



## **Sulforaphane is all about the crucifers!**

Sulforaphane is a potent molecule that is derived from crucifers. It actually does not exist until you cut/chop or chew a cruciferous vegetable. This action creates a reaction between myrosine (enzyme) and glucoraphanin (molecule) which both reside in cruciferous vegetables.

It turns out that sulforaphane is one of the most potent phytochemical we know. It can activate genes that help the body produce its own powerful antioxidants. It helps block a master inflammatory switch called Nf-kB in the body. It even helps block the actions of the nasty h-pylori bug in the stomach. Pretty useful.

You need crucifers to produce sulforaphane, so this recipe pack features exclusively crucifers. Oh and one final tidbit - the enzyme that helps to produce sulforaphane is very heat sensitive. Therefore we are featuring recipes that are mostly raw. If you do cook crucifers, keep the heat way down and cook for a minimal amount of time (think steaming)!

Enjoy



## Brussels Sprouts Salad with Grainy Mustard Dressing

4 servings

10 minutes

### Ingredients

5 cups Brussels Sprouts (trimmed, thinly sliced)

1 1/3 tbsps Whole Grain Mustard

2 tbsps Apple Cider Vinegar

### Nutrition

Amount per serving	
Calories	51
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	10g
Fiber	4g
Protein	4g
Vitamin A	829IU
Vitamin C	94mg
Calcium	47mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	67µg
Vitamin B12	0µg
Magnesium	26mg
Zinc	0mg

### Directions

- 1 Gently toss all ingredients in a mixing bowl until well combined. Divide onto plates and enjoy!

### Notes

**Storage:** Refrigerate in an airtight container up to 5 days.

**Warm It Up:** Lightly steam all of the ingredients in a large pan with some water until tender then serve.





## Shredded Brussels Sprouts Slaw with Crispy Lentils

4 servings  
30 minutes

### Ingredients

- 1 cup Lentils (cooked)
- 1/4 cup Pumpkin Seeds (raw)
- 2 tsps Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 2 tsps Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar
- 1/2 tsp Dijon Mustard
- 1 tsp Maple Syrup
- 5 cups Brussels Sprouts (trimmed, very thinly sliced)
- 1/4 cup Pomegranate Seeds (optional)

### Nutrition

Amount per serving	
Calories	239
Fat	13g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	8g
Carbs	24g
Fiber	9g
Protein	10g
Vitamin A	833IU
Vitamin C	95mg
Calcium	65mg
Vitamin D	0IU
Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.3mg
Folate	157µg
Vitamin B12	0µg
Magnesium	44mg

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 In a medium bowl, add the lentils, pumpkin seeds, avocado oil, sea salt and pepper. Mix well to combine. Spread in an even layer on the baking sheet and bake for 10 minutes. Remove, shake the pan around and place back in the oven for 10 minutes more. Remove and set aside.
- 3 In a small bowl or jar, add the extra virgin olive oil, balsamic vinegar, mustard and maple syrup. Shake well and season with salt and pepper as needed.
- 4 Add the brussels sprouts, lentils, pumpkin seeds and dressing to a large bowl. Toss to combine. Top with pomegranate seeds, if using. Divide onto plates, serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**More Flavor:** Season the lentils with garlic powder, onion powder, cumin, dill and/or dried basil.

**Additional Toppings:** Top with goat cheese, feta or parmesan.

**Lentils:** It is recommended to use French green lentils as they hold their shape better. Red or brown lentils will not work the same as they tend to get too mushy.

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Zinc

1mg



## Ginger Miso Soba Noodle Soup

2 servings  
25 minutes

### Ingredients

3 1/2 ozs Buckwheat Soba Noodles  
2 tbsps Miso Paste  
2 cups Water  
1 tbsp Ginger (grated)  
1 tbsp Tamari  
1 tbsp Sesame Oil  
1 cup Bok Choy (quartered)  
1 Carrot (medium, julienned)  
1 cup Snap Peas (or snow peas, sliced)  
1/2 Lime

