





Cleaned Up BBQ Sauce

6 servings

25 minutes

Ingredients

1/2 cup Tomato Paste
1 cup Water
1/3 cup Maple Syrup
2 tbsps Fancy Molasses
3 tbsps Apple Cider Vinegar
1/2 tsp Cinnamon
1 tbsp Cumin
2 tps Paprika
1 tsp Onion Powder
1 tsp Garlic Powder
1 tsp Black Pepper
1 tsp Sea Salt
1/2 tsp Ground Mustard
1/4 tsp Cayenne Pepper

Directions

- 1 In a saucepan over medium-high heat, stir together all ingredients and bring to a boil. Reduce heat and let simmer for 20 minutes, stirring occasionally.
- 2 Transfer to a jar and let cool. Enjoy!



Basil & Chive Pesto

8 servings

10 minutes

Ingredients

- 1/2 cup Basil Leaves
- 1/2 cup Parsley
- 1/2 cup Chives (chopped)
- 1/4 cup Nutritional Yeast
- 1/4 cup Macadamia Nuts
- 1/3 cup Extra Virgin Olive Oil
- 3 tbsps Lemon Juice
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 400 grams Rice Crackers

Directions

- 1 Combine all of the ingredients into a food processor and blend for 1 to 2 minutes on high speed, or until creamy.
- 2 Transfer to a bowl and serve with crackers. Enjoy!



15 Minute Grilled Steak with Mint Pesto

4 servings

15 minutes

Ingredients

- 1/4 cup Slivered Almonds
- 1 Garlic (clove)
- 1/2 cup Mint Leaves (fresh)
- 1/2 cup Parsley
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 454 grams NY Striploin Steak
- 2 tsps Sea Salt
- 3 Yellow Bell Pepper (de-seeded and sliced into 1/4's)
- 1 cup Red Onion (sliced into 1/8's)
- 1 tbsp Balsamic Vinegar

Directions

- 1 In a food processor, combine the slivered almonds, garlic, mint, parsley, olive oil and lemon juice. Pulse until a thick paste forms. Set aside.
- 2 Preheat grill to medium heat.
- 3 Rub steaks generously with sea salt. Place yellow peppers, red onion and steaks on the grill. Cook for 4 to 5 minutes and then turn. Cook for another 4 to 5 minutes. (Note: Time will vary depending on temperature. We found 4 minutes per side was great for medium-rare.)
- 4 Remove veggies and steak from the grill. Toss the veggies in balsamic vinegar and drizzle with a splash of olive oil. Divide onto plates. Add the steak and top with a spoonful of mint pesto. Enjoy!



Tzatziki with Cucumber Slices

2 servings

15 minutes

Ingredients

- 1 Cucumber (divided)
- 1 cup Plain Greek Yogurt
- 1 Garlic (clove, minced)
- 1/2 Lemon (juiced)
- 2 tbsps Mint Leaves (fresh, finely chopped)
- 1/2 tsp Sea Salt

Directions

- 1 Slice off 1/4 of the cucumber and set the remainder aside.
- 2 Slice the 1/4 portion of cucumber in half. Scoop out the seeds and discard. Grate the remaining cucumber then squeeze out as much liquid as possible. Transfer to a mixing bowl.
- 3 Stir in yogurt, garlic, lemon juice, mint and sea salt until thoroughly combined. Transfer to a serving bowl.
- 4 Slice the remaining cucumber into slices and serve with tzatziki. Enjoy!



Cold Noodle Salad with Tahini Dressing

2 servings

20 minutes

Ingredients

100 grams Buckwheat Soba Noodles
 2 tbsps Tahini
 2 tbsps Extra Virgin Olive Oil
 1 Lime (juiced)
 1 tbsp Tamari
 2 tsps Sesame Oil
 1 1/2 tsps Maple Syrup
 3 tbsps Water
 1/4 cup Radishes (thinly sliced)
 1 Carrot (medium, thinly sliced into ribbons)
 1/4 cup Mint Leaves (finely chopped)
 1/2 cup Chickpeas (cooked, from the can)

Directions

- 1 Make the noodles according to the directions on the package, drain and rinse with cold water. Return to the pot (but don't heat).
- 2 Combine the tahini, olive oil, lime juice, tamari, sesame oil, maple syrup and water in a jar. Mix very well to combine until smooth. Add extra water, one tablespoon at a time if needed to thin the sauce.
- 3 Add the sauce to the noodles and toss to coat.
- 4 Add the radishes, carrot, mint, and chickpeas to the noodles and toss to mix. Divide into bowls and enjoy!