



savory living

Live well. Eat well. Be well.

Dear Friends – in celebration of Food Day 2011, we've pulled together a special menu, information and tips for how to eat to promote health, and recipes to help you savor the delicious flavors of real, fresh, natural foods. Enjoy and happy eating!

Food Day 2011 Eat Well Menu

Breakfast

Steel cut oats with chopped apples & pecans
Oranges with olives and parsley

Lunch

Slow cooker black bean soup
Balsamic dressed mixed greens with goat cheese & dried cranberries
Slice of whole grain bread

Dinner

Salmon with citrus-kissed cilantro vinaigrette
Garlicky lemon kale
Quinoa and corn salad with toasted pumpkin seeds

Snacks

Maple almond butter with fruit and veggie slices
Kale chips
Fresh fruit & handful of nuts and seeds

At Savory Living we believe you can and should have it all.

It should be easy to make good food and lifestyle decisions – and we're committed to showing you how. We connect people with the knowledge and great tasting foods they need to nourish, heal and power their bodies.

Curious about how Savory Living can support you? Schedule a free *Live Well Consultation* today. Ask us about our *Fall/Winter Eat Well – prepared meals*.

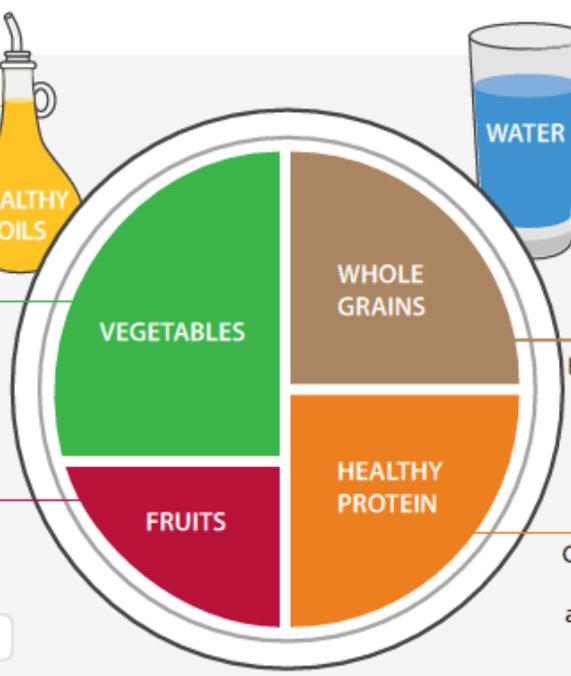
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health coaching • personalized eating guides • weekly menu plans • gourmet prepared meals

Eating for life and enjoyment

Finally, a sensible lifestyle-driven approach to eating and living well.

We're excited to spread the word about the Harvard School of Public Health's new "Healthy Eating Plate" – a simple graphic to guide what and how we eat. Its recommendations are grounded in science and focus on the big picture. It encourages eating real foods, drinking lots of water, reducing sugary drinks, and daily exercise – key drivers to healthy living.



The infographic features a central circular plate divided into four quadrants: Vegetables (green), Whole Grains (brown), Fruits (red), and Healthy Protein (orange). To the left is a bottle of Healthy Oils (yellow), and to the right is a glass of Water (blue). Each quadrant and the oil/water elements are accompanied by descriptive text boxes.

HEALTHY EATING PLATE

HEALTHY OILS
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

VEGETABLES
The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

FRUITS
Eat plenty of fruits of all colors.

WATER
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

WHOLE GRAINS
Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

HEALTHY PROTEIN
Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!
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Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

Eat well – Vegetables

- Aim for vegetables to take up half of your plate. Eat an abundant variety, the more the better – include a range of colors
- Eat a mix of cooked and raw – try for 50% raw (enzymes get destroyed when cooked)
- Avoid or limit consumption of potatoes. They are full of rapidly digested starch, which has the same roller-coaster effect on blood sugar as refined grains and sweets. In the short-term, these surges in blood sugar and insulin lead to hunger and overeating, and in the long term, to weight gain, type 2 diabetes, heart disease and other chronic disorders
- When cooking vegetables, make 2-3 times more than you need and store the extra away for tomorrow. It'll save you time later on.
- Add your own beans and vegetables (tomatoes, spinach, peppers, cabbage) to low-sodium canned and quick-serve soups.
- Add frozen veggies to any pasta dish. It's an easy way to get in another serving of the good stuff.

