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LAMB & TZATZIKI LETTUCE WRAPS

Makes 4 Servings or About 8 Wraps

INGREDIENTS

Tzatziki

- 1 cup Greek yogurt
- ½ English cucumber, finely shredded and excess water squeezed out
- 3 garlic cloves, smashed and minced
- 2 Tbsp olive oil
- 1 Tbsp red wine vinegar (or apple cider vinegar)
- 1 Tbsp fresh dill, minced (or 1 tsp dried dill)
- Kosher salt and black pepper, to taste
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 2 tsp chili powder
- 1 tsp smoked paprika
- ½ tsp turmeric
- ½ cup chopped fresh herbs (we used parsley, cilantro, and oregano)
- 1 Tbsp lemon juice
- 1 Tbsp red wine vinegar
- Salt and pepper to taste

Lamb

- 1 Tbsp olive oil
- 1 lb ground lamb

DIRECTIONS

1. Mix all tzatziki ingredients in a medium bowl. Cover and refrigerate at least 30 minutes to allow flavors to mingle.
2. Heat 1 Tbsp olive oil over medium heat in a large skillet. Add onions and a pinch of salt. Cook until beginning to turn translucent, add garlic and cook for an additional minute. Add lamb, chili powder, paprika, and turmeric. Break apart with a wooden spoon and cook for about 7-9 minutes, or until lamb is cooked through.
3. Remove lamb from heat and stir in lemon juice, vinegar, and season with salt and pepper. Stir in fresh herbs and allow to cool slightly.
4. To assemble wraps, stack 2 leaves of lettuce and pile with lamb, chopped cucumber, tomatoes, and feta. Drizzle with tzatziki and enjoy!



CHICKEN SKEWERS WITH GUASACACA

Makes 4 Skewers

INGREDIENTS

Chicken Skewers

- 1 lb boneless chicken breast or thighs, cut into 1-inch wide strips
- 1 lime, juiced
- 1 Tbsp olive oil
- 1 Tbsp Worcestershire sauce
- 1 tsp chili powder
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp smoked paprika
- ½ tsp kosher salt
- ½ tsp black pepper
- ¼ tsp cayenne
- 4 bamboo skewers, soaked at least 30 minutes

Guasacaca

- 1 large or 2 small avocados, chopped
- ½ red onion, chopped
- 2 jalapenos, chopped
- 1 lime, juiced
- 1 small green bell pepper, chopped
- 3 cloves garlic
- ½ cup cilantro
- ½ cup parsley
- 2 Tbsp red wine vinegar
- 1 Tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Place chicken and all other skewer ingredients in a bowl. Mix together thoroughly, so chicken is well coated. Cover and allow to marinate for at least 1 hour.
2. Divide chicken between 4 skewers. Grill or broil on high for 5 or 6 minutes on each side, or until cooked through.
3. Place all of the guasacaca ingredients in a high powered blender and blend until smooth. Serve with chicken skewers.



PIZZA WITH PROSCIUTTO, PORTOBELLO, AND CARAMELIZED ONION

Makes 2 12-inch pizzas, about 4-6 servings

INGREDIENTS

- 3 cups unbleached white flour, plus more for kneading
- 2 sprigs fresh rosemary leaves, minced
- 1 pkt (2 ¼ tsp) active dry yeast
- 1 tsp kosher salt
- 2 Tbsp olive oil, plus more for brushing
- 1 cup warm water (114°F)
- 1 large yellow onion, thinly sliced
- 2 portobello mushrooms, thinly sliced
- 2 Tbsp butter
- 8 slices prosciutto sliced into ribbons
- 1/2 cup pizza sauce, or to taste
- 2 cups shredded goat mozzarella cheese
- 1 bunch fresh basil or 2 cups fresh arugula

