



Conquering Cancer - Cancer Fighting Vegetable Ideas

MELISSA MERCHANT

Melissa Merchant
CANCER
COACH

Crispy Cauliflower Bites

4 SERVINGS 20 MINUTES



INGREDIENTS

1 tbsp Sesame Oil
2 stalks Green Onion (sliced)
2 Garlic (cloves, minced)
2 tbsps Tamari
1 tbsp Maple Syrup
1/4 cup Oat Flour
1/4 cup Tapioca Flour
1 tbsp Baking Powder
Sea Salt & Black Pepper (to taste)
1/3 cup Water
1 head Cauliflower (chopped into florets)
1/4 cup Coconut Oil

DIRECTIONS

- 01 Heat sesame oil in a large pan over medium-high heat. Cook green onions and garlic for 1 to 2 minutes. Stir in tamari and maple syrup, remove from heat and transfer to a bowl.
- 02 In a mixing bowl, combine oat flour, tapioca flour, baking powder, salt, pepper and water. Add 1-2 tbsp of water if it is too thick. Toss cauliflower florets in the mixture until well coated.
- 03 Heat coconut oil over medium-high heat in the same pan used for the sauce. Cook cauliflower until all sides are browned, about 5 to 7 minutes. Add more coconut oil to the pan if needed.
- 04 Transfer cauliflower to a paper towel-lined plate. Dip cauliflower bites into the sauce or drizzle overtop. Enjoy!

NOTES

NO OAT FLOUR

Use regular or gluten-free all-purpose flour instead.

NO TAPIOCA FLOUR

Use arrowroot powder or cornstarch instead.

NO COCONUT OIL

Use sesame oil instead.

Pesto Cauliflower Rice

4 SERVINGS 10 MINUTES



INGREDIENTS

1 head Cauliflower (chopped into florets)
1/2 cup Pesto

DIRECTIONS

- 01 Add cauliflower florets to the food processor. Process until the cauliflower has a rice-like consistency. (You may need to do this in batches depending on the size of your food processor.)
- 02 In a large saucepan over medium-high heat, add the cauliflower and stir in pesto until well coated. Cook for about 3-5 minutes. Serve immediately.

NOTES

MAKE IT RAW

Skip step 2 and mix pesto with the raw cauliflower rice in a large bowl.

LEFTOVERS

Refrigerate in an airtight container up to 4 days, or freeze either raw or cooked.

Cauliflower Hashbrowns

6 SERVINGS 40 MINUTES



INGREDIENTS

1 head Cauliflower (chopped into small florets)
2 Egg
1/4 cup Coconut Flour
1 tsp Coconut Oil
1 tsp Onion Powder
1 tsp Chili Powder
128 grams Cheddar Cheese (grated)
1 tbsp Chives (diced)

DIRECTIONS

- 01 Heat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a food processor, add the cauliflower and process until it forms a rice-like consistency. Remove the cauliflower rice from the food processor and add it to a cheesecloth or kitchen towel. Squeeze the cloth until all of the liquid is gone.
- 03 In a large mixing bowl, add in the cauliflower rice, eggs, coconut flour, coconut oil, onion powder and chili powder. Mix with a wooden spoon until evenly combined. Once the mixture is formed, fold in the grated cheese.
- 04 Form the mixture into medium-sized balls and shape into hashbrown patties on your parchment-lined baking sheet. Bake the hashbrowns for 20 minutes, flipping halfway. Remove from the oven and let them cool slightly.
- 05 Top the hashbrowns with the chives and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days or freeze for up to one month. For best results, reheat in the oven.

SERVING SIZE

One serving equals approximately one hashbrown.

DAIRY-FREE

Use a dairy-free cheese or nutritional yeast instead.

NO FOOD PROCESSOR

Buy pre-made cauliflower rice.

