE IT:

- 1. **TACOS:** especially fish tacos, whether the fish is panfried or grilled. Add avocado and thinly sliced red cabbage and extra squeezes of lime.
- 2. **HAM SALAD "SANDWICHES":** combine chopped, cold ham with the salsa. Eat in lettuce wraps or <u>plantain tortillas</u>.

Project Vibrancy Meals



Smoky Zucchini Caviar



NOTE:

If you prefer, grill the zucchini to blacken them. Preheat a hot grill, poke holes in the zucchini (don't forget this step or they'll explode), and lay them directly on the grate. Scorch the skin to blackened on all sides and proceed as below.

INGREDIENTS

MAKES ABOUT 1 CUP

- 3 medium zucchini
- 1 tablespoon olive oil
- 2 tablespoons fresh lemon juice
- 1 clove garlic, minced
- 1/2 teaspoon sea salt
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh cilantro

INSTRUCTIONS:

- 1. Line a baking sheet with foil. Adjust one oven rack to top position. Preheat oven broiler to high.
- Poke each zucchini a few times with a sharp knife and set them on baking sheet. Place baking sheet on top rack and broil zucchini until quite blackened, about 5-7 minutes (it varies by oven, so just keep an eye on them). Turn and broil until blackened on the other side, another 5-7 minutes.
- 3. When cool enough to handle, cut the zucchinis in half lengthwise, and return them cut-side-up to the baking sheet.
- 4. Turn oven from broil to bake at 400° F. Bake the zucchinis until dried out a bit, about 30 minutes.
- 5. Remove the zucchinis from oven and once cool enough to handle, scrape the pulp from the skins into a small bowl (it's ok if bits of browned and blackened flesh cling to the pulp, it adds color and flavor). Mash the zucchini with a fork to form a coarse paste.
- 6. Add the olive oil, lemon juice, garlic, and salt and stir to combine. Stir in the herbs.
- 7. Taste, and add additional salt, lemon, or other seasonings, as desired. Transfer to a glass container with an airtight lid. Refrigerate.

HOW TO USE IT:

- 1. **SPREAD:** this is another favorite snack din of mine. Top grain-free chips or crackers with zucchini caviar. Add thin slices of smoked turkey and serve alongside an arugula and kalamata olive salad dressed with lemon, olive oil, and salt (or the Quick Caesar Dressing from this book). If you can eat tomatoes, add perfectly ripe summer tomatoes to the salad, too.
- 2. **GRILLED FISH:** brush swordfish or halibut filets with olive oil and grill. Top with zucchini caviar, extra squeezes of fresh lemon, and serve over cauliflower rice or rice tossed with fresh dill.

Project Librancy Meals



Spicy Cilantro Pesto



Spicy Cilantro Pesto

Paleo AIP Whole30

INGREDIENTS

MAKES ABOUT 1 1/2 CUP

- 2 cups cilantro leaves
- 2 scallions, chopped
- 1 clove garlic, minced
- 1 tablespoon minced jalapeño or serano chile (start with less if you're sensitive to heat—you can always add more later; substitute minced fresh ginger for AIP)
- 1/4 cup toasted pepitas (skip for AIP)
- 2 tablespoons crumbled feta cheese (skip for AIP/ Dairy Free)
- 1/2 cup olive oil (or 1/3 cup for AIP, since you're adding fewer solid ingredients)
- 1/2 teaspoon sea salt (more to taste)
- Several grinds of fresh black pepper (skip for AIP)

INSTRUCTIONS:

- Combine all ingredients in the bowl of a food processor and pulse-process until pesto is a chunky purée. Taste and add more salt (and heat) if needed.
- 2. Transfer to a glass container. Press a piece of plastic wrap onto the pesto and cover with an airtight lid. Refrigerate.

- TACOS: no matter if the filling is beef, fish, pork, or cauliflower, this pesto can take a simple filling and make it taco heaven in minutes. Keep a stash of plantain tortillas in your freezer and you're all set.
- 2. **CRISPITY CHICKEN THIGHS:** I'm specifically referring to this <u>recipe</u> but truly, this pesto makes chicken of any sort shine. Whether roasted, fried, braised, or shredded into a salad, this spicy pesto will turn ho hum into more please.