



INGRAINED LIVING
kitchen

Spring Awakening Recipe Collection

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The Ingrained Table: Spring Awakening Recipe Collection

Welcome to *The Ingrained Table: Spring Awakening Recipe Collection*—a gathering of fresh, simple, and deliciously wholesome recipes to mark the gentle turning of the season.

These offerings were crafted with springtime in mind: lighter meals, brighter flavors, and small moments of refreshment to meet your body where it is—without striving, without pressure. Just grace, nourishment, and joy in the everyday.

You'll find a blend of protein-rich meals, fresh salads, make-ahead sides, and a wholesome indulgence or two, all designed to support your rhythms and restore your energy from the inside out.

My hope is that these recipes bring ease to your kitchen, delight to your plate, and a quiet reminder that nourishment can be both grounding and joyful.

Pull up a chair. Your spring table is set.

May this season meet you gently.

May the meals you prepare nourish more than just your body—
and may you find joy in the small, sacred rhythms of your kitchen.
Here's to lighter days, deeper rest, and a table filled with grace.

With grace and gratitude,
Bethany

Your Wholesome Spring Table

Pineapple & Prosciutto Hawaiian Omelette

A savory, protein-rich start to spring mornings—this gently sweet and salty combination brings warmth and balance, inspired by the first light of the season.

Strawberry Mint Sparkler

A bright, refreshing sip to awaken the senses—this naturally sweetened drink pairs spring strawberries, fresh herbs, and lime with sparkling water for a gently uplifting moment.

Creamy Radish & Basil Spring Dip

A refreshing, herb-forward dip made with Greek yogurt, feta, and lemon—blended with crisp radishes and vibrant basil for a light yet satisfying bite. Perfect for pairing with fresh vegetables or seeded crackers, and easily adapted for dairy-free needs.

Asparagus & Lentil Spring Salad with Maple-Balsamic Vinaigrette

Tender asparagus, hearty lentils, and crisp cucumber come together in this refreshing, fiber-rich salad—balanced with a maple-balsamic vinaigrette that whispers of the changing season.

Fresh Cobb Salad with Yogurt-Dill Dressing

A fresh take on a timeless classic—this creamy Cobb is built with crisp romaine, spring vegetables, eggs, and a Greek yogurt-based dill dressing that's light yet satisfying.

Creamy Mini Potato Salad with Pickled Red Onions & Dill

A softly savory twist on traditional potato salad—this version blends fresh herbs, crisp celery, and bright pickled onions into a creamy base that's both grounding and vibrant.

Quick-Pickled Red Onions

This simple staple brings brightness and balance to any dish. Naturally tangy with just a touch of sweetness, these onions store well and elevate everything from eggs to salads.

Grilled Carrots with Lime & Fresh Herbs

Charred and caramelized, these carrots are finished with fresh herbs and lime juice for a side that's earthy, sweet, and beautifully simple.

Spring Greek Salad with Kale & Beef Tenderloin

Hearty yet fresh, this protein-rich salad features tender steak, crisp vegetables, and a zesty red wine vinaigrette—nourishing enough to stand alone, light enough for spring.

Sheet Pan Sweet & Sour Chicken with Broccoli

A one-pan dinner full of color and flavor—chicken, broccoli, and red onion are roasted in a maple-lime glaze for a subtly sweet, tangy, and deeply satisfying weeknight meal.

Silky Lemon Chicken Soup with Rice & Spring Peas

Light, comforting, and brightened by lemon—this nourishing soup brings together the ease of spring cooking with the warmth of home.

Lemon Oat Tart Bars

A simple, sun-kissed treat—sweetened with honey and brightened by lemon. Proof that nourishment and delight can absolutely share the same plate.



