

Quinoa-Mushroom Frittata with Fresh Herbs

SERVES 6

Used as healing compounds since the early days of medicine, herbs have strong scents and flavors that indicate the presence of unique phytonutrients. Study after study shows that traditional healers were right: these plants are medicine. This simple dish brings some serious plant power with the fresh herbs, mushrooms, olives, and quinoa. Mushrooms also contain unique phytonutrients, helping you round out this meal. For your next brunch, serve up some healing!

¾ cup uncooked quinoa (or
1½ cups cooked)

6 large pasture-raised eggs

½ cup grated Parmesan
cheese

¼ cup chopped fresh basil

2 tablespoons chopped fresh
chives or tarragon

1 teaspoon minced fresh
thyme leaves

¼ teaspoon freshly ground
black pepper

4 green onions or garlic
scapes, thinly sliced

1 cup sliced mushrooms such
as maitake, shiitake, or
chanterelle, brushed clean
and sliced

Olive oil

¼ cup assorted pitted olives,
whole or chopped

Cook the quinoa according to the package instructions. Set aside.

In a large bowl, whisk the eggs, then stir in the quinoa, Parmesan, herbs, pepper, green onions or garlic scapes, and mushrooms.

Coat a medium, ovenproof skillet with a thick layer of olive oil. Place over medium-high heat, add the egg mixture, and sprinkle with the olives. Cook for 2 to 3 minutes without stirring.

Preheat the broiler with the rack in the second position from the top. Broil the frittata until the top is lightly browned and the eggs have firmed up in the center, 3 to 4 minutes.

Remove the frittata from the oven and let it rest for 3 minutes. Loosen the edges with a spatula and cut into 6 wedges. Serve immediately.

NUTRITIONAL STATS PER SERVING (1 LARGE WEDGE): 232 Calories ❖ 13g Protein ❖ 14g Carbohydrates ❖ 14g Fat (6g Saturated) ❖ 295mg Cholesterol ❖ 2g Sugars ❖ 2g Fiber ❖ 409mg Sodium

Selenium = 65% ❖ Vitamin K = 51% ❖ B₁₂ = 39% ❖

Choline = 35% ❖ Zinc = 33%





Berry Spinach Salad with Toasted Hazelnuts SERVES 4

If you love sweet and salty paired in one dish, then this nourishing salad is for you. To take this dish on the road, pack the berries and the dressing separately to avoid wilting the greens. For a cocktail party, swap the greens out for lettuce cups and spoon them full of the carrots, radishes, berries, and nuts, then drizzle with dressing.

½ cup hazelnuts
¼ cup extra-virgin olive oil
Juice and finely grated zest
of 1 lemon
2 tablespoons plain kefir
1 teaspoon honey

½ teaspoon salt
¼ teaspoon freshly ground
black pepper
½ pound salad greens, such
as mesclun, baby kale, or
spinach

4 carrots, peeled and thinly
sliced
2 cups radishes, trimmed
and thinly sliced
1 pint berries such as
raspberries or blueberries

Preheat the oven or toaster oven to 350°F.

Spread out the hazelnuts in a single layer on a rimmed baking sheet. Toast in the oven until the skins split and the nuts turn a deep golden brown, 10 to 12 minutes. While still hot, rub the hazelnuts in a clean kitchen towel to remove the skins (some bits of skin will remain). Cool for 5 minutes, then chop.

Combine the oil, lemon zest and lemon juice, kefir, honey, salt, and pepper in a small bowl and whisk until smooth. Divide the salad greens among four plates. Top with the carrots, radishes, and berries and drizzle with the dressing. Garnish with the chopped hazelnuts and serve immediately.

NUTRITIONAL STATS PER SERVING (3 CUPS): 259

Calories ❖ 4g Protein ❖ 17g Carbohydrates ❖
20g Fat (2g Saturated) ❖ 0mg Cholesterol ❖
7g Sugars ❖ 6g Fiber ❖ 332mg Sodium

Vitamin C = 48% ❖ Vitamin A = 27% ❖ Fiber = 24%
❖ Vitamin K = 18% ❖ Magnesium = 13%



Rocket Pie SERVES 4

Feed your brain and tone your body with pizza? The fresh arugula, a.k.a. “rocket,” that tops this pie adds a spicy bite to a rich, savory base. Clams contain more vitamin B₁₂ than any other food and deliver protein, iron, and iodine. Higher levels of B₁₂ in your blood mean a bigger, healthier brain as you age. You can pull this recipe off in just minutes by using dough from the freezer section in your grocery store and swapping out the fresh clams for jarred. Remember to place the dough in your fridge the night before to gently defrost.

½ pound clams, well rinsed
under cold running water
6 tablespoons olive oil
2 garlic cloves

¼ teaspoon salt
2 cups packed kale leaves
½ pound frozen pizza dough
(whole wheat or gluten-
free), defrosted

½ cup grated pecorino
Romano cheese
1 cup baby arugula or
microgreens

Preheat the oven to 450°F.

Partially fill a large stockpot with 3 inches water and bring to a boil over high heat. Add the clams, cover, and cook for 2 to 3 minutes or until the shells open and the clams are cooked through inside. Drain and pull the clam meat from the shells. Chop the clams and set aside.

Place the olive oil, garlic, and salt in a food processor and pulse until finely chopped. Add the kale and pulse again until a chunky mixture forms.

Roll out the dough and place it on a pizza pan or baking sheet. Top with the kale mixture and, using the back of a spoon, spread it almost to the edges of the dough. Sprinkle with the clams and cheese. Bake for 15 to 20 minutes until the edges are cooked and golden. Remove from the

oven and sprinkle with the arugula. Serve immediately.

NUTRITIONAL STATS PER SERVING (2 THIN SLICES): 408 Calories ❖ 17g Protein ❖ 30g Carbohydrates ❖ 26g Fat (5g Saturated) ❖ 26mg Cholesterol ❖ 0g Sugars ❖ 1g Fiber ❖ 759mg Sodium

Vitamin B₁₂ = 276% ❖ Vitamin C = 60% ❖ Protein = 37% ❖ Selenium = 36% ❖ Iodine = 25%