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 tpsps Sesame Oil
- 1 tbsp Tamari
- 1 tsp Coconut Sugar
- 2 stalks Green Onion (chopped)
- 1/4 cup Mint Leaves (chopped)

DIRECTIONS

- 01 Place the chopped cauliflower, radishes and carrots in a large bowl.
- 02 Add the almond butter, lime juice, garlic, water, sesame oil, tamari and coconut sugar to a blender. Blend until smooth and creamy.
- 03 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, or tofu.

Roasted Cauliflower

4 SERVINGS 35 MINUTES



INGREDIENTS

1 head Cauliflower (chopped into florets)
2 tbsps Avocado Oil
1/4 tsp Sea Salt (or more to taste)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Toss cauliflower florets with avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt. Roast for 30 minutes or until golden brown, tossing at the halfway point.
- 03 Remove from oven and enjoy!

NOTES

NO AVOCADO OIL

Use coconut oil or olive oil instead.

MAKE IT CHEESY

Toss in nutritional yeast after roasting.

Cauliflower Mash

4 SERVINGS 30 MINUTES



INGREDIENTS

1 head Cauliflower (large, sliced into florets)
2 Garlic (cloves, minced)
2 tbsps Butter
1 tbsp Thyme
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Place cauliflower florets in a large steamer basket on the stove. Cover, bring to a boil and steam for 10 to 15 minutes, or until very soft.
- 02 Transfer steamed cauliflower to a food processor or blender along with the garlic, butter, thyme, salt and pepper. Process until desired texture. (If you like a chunkier mash, you can use a hand masher for this step.)
- 03 Divide between plates and top with extra butter if desired. Enjoy!

NOTES

MORE CARBS

Make with half cauliflower and half mashed potatoes.

DAIRY-FREE

Replace butter with olive oil.

MAKE IT CHEESY

Add nutritional yeast or parmesan cheese to the mash (about 1 tbsp per serving).

Buttery Broccolini

2 SERVINGS 10 MINUTES



INGREDIENTS

1 bunch Broccolini (trimmed and stems sliced)
1/2 cup Water
2 tbsps Butter
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 In a large pan over high heat, add broccolini and water. Bring to a boil and cook uncovered for about 6 to 8 minutes, or until tender.
- 02 Add the butter and season with salt and pepper. Toss well and sautee for an additional 2 minutes.
- 03 Remove the broccolini from the pan, divide onto plates and enjoy!

NOTES

MORE FLAVOUR

Add lemon juice, lemon zest, garlic and/or spices in step 2.

DAIRY-FREE

Use coconut oil, olive oil or avocado oil instead of butter.

NO BROCCOLINI

Use broccoli or rapini instead.

LEFTOVERS

Refrigerate in an airtight container for 3 to 5 days.

Steamed Broccoli

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Broccoli (chopped into florets)

DIRECTIONS

01 Set broccoli florets in a steamer over boiling water and cover. Steam for about 5 minutes, or until tender. Enjoy!

NOTES

MORE FLAVOUR

Toss in olive oil and season with your favourite spices.

Roasted Broccoli

4 SERVINGS 35 MINUTES



INGREDIENTS

6 cups Broccoli (cut into florets)
1 1/2 tbsps Avocado Oil
1/2 tsp Garlic Powder
1/4 tsp Sea Salt

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 02 Arrange the broccoli florets on the baking sheet and season with avocado oil, garlic powder and sea salt. Toss well. Roast in the oven for 25 to 30 minutes or until broccoli is tender. Toss at the halfway point.
- 03 Remove from the oven and divide between plates. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container for up to 3 days.

NO AVOCADO OIL

Use olive oil or melted coconut oil instead.

NO GARLIC POWDER

Use freshly ground black pepper, cumin, smoked paprika or onion powder instead.