Pineapple & Prosciutto Hawaiian Omelette

2 servings

20 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 5 Egg
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/2 cup Pineapple (cored and diced)
- 2 2/3 ozs Prosciutto (sliced into small pieces)
- 1/2 cup Goat Cheese (crumbled)
- 2 cups Baby Spinach

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 389 |
| Fat | 26g |
| Saturated | 13g |
| Monounsaturated | 5g |
| Carbs | 9g |
| Fiber | 1g |
| Sugar | 6g |
| Protein | 30g |
| Sodium | 1624mg |

Directions

- 1 Heat coconut oil in a medium-sized frying pan over medium heat.
- 2 In a bowl, whisk together the eggs, sea salt, and black pepper until frothy. Divide the mixture into portions as needed.
- 3 Pour one portion of the egg mixture into the skillet, ensuring it covers the surface. Let it cook until almost set. Add the pineapple, prosciutto, goat cheese, and baby spinach to one half of the omelette. Fold the other half over and let cook until the spinach wilts and the omelette is fully set. Remove from heat. Transfer to a plate and serve immediately.
- 4 Alternative Serving: If you prefer, you can serve the spinach on the side. Simply sauté the baby spinach in a little olive oil until wilted and place it alongside the omelette for a fresh and vibrant accompaniment.
- 5 Repeat with the remaining ingredients to make additional omelettes.

Notes

Graceful Swaps: Cheese Alternatives: If you prefer a different cheese, you can swap goat cheese for feta or sharp cheddar for a more tangy or rich flavor.

Dairy-Free Option: To make this omelette dairy-free, simply omit the goat cheese. You can substitute with a dairy-free cheese alternative or enjoy it without cheese for a lighter version.

Graceful Swaps: Greens : Feel free to substitute kale or arugula for baby spinach, depending on your flavor preference. Both options bring a unique twist to the dish—kale adds a heartier texture, while arugula offers a peppery bite.



Strawberry Mint Sparkler

2 servings
10 minutes

Ingredients

- 1/2 cup Strawberries (chopped)
- 1/4 cup Mint Leaves
- 1 Lime (juiced)
- 2 tsps Maple Syrup
- 2 Ice Cubes (large)
- 1 1/2 cups Sparkling Water

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 37 |
| Fat | 0g |
| Saturated | 0g |
| Monounsaturated | 0g |
| Carbs | 10g |
| Fiber | 1g |
| Sugar | 6g |
| Protein | 0g |
| Sodium | 6mg |

Directions

- 1 Divide the strawberries, mint, lime juice, and maple syrup between glasses. Use a muddler or the back of a spoon to gently crush the ingredients, releasing their flavors.
- 2 Add the ice cubes, then top with sparkling water. Stir gently and serve immediately.

Notes

Serving Size: One serving is approximately ¾ cup.

Graceful Swaps: Mint : Use fresh basil for a slightly different, but equally refreshing twist.

A Note on Sweetness: Adjust the maple syrup to taste, depending on the sweetness of your berries. For a naturally sweet-tart refresher, feel free to omit the sweetener entirely—the strawberries and lime offer bright flavor on their own.



Crisp & Creamy Basil Radish Dip

4 servings

10 minutes

Ingredients

1 cup Plain Greek Yogurt
1/4 cup Feta Cheese
1 cup Basil Leaves (chopped)
1 cup Radishes (chopped)
1/4 Lemon (juiced)
1 Cucumber (sliced into rounds or sticks)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 89 |
| Fat | 3g |
| Saturated | 2g |
| Monounsaturated | 0g |
| Carbs | 8g |
| Fiber | 1g |
| Sugar | 3g |
| Protein | 8g |
| Sodium | 155mg |

Directions

- 1 Combine the yogurt, feta, basil, radishes, and lemon juice in a food processor. Blend until smooth and creamy, with a dip-like consistency.
- 2 Transfer to a serving bowl and pair with cucumber slices for dipping. Serve immediately or chill until ready to enjoy.

Notes

Serving Suggestions: Serve with cucumber slices, carrot sticks, bell pepper strips, or endive leaves. For a heartier option, pair with seeded crackers or gluten-free flatbread.

Graceful Swaps: Dairy-Free: Omit the Greek yogurt and feta, and replace with mashed chickpeas and sea salt to taste. The result is a creamy, herb-forward dip with added fiber and plant-based protein.