### Nutrition

Amount per serving	
Calories	365
Fat	9g
Saturated	1g
Polyunsaturated	3g
Monounsaturated	3g
Carbs	49g
Fiber	5g
Protein	11g
Vitamin A	7010IU
Vitamin C	27mg
Calcium	93mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	48µg
Vitamin B12	0µg
Magnesium	33mg
Zinc	0mg

### Directions

- 1 Bring a medium-sized pot of water to a boil. Add the soba noodles and cook for 6 to 7 minutes, until done. Drain and rinse with cold water until completely cooled. Set aside.
- 2 In a small bowl combine miso paste with just enough water to form a paste. Add the paste to a small saucepan along with the water, ginger, tamari and sesame oil. Bring to a gentle simmer, but be careful not to boil. Miso is a probiotic food, and should not be boiled.
- 3 While the broth is warming, divide the cooked noodles, bok choy, carrots, and snap peas between bowls. Pour the miso soup broth over the veggies to warm everything. Squeeze lime over each bowl and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 1/2 cups.

**More Protein:** Add a cooked salmon fillet, tofu steaks, edamame beans, or chicken.

**No Soba Noodles:** Use rice noodles instead.





## Mediterranean Tuna Pasta Salad With Arugula

4 servings

15 minutes

### Ingredients

2 cups Brown Rice Fusilli, Cooked  
 1/4 cup Extra Virgin Olive Oil  
 1 Lemon (juiced)  
 1 tbsp Italian Seasoning  
 Sea Salt & Black Pepper (to taste)  
 1/2 cup Green Olives (sliced)  
 1/2 cup Sun Dried Tomatoes (sliced)  
 1 can Tuna (drained and flaked)  
 8 cups Arugula  
 1/4 cup Hemp Seeds

### Nutrition

Amount per serving	
Calories	350
Fat	22g
Saturated	3g
Polyunsaturated	6g
Monounsaturated	12g
Carbs	29g
Fiber	3g
Protein	16g
Vitamin A	1089IU
Vitamin C	14mg
Calcium	104mg
Vitamin D	19IU
Riboflavin	0.2mg
Niacin	7mg
Vitamin B6	0.3mg
Folate	61µg
Vitamin B12	1.1µg
Magnesium	136mg
Zinc	2mg

### Directions

- 1 Cook the brown rice pasta according to directions on the package.
- 2 While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
- 3 When the pasta is done cooking, drain it and rinse with cold water until cooled.
- 4 In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna, arugula, hemp seeds and dressing until will combined. Divide between plates and enjoy!

### Notes

**Vegan:** Use chickpeas or lentils instead of tuna.

**Leftovers:** Keeps well in the fridge up to 3 days.



## Prosciutto Arugula Salad Rolls

2 servings

15 minutes

### Ingredients

- 2 cups Arugula
- 1/2 Pear (stem and seeds removed, sliced)
- 1/4 cup Goat Cheese (crumbled)
- 3 ozs Prosciutto (thinly sliced)

### Nutrition

Amount per serving	
Calories	156
Fat	9g
Saturated	4g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	8g
Fiber	2g
Protein	13g
Vitamin A	486IU
Vitamin C	5mg
Calcium	46mg
Vitamin D	0IU
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg
Folate	23µg
Vitamin B12	0µg
Magnesium	13mg
Zinc	0mg

### Directions

- 1 Divide the arugula, sliced pear and goat cheese evenly among the prosciutto slices.
- 2 Tightly roll them into wraps and enjoy!

### Notes

**No Arugula:** Use baby spinach or mixed greens instead.

**Salad Lover:** Instead of making wraps, turn it into a salad. Combine all ingredients in a large bowl and drizzle with your choice of oil or dressing.

**Dairy-Free:** Use a nut-based cheese instead of goat cheese.

**Storage:** Refrigerate in an airtight container up to 3 days.





## Wasabi Mayo

8 servings

5 minutes

### Ingredients

- 1/2 cup Mayonnaise
- 1 tbsp Wasabi Paste
- 1 tsp Maple Syrup
- 2 tsps Apple Cider Vinegar

### Nutrition

Amount per serving	
Calories	98
Fat	10g
Saturated	2g
Polyunsaturated	6g
Monounsaturated	2g
Carbs	1g
Fiber	0g
Protein	0g
Vitamin A	9IU
Vitamin C	0mg
Calcium	2mg
Vitamin D	1IU
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg
Folate	1µg
Vitamin B12	0µg
Magnesium	1mg
Zinc	0mg

### Directions

- 1 Whisk all the ingredients together in a jar. Close the lid and keep refrigerated until ready to use. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one month.