Eat Well Tip #1 - Crowd dark, leafy greens into your daily meals

- Green vegetables are the foods most missing in modern diets. Learning to cook and eat greens is essential to creating health. Try it out for a month and see how you feel.
- Nutritionally, greens are very high in calcium, magnesium, iron, potassium, phosphorus, zinc and vitamins A, C, E and K. They are crammed with fiber, folic acid, chlorophyll and many other micronutrients and phytochemicals.
- Whenever possible, choose organic. But eating non-organic greens is much better than not eating any greens at all!
- There are so many greens to choose from. Find greens that you love and eat them often. When you get bored with your favorites, be adventurous and try greens that you've never heard of before.
 - **Broccoli** is very popular among adults and children
 - Rotate between **bok choy, napa cabbage, kale, collard greens, watercress, mustard greens, broccoli rabe, dandelion** and other leafy greens.
 - **Green cabbage** is great cooked or raw, or in the form of sauerkraut.
 - **Arugula, endive, chicory, lettuce, mesclun** and **wild greens** are generally eaten raw, but can be consumed in any creative way you enjoy.
 - **Spinach, Swiss chard** and **beet greens** are best eaten in moderation because they are high in oxalic acid, which depletes calcium from bones and teeth, and may lead to osteoporosis. Cook these vegetables with something rich like tofu, seeds, nuts, beans, butter, animal products or oil. This will help balance the effect of the oxalic acid.

Cooking greens

- It's best to get out the habit of steaming dark leafy greens. While steaming broccoli works great, greens can get bitter. Instead, think about how you can: sauté, stir-fry, and quick-boil.
- Tailor the method to the particular green.
 - **Tender greens**, such as spinach, chard, and beet greens can be sautéed directly with garlic and olive oil or with just the water clinging to their leaves.
 - **Strong-flavored greens** such as kale, collards, and turnip and mustard greens need a different cooking method. These assertive greens are generally too tough to be wilted in a skillet. They are best cooked briefly in shallow boiling water (1-2 cups of water) to reduce bitterness and increase tenderness. They can then be drained and eaten or sautéed.

Vegetable Recipes

Cooking delicious greens

¾ lb strong-flavored greens (see previous section)

2 cups water

Pinch of sea salt

Large pot with cover; or large skillet with cover

- Fill large bowl with cold water. Plunge greens in and swish around to loosen any dirt or sand.
- Lift greens out of water. Use one hand to hold the stalk of an individual leaf, rib side up. Use the other hand to strip the leaf off the stalk with one quick motion. Discard the stalks.
- Chop or tear greens into bit-size pieces. Set aside.
- Bring the water to a boil in a large skillet that has a tight-fitting lid. Add the prepared greens, cover and cook over high heat for 3 minutes, stirring occasionally. Greens should be bright green (do not overcook). Taste. It should feel springy and light in your mouth.
- Remove greens from pot with slotted spoon. Plunge in cold water to stop cooking and preserve bright green color. Strain and:
 - Immediately serve; or
 - Use later in recipes (see below), omelets, salads etc. – puree and freeze in ice cube trays to add into soups and rices.

Flavor enhancing versions

These recipes are quick and can be used with tender greens (uncooked) and strong-flavored greens (that are already cooked) – see above.

- Sauté 2 minced garlic cloves in 2 teaspoons olive oil, add greens, and a pinch of salt, and heat through – drizzle fresh lemon juice on top before serving.
- Sauté 2 minced garlic cloves in 2 teaspoons olive oil – for 2 minutes. Remove garlic before it gets brown. Add 1 cup of raisins and/or dried cranberry's to pan and sauté until they plump up. Add greens and garlic, and a pinch of salt (and toasted pine nuts if you like).