Asparagus & Lentil Spring Salad with Maple Balsamic Vinaigrette

4 servings

15 minutes

Ingredients

6 cups Asparagus (trimmed and sliced in half lengthwise)
3 tbsps Balsamic Vinegar
2 tbsps Extra Virgin Olive Oil
1 tbsp Dijon Mustard
1 tbsp Maple Syrup
1 Garlic (clove, minced)
Sea Salt & Black Pepper (to taste)
1 Cucumber (large, diced)
2 cups Lentils (cooked, drained and rinsed)
1/2 cup Slivered Almonds (toasted)
1/2 cup Feta Cheese (crumbled)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 409 |
| Fat | 20g |
| Saturated | 5g |
| Monounsaturated | 6g |
| Carbs | 40g |
| Fiber | 14g |
| Sugar | 13g |
| Protein | 21g |
| Sodium | 266mg |

Directions

- 1 Blanch the asparagus: Bring a large pot of water to a boil. Add asparagus and cook for 2 minutes, until bright green and just tender. Drain and rinse under cold water to stop the cooking process. Set aside. (Note: You could also grill or roast the asparagus.)
- 2 Make the dressing: In a small bowl or jar, whisk together balsamic vinegar, olive oil, Dijon mustard, maple syrup, minced garlic, salt, and pepper until well combined.
- 3 Assemble the salad: In a large bowl, combine the cooked asparagus, cucumber, lentils, and toasted almonds. Drizzle with the vinaigrette and toss gently to coat.
- 4 Finish with feta: Sprinkle crumbled feta on top just before serving. Divide into bowls and enjoy!

Notes

Dairy-Free Option : Feta adds richness, but can be omitted for dairy-free.

Nut-Free Option: Swap sunflower seeds for the slivered almonds.

Graceful swaps: Lentils : Use chickpeas or white beans instead of lentils for a similar texture and nourishing fiber.

To Keep: Store covered in the refrigerator and enjoy within 3 days for best texture and flavor.



Fresh Cobb Salad with Yogurt-Dill Dressing

2 servings

20 minutes

Ingredients

- 4 Egg
- 1/3 cup Plain Greek Yogurt
- 1 tbsp Lemon Juice
- 2 tbsps Fresh Dill (chopped)
- 2 tbsps Water
- Sea Salt & Black Pepper (to taste)
- 5 leaves Romaine (chopped)
- 1/3 cup Radishes (thinly sliced)
- 1 cup Snap Peas (trimmed)
- 4 slices Bacon, Cooked (chopped)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 294 |
| Fat | 18g |
| Saturated | 6g |
| Monounsaturated | 7g |
| Carbs | 10g |
| Fiber | 3g |
| Sugar | 4g |
| Protein | 24g |
| Sodium | 537mg |

Directions

- 1 Add eggs to a saucepan and cover with cold water. Bring to a gentle boil, then remove from heat, cover, and let stand for 12 minutes. Drain and cool under running water. Once cool, peel and quarter the eggs.
- 2 Meanwhile, in a small bowl or jar, combine the yogurt, lemon juice, dill, water, salt, and pepper. Whisk until smooth, or seal the jar and shake until well blended.
- 3 In a large salad bowl, combine the romaine, radishes, snap peas, and cooked bacon. Drizzle with the dressing and toss gently to coat. Add the quartered eggs and toss once more with care. Divide among plates and serve.

Notes

To Keep: Refrigerate in an airtight container for up to 3 days. For best texture, add the dressing just before serving.

Serving Size: One serving yields approximately 2½ cups of salad and two eggs.

Additional Toppings: Crumbled blue cheese, toasted nuts or seeds, and chopped chives all make delicious finishing touches.

Dairy-Free Option: Use a plain, unsweetened dairy-free yogurt (such as cashew or coconut-based) in place of Greek yogurt for a creamy, plant-based dressing.



Creamy Mini Potato Salad with Pickled Red Onions & Dill

3 servings
25 minutes

Ingredients

4 cups Mini Potatoes (halved)
1/3 cup Mayonnaise
1 1/2 tbsps Apple Cider Vinegar
1 1/2 tbsps Whole Grain Mustard
1 tbsp Fresh Dill (finely chopped)
Sea Salt & Black Pepper (to taste)
1 stalk Celery (finely sliced)
2 ozs Pickled Red Onions

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 334 |
| Fat | 20g |
| Saturated | 3g |
| Monounsaturated | 4g |
| Carbs | 38g |
| Fiber | 4g |
| Sugar | 3g |
| Protein | 4g |
| Sodium | 457mg |

Directions

- 1 Add the potatoes to a large pot and cover with water. Bring to a boil and cook for 10 to 12 minutes, or until just tender. Drain and set aside to cool completely. For microbiome-friendly benefits, refrigerate the cooked potatoes overnight to allow resistant starch to develop.
- 2 In a bowl, whisk together the mayonnaise, apple cider vinegar, mustard, dill, sea salt, and black pepper until smooth and well combined.
- 3 Add the cooled potatoes, celery, and pickled onions to the bowl. Toss gently to coat. Divide among plates and serve.