DIRECTIONS

1. In a large mixing bowl, whisk together flour, rosemary, yeast, and kosher salt. Stir in olive oil and warm water. A shaggy dough will form.
2. Turn dough out onto a floured surface. Knead for 3-4 minutes, until the dough becomes smooth and elastic. Add a little more flour to your hands and surface if it begins to stick.
3. Oil your mixing bowl. Place dough back into the bowl, and brush with a little more oil. Cover bowl with plastic wrap or a clean kitchen towel. Allow to rise for 60-90 minutes, or until doubled in size in a warm, draft free area.
4. Melt 1 Tbsp butter in a 12-inch skillet over medium heat. Add onions and a sprinkle of salt, cook and stir until fragrant and translucent, about 7 minutes. Reduce heat to medium low, stirring frequently until caramelized, about 15 minutes. Splash with a little water if onions begin to stick. Allow to cool.
5. Add remaining 1 Tbsp butter to the skillet. Cook mushrooms until tender and most of the water has been released, about 8 minutes.
6. Preheat the oven to 475°F. Lightly oil a large rimmed baking sheet.
7. Punch down the dough to remove the air bubbles. Divide in half.
8. Using lightly floured hands, form one half into a 12-in circle. Carefully move it to your prepared sheet pan. If there are any thin spots or holes, pinch them together with your fingers. Flatten any extra thick spots as well.
9. Brush your crust with more olive oil. Spoon on half of the pizza sauce, spreading it evenly. Leave a 1-inch border for the crust. Sprinkle on half of the cheese, caramelize onion, mushrooms, and prosciutto..
10. Bake pizza for 12-15 minutes, or until the crust is golden and cheese is bubbly. Sprinkle with torn fresh basil or arugula. Serve with a glass of pinot noir.
11. Repeat steps 8-10 for the second pizza.



CHICKEN POT PIE WITH EASY PUFF PASTRY

Makes 2 Servings

INGREDIENTS

- 1 recipe puff pastry, or frozen puff pastry, thawed in the refrigerator
- 2 Tbsp butter
- 2 cups cooked leftover chicken
- 1 large leek, tough greens removed, and thinly sliced
- 2 carrots, peeled and chopped
- 2 stalks celery, peeled and chopped
- 1 cup frozen mixed vegetables
- 4 cloves garlic, minced
- 1/2 tsp poultry seasoning
- 1/2 tsp dried thyme
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 3 Tbsp flour
- 1/2 cup dry white wine (or broth)
- 1 cup broth (mushroom, vegetable, or chicken broths all work well)
- 1/4 cup Parmesan cheese, grated

DIRECTIONS

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper or a silicone mat (optional).
2. In a 10-12 inch cast iron skillet, melt 2 Tbsp butter over medium heat. Cook the leeks until beginning to soften, about 3 minutes. Add carrots and celery, cook for another 5 minutes. Add the garlic and cook until fragrant, 1 minute.
3. Stir in fresh herbs, poultry seasoning, and flour. Cook and stir until flour is fully incorporated and has lost its raw smell, about 3 minutes. Deglaze the pan with the wine (or broth), scraping up any browned bits. Add 1 cup broth, Parmesan cheese, peas, and corn. Bring to a boil, reduce heat, and simmer until thickened, stirring occasionally. Remove from heat.
4. Divide the filling into two 2 cup oven safe ramekins.
5. Roll out the dough to 1/8-inch thick. Cut two circles approximately 1 inch wider than the ramekins, so the dough hangs over the side. You may also flute the edges if desired. Brush crust with egg wash.
6. Place the ramekins on the prepared baking sheet, and bake in the preheated oven for 35-40 minutes, or until the crust is golden and the filling is bubbly.



TRY OUR RECIPE FOR
EASY PUFF PASTRY



ROASTED TOMATO SOUP

Makes 4 Cups Soup

INGREDIENTS

- 2 lbs fresh tomatoes, quartered (we used a mix of heirlooms, slicers, and plum tomatoes)
- 1 Tbsp olive oil
- 2 Tbsp butter
- 1 large yellow onion, chopped
- 4 cloves garlic, minced
- ½ cup Amontillado sherry
- 2 Tbsp concentrated tomato paste
- 1 tsp anchovy paste (or miso paste)
- 1 tsp Italian seasoning
- ½ tsp garlic powder
- ½ tsp onion powder
- 2 cups chicken broth (or vegetable broth)
- ½ cup basil, minced
- 4 sprigs thyme, leaves removed and minced
- Salt and pepper, to taste