Kale chips

1 bunch of Kale (curly works great)

Salad Spinner

Olive oil – spray, kosher salt, parmesan, choose a spice

- Preheat oven to 375 degrees
- Fill large bowl with cold water. Plunge greens in, loosen any dirt or sand.
- Lift greens out of water. Use one hand to hold the stalk of an individual leaf, rib side up. Use the other hand to strip the leaf off the stalk with one quick motion. Discard the stalks. Break leaves into bite size pieces.
- Spin in Salad Spinner to remove water (very important, otherwise chips will steam – yuck!)
- Spray cookie sheet with oil and spread out Kale (it's best not to crowd so they can get crispy).
- Spray oil over Kale and sprinkle with salt and other flavorings (depending on your tastes).
- Bake for 15 minutes, until edges are brown and kale is crispy when moved in pan.

Balsamic dressing made yours

Jar with a lid or dressing carafe

Balsamic vinegar

Extra-virgin olive oil

Base flavors: fresh garlic, kosher salt

Flavor enhancers: mustard, maple syrup, dried spices...

- Combine vinegar and oil
 - Ratio: 3 parts (oil) to 1 part (vinegar)
- Add in base flavors – bruise and smash garlic clove (do not mince or use a garlic press – it produces too intense a flavor); add pinch of salt
- Add in flavor enhancers
 - Rule of thumb – want to add both a tangy and a sweet element, some ideas..
 - Honey mustard and dried basil, oregano
 - Dijon mustard and maple syrup
- Shake, taste and adjust seasoning.

Eat well – Whole Grains

- ¼ of your plate should be **WHOLE** grains. Whole grains are an excellent source of nutrition, as they contain essential enzymes, iron, dietary fiber, vitamin E and B-complex vitamins.
- Every grain starts as a whole grain. When grains are processed and refined (the most common practice for making breads, cereals, pastas and flours), the bran and germ are removed, leaving behind the white endosperm. During this process, grains become less nutritious, losing 25% of their original protein content and 17 other essential nutrients.
- Processed, refined grains act like sugar in the body. Eating too many of them can raise the risk of heart disease and type 2 diabetes.
- Compared to refined grains, whole grains pack more protein, fiber, vitamins (B vitamins and vitamin E), and minerals (magnesium and iron), as well as some antioxidants not found in other foods.
- Because the body absorbs whole grains slowly, they provide sustained and high-quality energy – they enter the blood stream gradually and trigger only a moderate rise in insulin levels, which stabilizes appetite and results in fewer carbohydrates that are stored as fat.
- Common types of whole grains:
 - Wild rice, brown rice, whole wheat, buckwheat, oatmeal and whole oats, barley, whole rye, bulgur, popcorn
- Less common types include: amaranth, millet, quinoa, sorghum and triticale (a hybrid of rye and wheat).

Eat Well Tip #2 – Go for whole grains - substitute and read labels carefully

- The easiest way to increase the amount of whole grains you consume is to **substitute** some processed grain products with their whole grain equivalent. This is as simple as eating whole grain bread, whole grain pasta and brown rice instead of the refined white versions.
- While at the grocery store, be extra careful **reading food labels**. Words such as multigrain, stone-ground cracked wheat or seven grain don't necessarily mean the product is made with whole grains. And color doesn't mean a whole grain either—some brown breads are simply white bread with added caramel coloring. Look for the word "whole" near the top of the ingredients list. (For example, the first ingredient of whole grain bread or cracker should be "whole wheat flour".)
- In general, eat more real food in its natural state and less processed packaged food – the shorter the ingredient list, the better.
- Try **steel cut oats** for breakfast – they are whole raw oats cut into smaller chunks. Research shows that eating oats helps lower elevated blood cholesterol level, and stabilizes blood sugar levels by reducing spikes and dips, especially in people with type 2 diabetes.
- Make a pledge to **try a new** whole grain every week – quinoa is very easy to make, cooks in just 15 minutes, and is a great plant based source of protein.