Notes

To Keep: Refrigerate in an airtight container for up to 4 days.

Serving Size: One serving is approximately 1 1/3 cups.

Ingredient Notes: Red Onion: Make your own quick-pickled red onions with the recipe included in this collection. For a time saving alternative, look for clean brands such as Noble Made, Bubbies, or Pacific Pickle Works. No pickled onion? Use fresh finely diced red onion or sweet onion instead.

Ingredient Note: Mayonnaise: For a lighter option, plain Greek yogurt can be used in place of mayonnaise. It offers a creamy texture and subtle tang that pairs beautifully with the vinegar and dill. For a mayo-style dressing, choose a high-quality brand made with avocado oil, such as as Primal Kitchen, Sir Kensington's or Chosen Foods. You can also use a homemade version or a plain Greek yogurt if preferred.



Quick-Pickled Red Onions

16 servings
2 hours 10 minutes

Ingredients

- 1 1/2 cups Red Onion (thinly sliced)
- 1 cup Water
- 2/3 cup White Wine Vinegar
- 1 tbsp Cane Sugar
- 1 tsp Sea Salt
- 1 tsp Black Peppercorns

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 13 |
| Fat | 0g |
| Saturated | 0g |
| Monounsaturated | 0g |
| Carbs | 3g |
| Fiber | 0g |
| Sugar | 1g |
| Protein | 0g |
| Sodium | 148mg |

Directions

- 1 Place the sliced red onions in a clean glass jar, packing them gently but firmly to fill the space.
- 2 In a medium saucepan, combine the water, vinegar, sugar, salt, and peppercorns. Warm over medium heat, stirring until the sugar and salt have dissolved, about 1 minute. Remove from heat and let cool slightly, then pour over the onions in the jar.
- 3 Let the onions cool to room temperature, then seal the jar and refrigerate.
- 4 The pickled red onions will be ready after about 2 hours. Use as desired.

Notes

Serving Size: One serving is approximately 2 tablespoons of pickled red onions.

To Keep : Store in the refrigerator for up to 4 weeks.

Jar Size: Use a standard 16-ounce (pint) jar to yield approximately 16 servings. For smaller batches, use an 8-ounce (half-pint) jar and adjust quantities as needed. A wide-mouth jar makes packing and serving easier.

Sweeter Alternative Tip: For a natural sweetness, you can swap the cane sugar with honey or maple syrup. Honey will lend a floral richness, while maple syrup offers a warm, earthy sweetness. Adjust to taste depending on your preferred flavor profile.

Vinegar Substitution Tip: If you prefer a more robust, tangy flavor, you can substitute white wine vinegar with apple cider vinegar. The slight fruity undertones of apple cider vinegar will add a unique twist to the pickled red onions, while still delivering the perfect balance of brightness and acidity.

To Enhance Flavor : Add a few garlic cloves and sprigs of fresh thyme to the jar before pouring in the brine.

Serving Suggestion: Deliciously tangy and vibrant, these pickled red onions are the

perfect complement to burgers, tacos, fresh salads, sandwiches, or roasted potatoes. They add a burst of flavor and a touch of sophistication to any dish.



Grilled Carrots with Lime & Fresh Herbs

6 servings

25 minutes

Ingredients

12 Carrot (medium, washed)
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 stalks Green Onion (chopped)
1/3 cup Cilantro (chopped)
3 tbsps Fresh Dill (chopped)
1/2 Lime (juiced)

Directions

- 1 Preheat the grill to medium-high heat. In a large bowl, toss the carrots with olive oil, salt, and pepper until evenly coated.
- 2 Place the carrots directly on the grill grates. Cook for 12 to 14 minutes, turning every few minutes, until lightly charred and fork-tender.
- 3 Transfer the grilled carrots to a serving platter. Top with green onion, cilantro, dill, and a squeeze of fresh lime juice. Divide between plates and serve warm.