DIRECTIONS

1. Preheat the oven to 450°F. Line a large rimmed baking sheet with foil or a silicone mat. Toss tomatoes in olive oil. Season generously with salt and pepper. Roast for 3 minutes.
2. Heat the butter in a large heavy bottomed pot to medium heat. Cook onions until they begin to soften and become slightly translucent. Add garlic, cook and stir until fragrant, about 1 minute.
3. Stir in sherry, scraping up any browned bits from the bottom of the pot. Allow to cook down until reduced by half, about 3 minutes.
4. Add roasted tomatoes (seeds, skin, and all), tomato paste, anchovy paste, Italian seasoning, garlic powder, and onion powder. Cook and stir for about 5 minutes.
5. Stir in chicken broth and remove from heat. Using an immersion blender, carefully blend until smooth. Return to heat. Bring to a boil, then reduce to a simmer and cook uncovered for 20 minutes.
6. Add basil and thyme, and cook for an additional ten minutes. Taste and adjust seasonings if desired.

CHICKEN, CORN, AND POTATO CHOWDER

Makes 6 Servings

INGREDIENTS

- 1 Tbsp olive oil
- 1 lb boneless skinless chicken breast
- 1 yellow onion, chopped
- 1 leek, tough greens removed, thinly sliced
- 4 cloves garlic, minced
- 1 cup dry white wine
- 4 cups chicken broth
- 3-4 carrots, peeled and chopped
- 2 lbs yellow potatoes, chopped
- 1 tsp poultry seasoning
- $\frac{1}{4}$ tsp thyme
- $\frac{1}{4}$ tsp sage
- 2 tsp pepper
- Salt, to taste
- 2 cobs corn, scraped (or 2 cups frozen corn)
- 1 cup sharp cheddar cheese, shredded
- 1 cup heavy cream
- 3 Tbsp cornstarch
- Handful parsley, chopped

DIRECTIONS

1. In a 6 qt heavy bottomed pan or Dutch oven, heat olive oil over medium heat. Cook chicken, about 5 minutes per side. Set aside. When the chicken is cool enough to handle, shred with a fork.
2. Sauté onion in remaining oil until translucent and begins to soften. Add leek and garlic, cook and stir until fragrant. Stir in wine, scraping up any browned bits. Bring to a boil.
3. Add chicken broth, carrots, potatoes, poultry seasoning, thyme, sage, pepper, and salt. Bring to a boil, reduce heat and simmer for about 20 minutes, or until potatoes are almost tender.
4. Stir corn, cheese, Shredded chicken, and heavy cream into the soup. Whisk cornstarch into a couple of tablespoons of water and stir into soup. Simmer until thickened and bubbly, stirring constantly, about 10 more minutes. Enjoy with a green salad and crusty bread, or serve in a bread bowl.



SHAKSHUKA FOR TWO

Makes 2 Servings

INGREDIENTS

- 1 Tbsp olive oil
- ½ yellow onion, chopped
- 1 small bell pepper, seeded and chopped
- 2 cloves garlic, grated
- 2 cups fresh Roma tomatoes, chopped (or one 14.5 oz can diced tomatoes)
- ½ tsp smoked paprika
- ¼ tsp chili powder
- ¼ tsp cumin
- ⅛ tsp coriander
- Pinch chili flakes (optional)
- 2 large eggs
- ¼ cup Italian parsley, chopped
- ¼ cup cilantro, chopped
- Naan or pita bread for serving

DIRECTIONS

1. Heat olive oil in a medium skillet over medium heat. Add the onions and cook for 5 minutes, or until beginning to turn translucent. Add bell pepper and garlic. Cook for 3 minutes, or until garlic is fragrant. Stir in paprika, chili powder, cumin, coriander, and chili flakes. Cover and cook for 10 minutes.
2. Make 2 divots in the tomato sauce and crack in the eggs. Cover the skillet and cook for 5 minutes. Uncover and continue to cook 5-7 minutes, or until the egg whites are set and yolks are at your desired consistency.
3. Split into 2 bowls and top with cilantro and parsley. Serve immediately with warm naan or pita bread.