Whole Grains Recipes

- You can cook grains in flavored liquid (such as vegetable broth or chicken stock) to enhance taste – they will produce mildly flavored grains that can still be used for hot cereals and main dishes, salads or desserts.
- Once cooked, whole grains will keep well and can be refrigerated or frozen.

Cooking whole grains

One cup of dry grain yields enough for 2 to 4 people.

- Measure the grain, rinse in cold water using a fine mesh strainer.
- Optional: soak grains for one to eight hours to soften, increase digestibility and eliminate phytic acid. Drain grains and discard the soaking water. Quinoa should be soaked for less time (30 minutes) to remove bitterness.
- Add grains to recommended amount of liquid and bring to a boil.
- A pinch of sea salt may be added to grains to help the cooking process, with the exception of kamut, amaranth and spelt (salt interferes with their cooking time).
- Reduce heat, cover and simmer for the suggested amount of time, without stirring during the cooking process.
- Mix in flavor enhancers – sautéed vegetables – caramelized onions, seeds and nuts, cooked beans, spices.

1 Cup Grains	Water	Cooking Time	Contains Gluten?
Common Grains:			
Brown rice	2 cups	45-60 minutes	no
Buckwheat (aka kasha)*	2 cups	20-30 minutes	no
Oats (whole <u>groats</u>)	3 cups	75-90 minutes	questionable due to content, contact, or contamination
Oatmeal (rolled oats)	2 cups	20-30 minutes	questionable due to content, contact, or contamination
Alternative Grains:			
Amaranth	3 cups	30 minutes	no
Barley (pearled)	2-3 cups	60 minutes	yes
Barley (hulled)	2-3 cups	90 minutes	yes
Bulgur (cracked wheat)	2 cups	20 minutes	yes
Cornmeal (aka polenta)	3 cups	20 minutes	no
Couscous**	1 cup	5 minutes	yes
Kamut	3 cups	90 minutes	yes
Millet	2 cups	30 minutes	no
Quinoa	2 cups	15-20 minutes	no
Rye berries	3 cups	2 hours	yes
Spelt	3 cups	2 hours	yes
Wheat berries	3 cups	60 minutes	yes
Wild rice	4 cups	60 minutes	no

Quinoa and corn salad with toasted pumpkin seeds

Step 1 – Make dressing, whisk together

¼ cup fresh lime juice (2-3 limes)

½ cup extra-virgin olive oil

Spices: 1 teaspoon cumin, 1 teaspoon chili powder, 1 garlic clove minced, ¼ teaspoon salt

Step 2 – Cook Quinoa

- Bring 2 ¾ cups water to boil in small saucepan.
- Add 1 ½ cups of quinoa (rinsed and drained).
- Return to boil, stir once, cover, and reduce to simmer.
- Cook until quinoa is tender but chewy and has absorbed all liquid (about 15 minutes).
- Turn off heat. Fluff quinoa with a fork.
- Add 2 cups of corn kernels on top of the quinoa, cover pan and let stand for 5 minutes.

Step 3 – Assemble

- Mix into the quinoa: dressing, 1 red pepper (diced), 3 scallions (trimmed and thinly sliced), ¼ cup cilantro (coarsely chopped), ¼ cup of pumpkin seeds (toasted). Serve on bed of greens with sliced avocado.

Steel Cut Oats (Irish Oatmeal)

- Soak oats overnight in water and a squeeze of lemon.
- Follow cooking directions on package (I like McCann – sold at supermarkets and Trader Joes).
- Add in fruits, nuts and raw honey.

Creamy rice pudding

Agave or honey for sweetness

½ cup water or apple juice

2 cup cooked (leftover) rice

3 tablespoons chopped raisins

3 tablespoons sunflower seeds or chopped nuts

1 teaspoon cinnamon or grated lemon peel

1 teaspoon vanilla

- Combine all ingredients.
- Heat and simmer for 10-20 minutes; the longer you cook it, the softer it will get.
- Serve warm or cool.