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 92 |
| Fat | 5g |
| Saturated | 1g |
| Monounsaturated | 3g |
| Carbs | 12g |
| Fiber | 4g |
| Sugar | 6g |
| Protein | 1g |
| Sodium | 86mg |

Notes

To Keep: Refrigerate in an airtight container for up to 3 days. Enjoy chilled or gently reheated.

Serving Size: One serving includes approximately two carrots with herb topping.

Additional Toppings: Top with crumbled feta or shaved parmesan for a creamy, savory finish. Cilantro and dill may be swapped for fresh parsley or mint, based on seasonal availability.



Spring Greek Salad with Kale & Beef Tenderloin

4 servings
40 minutes

Ingredients

- 1 Red Bell Pepper (de-seeded and cut into slices)
- 1/2 cup Red Onion (finely sliced)
- 1 Cucumber (diced)
- 4 cups Kale Leaves (finely chopped)
- 1 cup Cherry Tomatoes (halved)
- 1/2 cup Pitted Kalamata Olives (diced)
- 1/2 cup Feta Cheese (crumbled)
- 1/3 cup Extra Virgin Olive Oil
- 3 tbsps Red Wine Vinegar
- 1/2 tsp Oregano
- 1 Lemon (juiced)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1/8 tsp Black Pepper
- 12 ozs Beef Tenderloin

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 509 |
| Fat | 43g |
| Saturated | 13g |
| Monounsaturated | 23g |
| Carbs | 12g |
| Fiber | 3g |
| Sugar | 5g |
| Protein | 20g |
| Sodium | 544mg |

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. In a mixing bowl, toss the red pepper slices with a drizzle of olive oil and a pinch of sea salt. Spread evenly on the baking sheet and roast on the middle rack for 20 minutes, until tender and slightly caramelized.
- 2 In a large salad bowl, combine the red onion, cucumber, kale, cherry tomatoes, olives, and feta. Set aside.
- 3 In a small bowl, whisk together the olive oil, red wine vinegar, oregano, lemon juice, garlic, sea salt, and black pepper until well combined. Set aside.
- 4 Remove the roasted red peppers from the oven and let them cool slightly. Once cooled, add to the salad bowl with the remaining ingredients.
- 5 Increase the oven temperature to 500°F (260°C) and move the rack to the top position.
- 6 To Cook the Steak Oven Method: Heat a cast iron skillet or oven-safe pan under the broiler or at 500°F (260°C). Once hot, carefully place the steak in the pan and sear for 5 to 8 minutes per side, depending on thickness and desired doneness. Stovetop Method: Heat a cast iron or heavy-bottomed skillet over medium-high heat. Add a drizzle of olive oil, then sear the steak for 3 to 4 minutes per side, or until cooked to your liking.
- 7 Remove the steak from the oven (or pan) and let rest briefly. Slice into thin strips. Add the dressing to the salad and toss well to combine. Plate the salad, top with sliced steak, and serve promptly.

Notes

To Keep: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 2 cups of salad with steak.

Plant-Based Option: For a plant-based option, skip the steak and add roasted chickpeas for protein and texture.



Sheet Pan Sweet & Sour Chicken with Broccoli

2 servings
40 minutes

Ingredients

8 ozs Chicken Breast (boneless, skinless, sliced)
1 cup Red Onion (chopped)
2 cups Broccoli (cut into florets)
1/4 tsp Sea Salt
2 1/2 fl ozs Pineapple Juice
1/2 Lime (juiced)
1 1/2 tsp Arrowroot Powder
1 tbsp Raw Honey

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 253 |
| Fat | 3g |
| Saturated | 1g |
| Monounsaturated | 1g |
| Carbs | 28g |
| Fiber | 4g |
| Sugar | 16g |
| Protein | 29g |
| Sodium | 380mg |

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the chicken, onion, and broccoli into the baking sheet. Season with salt and bake in the oven for 15 minutes.
- 3 Meanwhile, in a saucepan, whisk together the pineapple juice, lime juice, arrowroot powder, and honey. Place over medium-high heat. Bring to a simmer and cook for about six to seven minutes or until slightly thickened, whisk frequently.
- 4 Remove the sheet pan from the oven and pour the sweet and sour sauce all over the chicken and vegetables. Bake in the oven for another 15 minutes or until everything has cooked through.
- 5 Divide between serving plates and enjoy!