LEMON TARRAGON BULGUR SALAD

Makes 6 Servings

INGREDIENTS

- 1 lb ground beef
- 2 Tbsp olive oil or butter
- 1 medium yellow onion, diced
- 4 cloves garlic, grated
- 1 carrot, peeled and diced
- 1 parsnip, peeled and diced
- 1 small rutabaga, peeled and diced
- 1 yellow potato
- 1 tsp fresh horseradish root, diced
- 1 tsp Italian seasoning
- 3 Tbsp all purpose flour
- 1½ cups beef broth
- ½ cup stout
- 2 Tbsp tomato paste
- 1 Tbsp Worcestershire sauce
- 1/2 cup frozen peas
- Salt and black pepper, to taste
- 4 puff pastry sheets, or double our quick puff recipe and divide in 2
- 1 egg whisked with 1 Tbsp water, for egg wash

DIRECTIONS

1. In a large, heavy bottomed pot, brown ground beef over medium high heat. Season generously with salt and pepper. Drain, and remove from the pot, set aside.
2. Lower heat to medium and heat olive oil or butter. Saute onion until it starts to soften and become translucent. Add garlic. Cook and stir for an additional minute. Stir in carrot, parsnip, rutabaga, potato, and horseradish. Cook until beginning to soften, about 7 minutes. Season generously with salt and pepper. Mix in Italian seasoning.
3. Stir flour into the veggie mixture and cook for 2 minutes. Mix in broth, stout, tomato paste, Worcestershire sauce, and peas. Turn up heat and bring to a boil. Reduce to medium, cooking and stirring until thickened. Remove from heat.
4. Allow to cool to room temperature (or refrigerate overnight), before filling the pastry.
5. Roll out the first pastry to about 10-in x 10-in, and slice into 4 squares. Place 2 squares on a baking sheet lined with parchment. Scoop ½ cup filling onto the center of each. Wet the edges with a little water, place remaining squares of pastry on top. Crimp edges closed with a fork. Repeat with remaining pastry sheets. Place pies in the freezer for 15 minutes.
6. Preheat the oven to 400°F. With a sharp knife, cut 3 small vents into each chilled hand pie. Brush with egg wash. Bake for 30-35 minutes, or until golden brown. Remove from the baking sheet to a cooling rack. Cool 10 minutes before enjoying.

MOM'S TOMATO, CUCUMBER, AND CELERY ROOT SALAD

Makes 6 Servings

INGREDIENTS

Salad

- 1 medium celery root (celeriac)
- 2 lemon cucumbers, or 1 regular cucumber
- 1 enormous beefsteak tomato, or 3 reasonably-sized slicers
- 1 red onion

Dressing

- 3 Tbsp fresh dill, minced
- 3 Tbsp golden balsamic vinegar
- 2 Tbsp olive oil
- 1 Tbsp honey or agave syrup
- 2 tsp Dijon mustard
- 1 clove garlic, minced
- Salt and pepper, to taste

DIRECTIONS

1. Wash and peel celery root. Cut into large chunks and toss in a saucepan. Cover with water and bring to a boil, then reduce heat to a simmer. Cook for 10 minutes or until just barely fork tender. Drain and allow to cool before assembling the salad.
2. Chop cooled celery root into ½-inch pieces. Peel and chop cucumbers into ½ inch-chunks. Chop tomato into ½ inch pieces, and thinly slice red onion.
3. In a large bowl, whisk together dressing ingredients.
4. Toss together veggies with the dressing. Taste and adjust seasonings if desired. Refrigerate at least 2 hours before serving, to allow the flavors to get to know each other.