**Serving Size:** One serving equals approximately one tablespoon.

**Make it Vegan:** Use vegan mayonnaise instead.



## Spicy Chicken Collard Wraps

4 servings  
30 minutes

### Ingredients

4 cups Collard Greens (washed)  
8 ozs Chicken Breast, Cooked (diced)  
1 tbsp Tamari  
2 tbsps Apple Cider Vinegar (divided)  
2 Garlic (cloves, minced and divided)  
1 Lime (juiced and divided)  
1 tbsp Red Pepper Flakes (divided)  
1 tbsp Ginger (peeled, grated and divided)  
1/2 cup Mushrooms (diced)  
1/2 Yellow Onion (finely diced)  
1 cup Baby Spinach (chopped)  
1 Carrot (grated)  
1/4 cup Basil Leaves (chopped)  
2 tbsps Extra Virgin Olive Oil (divided)  
1 tbsp Sesame Seeds  
Sea Salt & Black Pepper (to taste)  
1/4 cup All Natural Peanut Butter

### Nutrition

Amount per serving	
Calories	298
Fat	19g
Saturated	3g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	12g
Fiber	4g
Protein	24g
Vitamin A	5783IU

### Directions

- 1 Wash collard greens, pat dry with paper towel and set aside. Cook up your chicken breasts if you have not already.
- 2 In a medium-sized bowl, mix together tamari, half of the apple cider vinegar, half of the minced garlic clove, half of the lime juice, half of the red pepper flakes and half of the grated ginger. Combine ingredients until evenly distributed. Then add in cooked chicken breast. Mix well until chicken is coated and set aside.
- 3 Add half of the olive oil to large skillet and heat over medium heat. Add onion and saute until translucent. Then add in remaining minced garlic, carrots and mushroom. Season with salt and pepper plus remaining red pepper flakes. Let cook for 3 - 5 minutes, stirring occasionally.
- 4 Add the cooked diced chicken to the skillet and mix well until heated through. Remove from heat. Add spinach and basil and stir until wilted.
- 5 In a small mixing bowl, make peanut sauce by combining peanut butter and the remaining apple cider vinegar, olive oil, lime juice and minced garlic. Stir until creamy. You can add 1 tsp hot water at a time stirring well to thin sauce if desired.
- 6 Lay collard green on plate and top with chicken/veggie mixture. Sprinkle with sesame seeds and drizzle with peanut sauce. If you like some extra heat, sprinkle with a few more red pepper flakes. Wrap and enjoy!

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Vitamin C	21mg
Calcium	147mg
Vitamin D	1IU
Riboflavin	0.3mg
Niacin	10mg
Vitamin B6	0.9mg
Folate	87µg
Vitamin B12	0.1µg
Magnesium	81mg
Zinc	1mg





## Curried Kale Salad

2 servings

15 minutes

### Ingredients

- 1/4 cup Lemon Juice
- 2 tbsps Tahini
- 1 tbsp Coconut Aminos
- 1 tsp Maple Syrup
- 1 1/2 tps Curry Powder
- 1/8 tsp Sea Salt
- 5 cups Kale Leaves (washed, dried and thinly sliced)
- 2 tbsps Pumpkin Seeds

### Nutrition

Amount per serving	
Calories	173
Fat	12g
Saturated	2g
Polyunsaturated	5g
Monounsaturated	5g
Carbs	13g
Fiber	5g
Protein	6g
Vitamin A	2538IU
Vitamin C	61mg
Calcium	216mg
Vitamin D	0IU
Riboflavin	0.3mg
Niacin	2mg
Vitamin B6	0.1mg
Folate	54µg
Vitamin B12	0µg
Magnesium	38mg
Zinc	1mg

### Directions

- 1 In a small bowl, whisk together the lemon juice, tahini, coconut aminos, maple syrup, curry powder and sea salt to make the dressing.
- 2 Add the kale leaves to a large bowl and add the dressing. Massage the dressing into the kale leaves using your hands. Garnish with pumpkin seeds. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. To keep longer, store the dressing separately from the kale.

