

Sweet Beet Eats



January Recipe Collection

Boosting immunity with seasonally inspired meals.

Brought to you by the Kearsarge Food Hub | In collaboration with Jennifer Silvia Nutrition



Ginger Garlic Chicken Soup

Category: Main

Servings: 6

Prep Time: 20 min

Cooking Time: 30 min

INGREDIENTS

- 2 tbsp. **olive oil**
- 1 **yellow onion**, diced
- 6 **shiitake mushrooms**, stemmed and sliced
- 2 **carrots**, diced
- 1 medium **celeriac**, peeled and diced
- **Sea salt**
- 6 cloves **garlic**, minced
- 2 tbsp. grated **ginger** (fresh or frozen)
- 1/2 tsp. **ground turmeric**
- 6 cups **bone broth**
- 1-2 lbs. **chicken breast**
- 1 tbsp. **white miso**
- 2 tsp. lemon juice
- 2 scallions, sliced diagonally
- 2 cups **spinach**, roughly chopped

Note: Pick up all **BOLD** ingredients at Sweet Beet Market!

PROCEDURE

- Preheat oven to 450°.
- Heat oil in a soup pot over medium heat. Add onions and sauté until slightly tender, about 5 minutes. Add mushrooms, carrots, celeriac and 1/4 tsp. salt and sauté until golden, about 8 minutes. Stir in garlic and ginger and turmeric and cook 1 more minute.
- While vegetables sauté, pat chicken dry and lightly salt. Coat baking dish with oil before adding chicken. Bake chicken for 15-20 minutes. Remove, let cool lightly and cut into cubes.
- Pour 1/2 cup of bone broth to the pot to deglaze, stirring to loosen any bits. Cook until the liquid reduces by half.
- Add the remaining broth, bring to a boil, then decrease the heat to low and cover. Simmer for 20 minutes.
- Add chicken and continue to simmer for 5 more minutes.
- Ladle 1/4 cup of hot broth into a bowl and add miso. Whisk until miso mixture is smooth. Stir mixture back into the soup. Stir in lemon juice and scallions.
- To serve, split spinach up into six bowls and ladle in the soup.

Adapted from: *Clean Soups, Rebecca Katz*



Mediterranean Baked Sweet Potatoes

Category: Main

Servings: 4

Prep Time: 5 min

Cooking Time: 25 min

INGREDIENTS

- 4 medium **sweet potatoes**
- 1 15-ounce can **chickpeas** (rinsed and drained, and dried)
- 1/2 tbsp. **olive oil**
- 1/2 tsp. ground cumin
- 1/2 tsp. ground coriander
- 1/2 tsp. ground cinnamon
- 1/2 tsp. **paprika**
- 1 pinch **sea salt** or lemon juice (optional)
- **Garlic Herb Sauce:**
 - 1/4 cup plain **hummus**
 - 1/2 lemon, juiced (~1 tbsp. juice)
 - 1 tsp dried dill
 - 3 cloves **garlic**, minced
 - Water (to thin)
 - **Sea salt** to taste
- Chopped parsley and chili garlic sauce for topping (optional)

Note: Pick up all **BOLD** ingredients at Sweet Beet Market!

PROCEDURE

- Preheat oven to 400° and line a large baking sheet with parchment paper.
- Rinse and scrub potatoes and cut in half length wise (this will speed cooking time).
- Toss rinsed, drained, and dried chickpeas with olive oil and spices and place on baking sheet.
- Rub the sweet potatoes with a bit of olive oil and place face down on the same baking sheet.
- While the sweet potatoes and chickpeas are roasting, prepare your sauce by adding all ingredients to a mixing bowl and whisking to combine, only adding enough water or almond milk to thin so it's pourable. Taste and adjust seasonings as needed (add more garlic for more zing, salt for savoriness, lemon juice for freshness, and dill for a more intense herb flavor).
- Top potatoes with roasted chickpeas and garlic herb sauce. Add parsley and chili garlic sauce if desired and enjoy!

Adapted from: *Minimalistbaker.com*



Roasted Golden Beets with Microgreens

Category: Side

Servings: 4

Prep Time: 5 min

Cooking Time: 605 min

INGREDIENTS

- 2 lbs. **golden beets**, scrubbed, tops and root ends trimmed
- ¼ cup **olive oil**, divided
- **Sea salt** and ground black pepper
- 1 tbsp. fresh lemon juice
- 1 tbsp. red wine vinegar
- **Microgreens**, of your choice, and flaky sea salt (for serving)

Note: Pick up all **BOLD** ingredients at Sweet Beet Market!

PROCEDURE

- Preheat oven to 350°. Place beets in a shallow baking dish. Drizzle with 2 Tbsp. oil; season with kosher salt and pepper. Add ½ cup water and roast until beets are tender and a paring knife inserted into the center meets no resistance, 50–60 minutes. Let beets cool slightly, then peel.
- Cut beets in half and arrange on a platter. Whisk lemon juice, vinegar, and remaining 2 Tbsp. oil in a small bowl; drizzle over beets. Garnish with microgreens and season with flaky sea salt.



Purple Salad

Category: Side

Servings: 6

Prep Time: 20 min

Cooking Time: 5 min

INGREDIENTS

- 1 medium **red cabbage**, thinly sliced, massage until softened
- 1 **red onion**, thinly sliced
- 1 large **red beet**, grated
- 2 tbsp. flaxseed oil
- 1 tsp. **honey**
- 1 tsp. **balsamic vinegar**
- 1 **garlic** clove, minced
- 1 tsp. sesame seeds
- **Sea salt** and pepper. to taste

Note: Pick up all **BOLD** ingredients at Sweet Beet Market!