Notes

To Keep: Refrigerate in an airtight container for up to three days to maintain freshness.

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

Wholesome Enhancements : For an added burst of flavor and nutritional benefit, sprinkle freshly chopped cilantro on top. To elevate the sauce with warmth and flavor, add any of the following aromatics: green onion, ginger, garlic, and thyme.

Graceful Swaps: Pineapple Juice: Try one of these alternatives: Orange juice - Mild, slightly sweet, and citrusy. Apple cider (unsweetened) - Subtle fruit note with warmth. Rice vinegar + honey - Asian-inspired sweet-sour, less fruity. Lemon juice + honey - Tangy, sharp, and balanced.



Lemony Herb Pasta with Spring Greens

4 servings

15 minutes

Ingredients

8 ozs Chickpea Pasta (dry)
 3/4 cup Frozen Edamame
 1 tsp Extra Virgin Olive Oil
 3/4 cup Cherry Tomatoes (halved)
 2 1/2 cups Arugula (or fresh spinach or baby kale)
 1 tbsp Lemon Juice
 2/3 cup Hummus
 2 tsps Everything Bagel Seasoning
 Sea Salt & Black Pepper (to taste)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 340 |
| Fat | 14g |
| Saturated | 1g |
| Monounsaturated | 3g |
| Carbs | 42g |
| Fiber | 12g |
| Sugar | 7g |
| Protein | 21g |
| Sodium | 341mg |

Directions

- 1 Bring a large pot of salted water to a boil. Cook the chickpea pasta according to the package instructions. During the final two minutes of cooking, add the frozen edamame. Reserve a bit of the pasta cooking water before draining, then rinse the pasta and edamame under cold water. Set aside.
- 2 In the same pot, heat the oil over medium heat. Add the tomatoes, arugula, and lemon juice, and cook until heated through. Stir in the pasta and edamame, then add the hummus, mixing well. Gradually add the reserved pasta water, a small splash at a time, until the desired consistency is reached. Divide the pasta onto plates and finish with a sprinkle of everything bagel seasoning, salt, and pepper.

Notes

To Keep : Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup of pasta.

Additional Toppings: Finish with a sprinkle of chopped parsley and a drizzle of olive oil for an extra burst of flavor and freshness.

Recipe Tip: Soy-Free Option: Swap for Green Peas: Use 8 oz of frozen green peas in place of the edamame. Green peas provide a sweet, fresh flavor and will pair nicely with the other ingredients. Swap for Chopped Zucchini: Dice 8 oz of zucchini into small pieces

Recipe Tip: Greens : For a different leafy green, you can substitute arugula with fresh spinach or baby kale. Spinach offers a mild, tender texture, while baby kale provides a slightly more robust flavor and texture.

Graceful Protein Pairing: Serve alongside grilled chicken, roasted salmon, or soft-boiled eggs for a more substantial meal.



Silky Lemon Chicken Soup with Rice & Spring Peas

2 servings
35 minutes

Ingredients

6 ozs Chicken Breast
1/2 cup Basmati Rice (dry, rinsed)
2 Garlic (clove, minced)
3 cups Chicken Broth
Sea Salt & Black Pepper (to taste)
1 Egg
1 Lemon (medium, juiced)
1/2 cup Frozen Peas (thawed)
2 tbsps Parsley (chopped)
1/2 tsp Chili Flakes

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 382 |
| Fat | 6g |
| Saturated | 1g |
| Monounsaturated | 2g |
| Carbs | 50g |
| Fiber | 3g |
| Sugar | 4g |
| Protein | 31g |
| Sodium | 1491mg |