**Additional Toppings:** Top with protein of your choice, such as tofu, chickpeas or chicken.

**No Coconut Aminos:** Use tamari instead.



## Kale Caesar Salad

4 servings

1 hour

### Ingredients

- 1 Garlic (head)
- 1/3 cup Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 2 tbsps Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 4 cups Kale Leaves (thinly sliced into ribbons)
- 1/2 cup Radishes (thinly sliced)
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Pumpkin Seeds
- 8 ozs Chicken Breast, Cooked (sliced)

### Nutrition

Amount per serving	
Calories	295
Fat	22g
Saturated	4g
Polyunsaturated	3g
Monounsaturated	15g
Carbs	4g
Fiber	2g
Protein	20g
Vitamin A	1185IU
Vitamin C	27mg
Calcium	69mg
Vitamin D	1IU
Riboflavin	0.2mg
Niacin	7mg
Vitamin B6	0.7mg
Folate	21µg
Vitamin B12	0.1µg
Magnesium	30mg

### Directions

- 1 Preheat oven to 400°F (204°C). Take your head of garlic and peel away the skin so the cloves are showing. Chop off the top of garlic head, drizzle with olive oil and wrap in foil. Bake in the oven for 30 minutes.
- 2 After 30 minutes, remove the garlic from the oven and remove from foil. Let cool. When garlic is cool, squeeze the flesh out of the skin into a food processor or magic bullet. Add oil, lemon juice, mustard and salt. Blend until creamy.
- 3 Add kale leaves, radishes, cherry tomatoes and pumpkin seeds to a large bowl. Drizzle with desired amount of dressing and toss well.
- 4 Plate salad and top with fresh ground pepper. Top with sliced baked chicken breast. Enjoy!

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Zinc

1mg





## Creamy Rainbow Coleslaw

4 servings

10 minutes

### Ingredients

4 cups Broccoli Slaw (bagged)  
2 tbsps Mayonnaise  
2 tbsps Apple Cider Vinegar  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	78
Fat	5g
Saturated	1g
Polyunsaturated	3g
Monounsaturated	1g
Carbs	6g
Fiber	2g
Protein	2g
Vitamin A	6005IU
Vitamin C	66mg
Calcium	21mg
Vitamin D	0IU
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg
Folate	0µg
Vitamin B12	0µg
Magnesium	0mg
Zinc	0mg

### Directions

- 1 Combine all ingredients in a large bowl and mix thoroughly. The slaw can be enjoyed immediately but tastes best after sitting for a few hours.

### Notes

**No Coleslaw Mix:** Use shredded green and red cabbage, carrot, leftover broccoli stems, and any other veggies you think would be good to add!

**Leftovers:** Refrigerate in an airtight container up to two days.

**High Quality Mayonnaise:** Read the ingredients. Look for an avocado oil, coconut oil or olive oil based mayonnaise.



## Garlic & Herb Broccoli

4 servings

15 minutes

### Ingredients

- 2 tbsps Butter (salted, at room temperature)
- 1 tbsp Basil Leaves (very finely chopped)
- 1 tbsp Parsley (very finely chopped)
- 1 tbsp Chives (very finely chopped)
- 1 Garlic (clove, minced)
- 1/8 tsp Sea Salt
- 4 cups Broccoli (cut into florets)

### Nutrition

Amount per serving	
Calories	84
Fat	6g
Saturated	4g
Polyunsaturated	0g
Monounsaturated	2g
Carbs	6g
Fiber	2g
Protein	3g
Vitamin A	892IU
Vitamin C	83mg
Calcium	49mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	60µg
Vitamin B12	0µg
Magnesium	21mg
Zinc	0mg

### Directions

- 1 In a small mixing bowl combine the butter, herbs, garlic and salt with a fork until well mixed.
- 2 Bring a pot of water to a boil over medium-high heat. Place the broccoli florets in a steamer basket over the boiling water and cover with a lid. Let them steam for 3 to 5 minutes, or until tender but crisp. Transfer the cooked broccoli to a plate or bowl and drain the water from the pot. Adjust the heat to medium-low and place the pot back on the burner.
- 3 Melt the butter in the pot and add the cooked broccoli. Toss to coat the broccoli in the garlic herb butter. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate butter in an airtight container for up to two weeks. Refrigerate broccoli in an airtight container for up to five days.