Crispy Brussels Sprouts with Yoghurt Dip

4 SERVINGS 35 MINUTES



INGREDIENTS

176 grams Brussels Sprouts (trimmed and halved)

5 milliliters Avocado Oil

Sea Salt & Black Pepper (to taste)

5 milliliters Apple Cider Vinegar

55 grams Plain Greek Yogurt

575 milligrams Smoked Paprika

DIRECTIONS

- 01** Preheat your oven to 425°F (218°C). Line a baking sheet with parchment paper and add the brussels sprouts. Drizzle with the avocado oil and add sea salt and pepper to taste. Toss to combine then bake for 25 minutes.
- 02** Meanwhile, make the dip by combining the yoghurt, apple cider vinegar and paprika in a small bowl. Mix well.
- 03** Remove the brussels sprouts from the oven and serve with dipping sauce on the side. Enjoy!

NOTES

LEFTOVERS

Keep leftovers in the fridge in a sealed container up to 3 days.

NO AVOCADO OIL

Use olive oil or coconut oil instead.

Roasted Brussels Sprouts Caesar Salad

4 SERVINGS 1 HOUR



INGREDIENTS

454 grams Extra Lean Ground Chicken (cooked)
5 cups Brussels Sprouts (halved)
1/2 cup Radishes (sliced)
1/2 cup Pumpkin Seeds
1/3 cup Extra Virgin Olive Oil
1 Garlic (whole head)
1/2 Lemon (juiced)
2 tbsps Dijon Mustard
Sea Salt & Black Pepper

DIRECTIONS

- 01** Preheat oven to 400°F (204°C). In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
- 02** Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussel sprouts and let the garlic cook for another 15 minutes.
- 03** Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
- 04** Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!

NOTES

LEFTOVERS

Store in the fridge in an airtight container up to three days.

SAVE TIME

Cook the ground chicken and make the roasted garlic dressing in advance.

NO EXTRA LEAN GROUND CHICKEN

Use any other type of ground meat instead.

VEGAN & VEGETARIAN

Use cooked lentils instead of ground meat.

Air Fryer Crispy Brussels Sprouts

2 SERVINGS 15 MINUTES



INGREDIENTS

2 cups Brussels Sprouts (trimmed and sliced thin)
1 tbsp Extra Virgin Olive Oil
1/2 tsp Garlic Powder
1/4 tsp Sea Salt

DIRECTIONS

- 01 In a medium-sized bowl, add all ingredients and toss well to combine.
- 02 Working in batches to avoid too much overlap, add the brussels sprouts to the air fryer. Bake at 350°F (177°C) for six minutes, remove, give them a toss and bake for six to seven minutes longer, until crispy and browned. Enjoy!

NOTES

LEFTOVERS

These are best enjoyed fresh. Leftovers can be refrigerated for up to three days.

SERVING SIZE

One serving is equal to about 1/2 to 3/4 cup of sliced Brussels sprouts.

ADDITIONAL TOPPINGS

Serve with a dip of your choice.

Crispy Roasted Brussels Sprouts

4 SERVINGS 15 MINUTES



INGREDIENTS

4 cups Brussels Sprouts (trimmed, thinly sliced)
2 tbsps Avocado Oil
1/2 tsp Sea Salt

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Place the Brussels sprouts onto the baking sheet and toss with avocado oil. Spread evenly and season with salt. Roast for 10 to 15 minutes or until fork tender and the edges have crisped.
- 03 Transfer onto plates and serve as a side dish. Enjoy!

NOTES

NO AVOCADO OIL

Use olive oil, coconut oil or sunflower seed oil instead.

LEFTOVERS

Refrigerate in an airtight container up to 5 days.

SERVING SIZE

One serving is equal to approximately one cup of brussels sprouts.

Maple Mustard Brussels Sprouts

2 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Brussels Sprouts (trimmed and halved)
1/2 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 tbsp Dijon Mustard
1 tbsp Maple Syrup
1/4 cup Feta Cheese (crumbled)
2 tbsps Pumpkin Seeds
1/4 cup Microgreens (optional)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Toss the Brussels sprouts with olive oil, sea salt and pepper. Spread across the baking sheet and bake for 22 to 24 minutes.
- 02 While the Brussels sprouts roast, mix the dijon mustard with the maple syrup in a small bowl and set aside.
- 03 Remove the Brussels sprouts from the oven and toss with the dijon maple dressing. Transfer to a serving dish and top with feta, pumpkin seeds and microgreens (optional). Enjoy!