Eat well – Fruits

- There is compelling evidence that a diet rich in fruits and vegetables can lower the risk of heart disease and stroke, may also be protective against cancer, relieve or prevent constipation and keep your eyes in good shape.
- Fresh fruits eaten in season are delicious! Choose whole fresh fruit instead of fruit juices. Eat a variety of colors, textures and types. Daily.

Eat Well Tip #3 – Include fruits in your snacks and meals

- Keep fruits and vegetables in line of sight. Grapes, oranges, bananas, and apples make a colorful bowl arrangement on the table, store them on the top shelf of the fridge. If you see them, you will eat them.
- Wash, slice, and dice ahead of time – store in clear container at eye level in the refrigerator.
- Buy both ripe and unripe items (for example, yellow and green bananas). That way you have some for immediate eating the first few days while the others are ripening.
- Snack on raw vegetables or fruits instead of chips or pretzels. Keep dried fruit, an apple, a banana or an orange in your car, your office or your backpack.
- Pair fruit and nuts together when you snack. The fiber, protein and healthy fats in this combo will sustain you to your next meal and you won't have the energy slump that comes after eating processed sweets like chocolate and cookies.

Meal Inclusion Ideas

- Add fruit to your whole grain cereal, oatmeal, waffles or pancakes at breakfast.
- Create your own yogurt flavors with plain yogurt and different combinations of fresh fruits and berries.
- Try berries, melons or dates for a naturally sweet dessert rather than a candy bar, cookie, or ice cream sandwich.
- Bake an apple with a bit of brown sugar for a yummy, low-cal dessert .
- Combine fruit with your dishes. Pineapple and citrus go great with fish, orange slices are perfect with chicken, and apples complement pork.
- Raisins, dried cranberries, apples and citrus slices add sweet, crunchy variety to salads.

Oranges with olives and parsley

4 navel oranges

¼ cup olives pitted and halved (nicoise or kalamata)

½ teaspoon paprika

2 tablespoons fresh lemon juice

1 tablespoon extra-virgin olive oil

2 tablespoons finely chopped fresh flat-leaf parsley, plus whole leaves for garnish

- Using a sharp knife, slice off both ends of each orange. Carefully slice downward following the curve of the fruit to remove rind and bitter white pith. Slice each orange crosswise into about six rounds, then arrange them in overlapping rows on a serving platter. Sprinkle evenly with the olives.
- In a small bowl, combine the paprika and lemon juice; whisk in oil until emulsified. Add chopped parsley, and whisk to combine. Drizzle dressing over oranges and olives; garnish with parsley leaves, and serve.

Oven-dried fruit with chocolate and toasted almonds

4 pears (1 ½ pounds)

4 plums (12 ounces)

4 apricots (12 ounces)

3 to 4 tablespoons honey

8 ounces dark chocolate (at least 70% cocoa)

1 cup raw whole almonds - toasted

- Preheat oven to 225, with racks in upper and lower positions. Core pears and slice ¼ inch thick. Pit plums and apricots, and cut into ¼ inch wedges. Divide between two parchment-lined baking sheets. Drizzle fruit with honey, and toss to coat. Spread in an even layer.
- Cook until the fruit is shriveled and slightly shiny but still chewy, rotating sheets from top to bottom and front to back – about 2 ½ hours. Remove from oven, cool completely. Dried fruit can be stored in fridge for up to 3 days or freezer for up to 1 month.
- Serve with chocolates and toasted almonds.