BLUEBERRY LEMONADE

Makes 6 Servings

INGREDIENTS

- 1 cup fresh or frozen blueberries
- 1 cup filtered water
- ½ cup granulated sugar
- 1 cup lemon juice (about 5 lemons)
- 4 cups filtered water or sparkling water
- Ice

DIRECTIONS

1. Place blueberries, 1 cup filtered water, and ½ cup granulated sugar in a medium saucepan. Bring to a boil over high heat, reduce heat and simmer for 7-10 minutes, mashing blueberries with the back of a spoon. Strain through a fine mesh strainer if desired. Allow to cool.
2. In a pitcher, stir together blueberry syrup, lemon juice, and 4 cups of filtered or sparkling water. Serve over ice.



SUMMER BERRY SLUMP

Makes 6 Servings

INGREDIENTS

- 1 cup unbleached wheat flour (can substitute gluten free)
- $\frac{1}{4}$ cup cornmeal
- $1\frac{1}{2}$ tsp baking powder
- $\frac{1}{2}$ tsp kosher salt
- 3 Tbsp cold butter, chopped (can substitute with vegan butter)
- $\frac{1}{4}$ cup buttermilk (can substitute with whole milk or plant-based milk)
- 4 cups berries (fresh or frozen), we used strawberries, blueberries, raspberries, and blackberries
- $\frac{1}{2}$ cup organic brown sugar
- 1 Tbsp cornstarch
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{4}$ tsp cardamom
- $\frac{1}{2}$ cup water
- 1 Tbsp lemon juice
- 1 tsp lemon zest
- Vanilla ice cream, for serving

DIRECTIONS

1. In a medium mixing bowl, whisk together flour, cornmeal, baking powder, and salt. Cut in butter with a pastry cutter or fork until the mixture resembles coarse crumbs.
2. Make a small well in the center of the mixture, and pour in milk and buttermilk. Toss with a fork until mixture is evenly moistened. Dough will be very sticky and shaggy. Divide into 6 portions and set aside.
3. Add fruit to a 4 qt saucepan. Whisk together brown sugar, cornstarch, cinnamon, and cardamom in a small bowl. Toss with fruit. Stir in water, lemon juice, and zest. Bring to a boil.
4. Drop dumpling dough portions onto the hot fruit mixture. Cover and reduce heat to a simmer. Cook for 25 minutes, or until the dumplings are done. Serve warm with vanilla ice cream.



STRAWBERRY LEMONADE BARS

Makes 12 Servings

INGREDIENTS

Crust

- $\frac{1}{4}$ cup all purpose flour (wheat or gluten free)
- $\frac{1}{4}$ cup almond flour
- $\frac{1}{2}$ cup powdered sugar
- $\frac{1}{2}$ tsp kosher salt
- $\frac{1}{2}$ cup unsalted butter, melted
- 1 tsp vanilla extract

Lemon Filling

- 3 lemons, juiced
- Zest of 1 lemon

- 1 $\frac{1}{2}$ cup unrefined cane sugar
- $\frac{1}{4}$ cup all purpose flour (wheat or gluten free)
- 4 eggs, beaten
- $\frac{1}{2}$ tsp vanilla extract

Strawberry Topping

- 2 cups strawberries, diced
- 1 Tbsp lemon juice
- 1 Tbsp unrefined cane sugar
- 2 tsp cornstarch

DIRECTIONS

Crust

1. Preheat the oven to 350°F. Grease an 8x8 inch baking dish with butter. Line with parchment paper.
2. Whisk together flour, almond flour, sugar, and salt. Stir in butter and vanilla. A soft dough will form.
3. Evenly press dough into the bottom of the baking dish. Bake in the preheated oven for 20 minutes.

Filling

4. Whisk together lemon zest, sugar, and flour. Stir in lemon juice, eggs, and vanilla. Pour into the hot crust.
5. Toss together strawberries, 1 Tbsp lemon juice, cane sugar, and cornstarch. Spread in an even layer over lemon filling.
6. Bake for an additional 40 minutes, or until the center no longer jiggles. Allow to cool on a rack for 2 hours, then refrigerate 1-2 hours or overnight before removing from the dish and slicing.



2649 Commercial St. SE
Salem, OR 97302
503-361-7973

LifeSourceNaturalFoods.com