Directions

- 1 To prepare the chicken, bring a pot of water to a boil. Reduce to a gentle simmer, add the chicken breast, and cover. Simmer for 15 to 20 minutes, or until fully cooked through. Remove from the pot and shred into bite-sized pieces using two forks.
- 2 Meanwhile, heat a pot over medium-high heat. Add the basmati rice and minced garlic, and sauté for 2 minutes until fragrant. Pour in the broth and season with sea salt and black pepper.
- 3 Reduce the heat to low and simmer for 20 minutes, or until the rice is fully cooked. Some liquid will remain. Use an immersion blender to blend the rice mixture until smooth and creamy.
- 4 In a small bowl, whisk the egg with the lemon juice. While whisking continuously, slowly add a ladleful of the hot broth to temper the egg and prevent it from curdling.
- 5 Stir the tempered egg mixture into the soup. Add the shredded chicken and peas, and warm over low heat for 5 minutes. Do not allow the soup to boil.
- 6 Ladle the soup into serving bowls and garnish with parsley and chili flakes. Serve warm.

Notes

Serving Size: One serving is approximately 2 cups.

To Keep: Refrigerate in an airtight container for up to 3 days, or freeze for up to 3 months.

Enhance Flavor : Add a pinch of turmeric and a bay leaf or two to the broth as it simmers for subtle warmth and flavor complexity.

Graceful Swaps: Basmati Rice: No basmati on hand? Use brown rice, jasmine, or another

variety—just adjust the cooking time as needed.

Alternative Blending Method: Carefully transfer the soup to a high-speed blender and blend to your desired consistency. Work in batches if needed, and vent the lid slightly to allow steam to escape.

Graceful Swaps: Chicken: For a quicker option, use pre-cooked, shredded rotisserie chicken or leftover roasted chicken. Simply stir it in during the final step to warm through.



Lemon Oat Tart Bars

16 servings
2 hours 5 minutes

Ingredients

1 cup Oat Flour
1/3 cup Coconut Oil (melted)
1/2 cup Raw Honey (divided)
1/2 tsp Sea Salt (divided)
6 Egg (large)
2 tbsps Coconut Flour
1 tbsp Lemon Zest
1/2 cup Lemon Juice

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 133 |
| Fat | 7g |
| Saturated | 5g |
| Monounsaturated | 1g |
| Carbs | 15g |
| Fiber | 1g |
| Sugar | 8g |
| Protein | 4g |
| Sodium | 102mg |

Directions

- 1 Preheat the oven to 350°F (175°C). Line a 9x9-inch (23x23 cm) baking dish with parchment paper, allowing some overhang for easy removal. Set aside.
- 2 In a large bowl, combine the oat flour, melted coconut oil, ¼ cup of the honey, and ¼ teaspoon of the sea salt. Stir until the mixture is moist and holds together with a soft, dough-like texture.
- 3 Press the dough evenly into the prepared pan, making sure to reach the corners. Bake for 15 minutes, or until lightly golden and set. Remove from the oven and let cool slightly.
- 4 While the crust bakes, combine the eggs, coconut flour, lemon zest, lemon juice, remaining ¼ cup of honey, and remaining ¼ teaspoon of sea salt in a mixing bowl. Beat for about 4 minutes, or until smooth and well combined.
- 5 Pour the lemon mixture over the cooled crust and return to the oven. Bake for 30 minutes, or until the filling is set and cooked through. Let cool completely, then refrigerate for 1 to 2 hours before slicing and serving.
- 6 When ready to serve, lift the bars from the pan using the parchment overhang. Cut into squares and serve.

Notes

To Keep: Refrigerate in an airtight container for up to 3 days.

Serving Size: One serving is one square. A 9 x 9-inch (23 x 23 cm) square pan was used to make 16 servings.

Graceful Swaps: Honey : Maple syrup can be used in place of honey. It brings a slightly deeper sweetness and may result in a softer texture and warmer flavor.

Graceful Swaps: Oat Flour: No oat flour on hand? Use all-purpose gluten-free flour in its place. Almond flour or organic soft white wheat may also work, though these options

have not been tested with this recipe.

Pan Size Note: This recipe was tested in a 9x9-inch (23x23 cm) baking dish. An 8x8-inch pan may be used for slightly thicker bars; adjust baking time as needed. Double recipe for a 9x13-inch pan; adjust baking time as needed.