Eat well – Healthy Protein

- **Get a good mix of proteins.** Almost any reasonable diet will give you enough protein each day. Eating a variety of foods (vegetable protein and animal protein) will ensure that you get all of the amino acids you need.
- **Pay attention to the protein package.** You rarely eat straight protein. Some protein comes packaged with healthful fiber, vitamins and minerals, such as **beans, nuts and seeds, and whole grains**. Some protein comes packaged with lots of unhealthy fat, like when you eat marbled beef or drink whole milk. Compare the following:
 - 6-ounce porterhouse steak : 38 grams of protein **AND** 44 grams of fat, 16 of them saturated. (That's almost three-fourths of the recommended daily intake for saturated fat)
 - 6-ounces of salmon: 34 grams of protein and 18 grams of fat, 4 of them saturated.
 - A cup of cooked lentils: 18 grams of protein, under 1 gram of fat.
- **Limit red meat and avoid processed meats (cold cuts, bacon, hot dogs, ham).** Eating even small quantities of these on a regular basis raises the risk of heart disease, type 2 diabetes, colon cancer, and weight gain. If you are partial to red meat, such as beef, pork or lamb, steer yourself toward the leanest cuts, and make it only an occasional part of your diet.
- **Fish and poultry are the best choices for meat eaters.** Doctors have long recognized that the unsaturated fats in fish, called omega-3 fatty acids, appear to reduce the risk of dying of heart disease. The American Heart Association recommends that people eat fish rich in omega-3 fatty acids at least twice a week (fatty fish such as: salmon (wild Alaskan preferred), herring, sardines)
 - According to the Mayo clinic the risk of getting too much mercury or other contaminants from fish is generally outweighed by the health benefits of omega-3 fatty acids.
- **Limit milk and dairy .** If you like dairy products, skim or low-fat versions are healthier choices. Recent research indicates that we may not need as much calcium as previously thought and that there are better sources than dairy.
- **Eat soy in moderation.** Soybeans, tofu, and other soy-based foods can be a good alternative to meat. Two to 4 servings a week is a good target; eating more than that likely won't offer any health benefits, and we can't be sure that there is no harm.

Eat Well Tip #4 – Pay attention to your protein source. Tilt the balance towards plants.

- Use animal proteins differently – instead of featuring them as the main part of the meal, think of them as an accent – build your meal around the other elements of your healthy eating plate – add small amounts of them in for flavor and texture.
- According to the Mayo Clinic, the humble bean is something we should be eating more of. It is packed with calcium, iron, potassium, B vitamins, plus about a quarter of the protein and half the fiber recommended daily for adults—all in a single serving.
 - According to the U.S. Department of Agriculture, beans may even lower LDL ("bad") cholesterol levels, which can help boost heart health. Beans are easy to cook with, widely available and inexpensive.
- Nuts and seeds are a crunchy and tasty source of protein. The best ones to include are: almonds, pecans, pistachios, walnuts, flaxseed and pumpkin seeds. They make great snacks (alone or mixed with dried fruits, or accompanying a fresh piece of fruit), and they add crunch and flavor to grain and salad dishes.

Healthy Protein Recipes

Slow Cooker Black Bean Soup

Beautiful. Easy to prepare. Don't worry about being exact about measurements. It's a recipe that does well with modifications. I usually make a pot of beans for the week and keep it in the fridge. This recipe makes a wonderful soup – and you can strain the beans and toss them in salads, omelets, etc.

1 lb. black beans (need to soak overnight – see below)

1 onion (diced small)

2 carrots (diced small)

3 cloves of garlic minced

Olive oil for sautéing

6 cups broth (or water) – broth is more flavorful – I usually do a combination - ½ broth/ ½ water

Jar of your favorite salsa (usually 12 or 16 oz) (choose the flavoring and spice level you like)

Tomato paste (small can)

Additional options – add in fresh corn (cut off cob) or frozen. Adds texture and crunch

