

Thriving In Winter

Food List And Recipes



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LIST OF
WINTER PRODUCE
(Depending on location)

Cabbage

Kohlrabi

Rutabaga

Beets

Potatoes

Belgian Endive

Brussels Sprouts

Buttercup Squash

Collard Greens

Delicata Squash

Kale

Leeks

Sweet Dumpling Squash

Sweet Potatoes

Kabocha Squash

Turnips

Butternut Squash

Radishes

Onions

Celeriac

Carrots

Parsnips

Mustard greens

Chard

Apples

Pears

Cranberries

Pomegranate

Persimmons

Oranges

Clementines

Grapefruit





Maple Cinnamon Oatmeal with *Pears*

Put in pot:

1/2 cup of oatmeal

1 chopped pear

A sprinkle of cinnamon

1 teaspoon of maple syrup

1 cup of water

1/2 cup of almond milk

Cover and bring to a boil.

Simmer on low heat until done.





Basic Vegetable *Broth*

Put in a large pot:

1 piece of kombu seaweed

1 piece of wakame seaweed

Add the following vegetables:

1 large onion, peeled and chopped

2-3 carrots, peeled and chopped

One sweet potato, peeled and chopped

1 parsnip, washed and chopped

(any other root vegetables)

2-3 cloves of garlic, crushed

Add plenty of water to fill the pot

Bring to a boil, cover and simmer for 1-2 hours.

Strain the broth, discard the seaweed and vegetables.

(All the nutrients will be in the broth)

Flavor the broth with salt and pepper and any spices you like.

Store in the fridge for a few days or freeze.



Winter Roasted *Vegetable*

Cut up sweet potatoes, turnips, parsnips, celery root and/or other root vegetable into bite size pieces.

Toss with olive oil, salt, pepper, rosemary and thyme.

Arrange in a single layer on a parchment covered baking sheet and bake at 400°F/200°C for 30-40 minutes, tossing the vegetables half way through, until they are done.



Aduki Bean and Kabocha *Soup*

Sauté onion and garlic in a little coconut oil until turning golden.

Add 1 cup of rinsed aduki beans and sauté for another minute.

You can soak the beans overnight first.

Add 1 cup of diced kabocha squash.

Add spices: 1/2 teaspoon turmeric, 1/2 teaspoon cumin, 1/4 teaspoon cinnamon, 1/2 teaspoon paprika, pepper to taste and sauté for a few more seconds.

Add water to cover and cook until aduki beans are soft about 40 minutes.

Serve with fresh cilantro/coriander.



Baked *Rice*

Sauté onion, garlic, carrots and celery in olive oil until soft. Mix it in a casserole dish with 1 cup of uncooked brown rice. Add 1/4 cup of almonds (I like to use tamari almonds), salt and pepper to taste, 1/2 teaspoon of cumin, 1/4 teaspoon of turmeric and 1 teaspoon of dry thyme. Add 2 cups of boiling water, cover and bake at 350°F/180°C for 40-45 minutes until the water is absorbed and the rice is done. Serve with chopped fresh parsley.

Variations:

- * You can create this dish with additional proteins like chickpeas, lentils, tofu or chicken.
- * You can use other grains like quinoa, buckwheat, millet or barley.
 - * You can use any other vegetables you like.
 - * You can use any other nuts and add dry fruit like raisins or chopped apricots.
 - * You can add other fresh herbs or spices like chives, cinnamon or curry.



Mejadera

Rinse 1 cup of brown rice
(I use basmati, but you can use any kind.)

Soak overnight.

Rinse 1 cup of green lentils.

Soak overnight.

Saute 1 large onion and 2 cloves of garlic in
1 tablespoon of coconut oil until onion turns golden.

Add 1/2 teaspoon turmeric, 1 teaspoon of cumin,
1/2 teaspoon of cinnamon, 1 teaspoon of chopped or
grated ginger, salt and pepper to taste and
sauté for 2 more minutes.

Rinse and add the rice and the lentils and
sauté for another minute.

Add vegetable broth or water to cover all the rice and lentils
completely, cover the pot and bring to a boil, lower the flame
and cook until all the water is absorbed and the rice and
lentils are done, adding more water if needed.

Turn the heat off and
add 1/2 a cup of chopped cilantro or parsley.

Toss well and serve.