PROCEDURE

- Mix the red cabbage, red onion, and red beets together in a large bowl.
- Combine the flax seed oil, honey and balsamic vinegar in a small bowl. Add garlic and stir well. Drizzle over vegetables.
- Lightly toast sesame seeds in a small frying pan, stirring constantly to prevent burning. Watch closely until seeds are golden and quickly remove from heat.
- Sprinkle seeds on dressed vegetables and season with salt and pepper.
- Mix together thoroughly and serve.



Roasted Root Vegetables with a Miso Glaze

Category: Side

Servings: 6

Prep Time: 15 min

Cooking Time: 45 min

INGREDIENTS

- 1 lb. **carrots**, cut into large chunks
- 1 lb. **sweet potatoes**, cut into large chunks
- 8 medium **beets**, peeled cut into thin wedges
- 1 large **red onion**, peeled and cut into wedges
- **Olive Oil**
- **Salt** and pepper
- 3 tbsp. **butter**
- 3 **garlic** cloves, sliced
- 2 tbsp. **miso paste**
- 2 tbsp. mirin
- 1 tbsp. **maple syrup**
- ¼ tsp. cinnamon
- 2 scallion, chopped (optional)

*Note: Pick up all **BOLD** ingredients at Sweet Beet Market!*

PROCEDURE

- Preheat the oven to 425°F. Spread the vegetables out on a parchment-lined rimmed baking sheet. Drizzle with olive oil and sprinkle with salt and pepper.
- Roast the veggies in the oven for 45 minutes, until crisp on the outside, tossing a couple times throughout the cooking time.
- In the final 10 minutes of roasting time, make the glaze. Melt the butter in a saucepan over medium heat. Add the garlic and cook for 3 minutes. Whisk in the miso paste, mirin, maple syrup, and cinnamon. Bring to a simmer and bubble for 2 minutes.
- Pour over the vegetables and toss. Garnish with scallions, if desired. Serve!



Honey Garlic Glazed Salmon

Category: Main

Servings: 4

Prep Time: 10 min

Cooking Time: 10 min

INGREDIENTS

- 4 (6 oz. each) **salmon** filets
- 1/2 tsp. **salt**
- 1/2 tsp. black pepper
- 1/2 tsp. **paprika**
- 3 tbsp. **butter**
- 2 tsp. **olive oil**
- 6 cloves **garlic** minced
- 1/2 cup **honey**
- 3 tbsp. water
- 3 tbsp. soy sauce
- 1 tbsp. **sriracha** sauce
- 2 tbsp. lemon juice

*Note: Pick up all **BOLD** ingredients at Sweet Beet Market!*

PROCEDURE

- Pat salmon dry, then season with salt, pepper, and paprika. Set aside. Adjust oven rack to middle position, then preheat broiler.
- Add butter and oil to a large, oven-safe skillet over medium high heat. Once butter is melted, add garlic, water, soy sauce, sriracha, honey and lemon juice and cook 30 seconds or so, until sauce is heated through.
- Add salmon, skin side down, and cook 3 minutes. While salmon cooks, baste frequently with sauce from the pan by spooning it over the top of the salmon.
- Broil salmon for 5-6 minutes, basting with sauce once during the broil, until salmon is caramelized and cooked to desired doneness.
- Garnish with minced parsley if desired.

Ingredient Spotlight



Beets

Beets have many beneficial nutrients, like betaine and fiber that support optimal liver function, bile flow, and digestive health (all connected to a healthy immune system). They are also filled with anthocyanins, which are potent plant constituents with anti-inflammatory and cancer fighting properties. Anthocyanins are highest in blue, purple, and red plants.



Mushrooms

Mushrooms contain polysaccharides called beta-glucans that help modulate the immune system and enhance natural killer cell activity. Immunomodulating compounds help the immune system to be more adaptive by activating and regulating the immune response, making our bodies more resilient to infections and diseases.



Garlic

Garlic is what we like to call a superfood, having antioxidant, anti-inflammatory, antibacterial, antifungal, immunomodulatory, and anticancer properties (to name a few). Garlic contains numerous organosulfur compounds, most notably allicin, which helps to reduce oxidative stress, minimize cellular damage, and protect against infection. Cooking tip: allicin creation is maximized when you chop, slice or mash the clove and wait ten minutes before adding it to heat.



Sweet Potatoes

Sweet potatoes are a great source of fiber, vitamin C, vitamin A, and antioxidants. The fiber helps keep a healthy balance of gut bacteria, which is essential for nutrient absorption to ensure the body has everything it needs to function optimally. Vitamin A (in the form of beta-carotene) helps to regulate the number of immune cells and immune activity.

Other immune supporting foods included in the recipes: salmon, ginger, honey, turmeric, onions, bone broth, spinach, green tea, and fermented foods.

Food is not the only way to support the immune system – adequate sleep, movement, and stress management are all beneficial for optimal health.



Jennifer (she/her/hers) is a clinical nutritionist who specializes in helping support the endocrine system through blood sugar regulation, gastrointestinal support, stress management, and more. Practicing with a holistic approach, Jennifer works with each individual to come up with a customized plan that compliments their lifestyle.

Book a free discovery call today to learn more about Jennifer's practice and 1:1 nutritional therapy.

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Kearsarge Food Hub

Home of Sweet Beet Farm + Market + Cafe



NONPROFIT VISION

We envision a resilient and connected community where everyone is empowered to access healthy food, where local farmers are supported and the land is nourished, and where all people share a common sense of place.

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