- Night before - **soak beans** – put beans in a pot or bowl. Cover with water. Water should be 3 inches higher than beans. Don't worry, you can't mess up by putting in too much water.
- You can leave pot/bowl on the counter overnight. Note, if you aren't cooking with the beans the next morning – drain them and store them in the fridge. They can stay for 3 days, otherwise you should freeze them.
- Cooking day - sauté onion, carrots, and garlic in olive oil. About 7 minutes. You want the veggies to turn golden and caramelize for sweetness.
- Drain the beans. Put sautéed vegetables and black beans into slow cooker.
- Cover with liquids (broth/water combo and jar of salsa). Rule of thumb – add in enough water to cover the beans and be about 4 inches higher (you want to make sure there's enough liquid so they don't burn while they're cooking all day). I use med spiced salsa – so I usually add the salsa slowly and taste – to get it to the right spice level (not too spicy).
- Add in can of tomato paste and corn kernels (if you're using them).
- Turn on slow cooker – set to low and cook for 6 hours.
- Before you serve, taste it – add salt, pepper, thin out with water or broth to desired consistency and taste.

How to cook any type of bean

1 cup of beans - cleaned, rinsed and soaked overnight (see above for how to soak beans)

Aromatics: 2 bay leaves, 1 small onion - quartered, several parsley sprigs, 1 large garlic clove – sliced, 1 teaspoon olive oil, 1 piece of kombu seaweed, salt

- Drain the beans, cover them with 6 cups of fresh water, and bring to a boil. Boil uncovered for 10 minutes.
- Skim off any foam. Lower the heat, add remaining ingredients except salt. Cover and simmer until beans are partially tender (about 30 min to an hour, cooking time depends on freshness and type of bean).
- Add 1 ½ teaspoons salt and continue cooking until beans are tender and firm - not mushy.
- Let the beans cool in their broth.
- Remove the aromatics with a slotted spoon and discard them.
- Pour off the broth and reserve it for stock. Beans are ready – enjoy!

Healthy Protein Recipes

Salmon with citrus-kissed cilantro vinaigrette

1 tablespoon white wine vinegar

Juice of 2 oranges (about 1 cup)

Juice of 2 limes (about ¼ cup)

½ tablespoon of honey or brown sugar (helps it brown under the broiler)

4 cloves of garlic, sliced

¼ cup of olive oil

¼ cup finely chopped cilantro

Salt and freshly ground black pepper to taste

4 salmon steaks (about 6 to 8 ounces each)

- In mixing bowl, combine vinegar, orange and lime juices and garlic. Whisk in the olive oil, and honey, stir in the cilantro and salt and pepper.
- Reserve 4 Tablespoons of vinaigrette – will drizzle over cooked fish before serving
- Place salmon steaks in shallow nonreactive container. Pour the remaining vinaigrette over the salmon and marinate for 30-60 minutes, turning once.
- Preheat the broiler.
- Broil the steaks until cooked throughout (about 6 min per side). Note, you can use fillets instead – they are thinner and will require less cooking time.
- Serve with 1 Tablespoon of reserved vinaigrette drizzled over each steak.

Maple Almond Butter

1 1/2 cups of raw almonds

3 tablespoons maple syrup

Pinch of sea salt

1-2 teaspoons walnut oil (or any other complimentary/neutral oil)

- Spread the almonds on a parchment lined rimmed cookie sheet. Drizzle the maple syrup over the almonds and toss the nuts with your fingers so that they get evenly coated.
- Roast them at 325 degrees for 20 minutes, tossing at least once during the cooking process.
- When the nuts are fully roasted, remove the pan from the oven and let cool for at least 10-15 minutes.
- Pour the nuts into the food processor and pulse to begin breaking them up. Add a drizzle of oil and run the processor 30-45 seconds. Remove the lid and scrape down the sides. Continue with this process/scrape/drizzle procedure until your nuts have broken down into butter. You may not need all the oil, it just depends on the moisture content of the almonds.
- Store your homemade almond butter in the fridge, as with many things you make at home, it will not have the lifespan that similar store bought almond butter.
- Delicious with sliced apples, carrots, celery.

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We connect people with the knowledge and great tasting foods they need to nourish, heal and power their bodies. Curious about how Savory Living can support you? Schedule a free *Live Well Consultation* today.

Ask us about our *Fall/Winter Eat Well – prepared meals* offering.

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