**Serving Size:** One serving is equal to approximately one cup.

**Dairy-Free:** Use a dairy-free butter instead.

**No Broccoli:** Use green beans, cauliflower, asparagus or peas instead.





## Raw Cauliflower Salad

6 servings

25 minutes

### Ingredients

- 1 head Cauliflower (sliced into thin pieces)
- 1 cup Radishes (thinly sliced)
- 2 Carrot (thinly sliced)
- 1/4 cup Almond Butter
- 2 tbsps Lime Juice
- 1 Garlic (clove, minced)
- 1/4 cup Water
- 1 1/2 tsps Sesame Oil
- 1 tbsp Tamari
- 1 tsp Coconut Sugar
- 2 stalks Green Onion (chopped)
- 1/4 cup Mint Leaves (chopped)

### Nutrition

Amount per serving	
Calories	117
Fat	7g
Saturated	1g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	11g
Fiber	4g
Protein	5g
Vitamin A	3606IU
Vitamin C	54mg
Calcium	77mg
Vitamin D	0IU
Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.2mg

### Directions

- 1 Place the chopped cauliflower, radishes and carrots in a large bowl.
- 2 Add the almond butter, lime juice, garlic, water, sesame oil, tamari and coconut sugar to a blender. Blend until smooth and creamy.
- 3 Toss the sauce with the veggies and coat well. Top with green onion and mint. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Nut-Free:** Use sunflower seed butter instead of almond butter.

**More Flavor:** Add chili flakes or hot sauce.

**Additional Toppings:** Top with extra chopped almonds, roasted chickpeas, shredded chicken or tofu.



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Folate	74µg
Vitamin B12	0µg
Magnesium	52mg
Zinc	1mg



## Sesame Cabbage Slaw

6 servings

15 minutes

### Ingredients

6 cups Purple Cabbage (thinly sliced)  
3 tbsps Sesame Oil  
3 tbsps Rice Vinegar  
1 Garlic (clove, minced)  
3 tbsps Sesame Seeds (optional)  
Sea Salt & Black Pepper (to taste)

### Directions

1

In a large bowl, combine the cabbage, sesame oil, rice vinegar, garlic, sesame seeds, salt and pepper. Mix well. Enjoy!

### Notes

**Storage:** Keeps well in the fridge for 4 to 5 days.

### Nutrition

Amount per serving	
Calories	114
Fat	9g
Saturated	1g
Polyunsaturated	4g
Monounsaturated	4g
Carbs	8g
Fiber	2g
Protein	2g
Vitamin A	994IU
Vitamin C	51mg
Calcium	85mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	20µg
Vitamin B12	0µg
Magnesium	30mg
Zinc	1mg



## Kefir & Cabbage Poppy Seed Slaw

4 servings

10 minutes

### Ingredients

- 4 cups Green Cabbage (thinly sliced)
- 2 Carrot (peeled, shredded)
- 1/4 cup Parsley (roughly chopped)
- 3 tbsps Plain Kefir
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Poppy Seeds

### Nutrition

Amount per serving	
Calories	110
Fat	8g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	10g
Fiber	4g
Protein	2g
Vitamin A	5527IU
Vitamin C	42mg
Calcium	85mg
Vitamin D	5IU
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	51µg
Vitamin B12	0.1µg
Magnesium	21mg
Zinc	0mg

### Directions

- 1 In a large bowl add the cabbage, carrots and parsley.
- 2 In a small bowl, whisk together the kefir, oil, lemon juice, salt and pepper.
- 3 Pour the dressing onto the cabbage slaw and mix well to combine. Add the poppy seeds and divide evenly between plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to about 1 cup of slaw.

**Dairy-Free:** Use a dairy-free kefir or yogurt.

**More Flavor:** Add some spice, such as a sliced jalapeño.