NOTES

NO EXTRA VIRGIN OLIVE OIL

Use avocado oil instead.

LEFTOVERS

Store in the fridge in a sealed container for 2 to 3 days.

DAIRY-FREE

Omit the feta or use a plant-based cheese instead.

NO PUMPKIN SEEDS

Omit, or use another type of nut or seed such as walnuts, almonds, or sesame seeds.

NO DIJON MUSTARD

Use a grainy mustard instead.

Crispy Smashed Brussels Sprouts

2 SERVINGS 35 MINUTES



INGREDIENTS

2 cups Brussels Sprouts (trimmed, outer leaves peeled)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C).
- 02 Bring a large pot of water to a boil. Add the Brussels sprouts and boil for 10 minutes or until fork tender. Drain and transfer to a baking sheet.
- 03 Using the bottom of a mug or jar, smash the Brussels sprouts. Drizzle with olive oil and season with salt and pepper. Cook for 20 minutes or until crispy and browned. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately one cup.

ADDITIONAL TOPPINGS

Serve with a dip of your choice.

Kale & Tempeh Salad

4 SERVINGS 25 MINUTES



INGREDIENTS

2 tbsps Coconut Aminos
1 tbsp Balsamic Vinegar
1 tsp Chili Powder
1/2 tsp Smoked Paprika
1/4 tsp Sea Salt (divided)
200 grams Tempeh (cut into thin slices)
3 tbsps Lemon Juice
2 tbsps Water
2 tbsps Tahini
1/8 tsp Garlic Powder
8 cups Kale Leaves (finely chopped)
2 tbsps Hemp Seeds (optional)

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 02 In a zipper-lock bag or shallow bowl, mix the coconut aminos, vinegar, chili powder, paprika and half of the salt together. Add in the tempeh and let it marinate for 10 to 15 minutes.
- 03 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and let it cool slightly, then crumble it into small pieces.
- 04 Meanwhile, in a large mixing bowl combine the lemon juice, water, tahini, garlic powder and the remaining salt. Add the kale to the dressing and toss to coat well.
- 05 Divide the salad between bowls and top with tempeh and hemp seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add cayenne pepper or hot sauce for a spicy tempeh. Add maple syrup to the dressing for a sweeter flavor.

ADDITIONAL TOPPINGS

Top with sesame seeds or nutritional yeast.

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 tsps Curry Powder
1/8 tsp Sea Salt
5 cups Kale Leaves (washed, dried and thinly sliced)
2 tbsps Pumpkin Seeds

DIRECTIONS

- 01 In a small bowl, whisk together the lemon juice, tahini, coconut aminos, maple syrup, curry powder and sea salt to make the dressing.
- 02 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.

NO COCONUT AMINOS

Use tamari instead.

Turkey Kale Wraps

1 SERVING 10 MINUTES



INGREDIENTS

3/4 cup Kale Leaves (whole, lacinato, washed and dried)
1/3 cup Hummus
120 grams Sliced Turkey Breast
2 tbsps Radishes (thinly sliced)

DIRECTIONS

- 01 Divide the hummus between kale leaves and use a knife to spread it across the leaves evenly. Place the turkey and sliced radish on top.
- 02 Roll the leaves into a wrap. Enjoy!

NOTES

NO KALE

Use another large leafy green such as collard or lettuce.

NO TURKEY

Use sliced chicken breast instead.

LEFTOVERS

Store the leftovers in a container in the fridge for up to three days. Pierce the wraps with a toothpick to hold them together during storage.

NO HUMMUS

Use a different type of spread as a condiment, such as mustard, mayonnaise or yogurt.

MORE FLAVOR

Sprinkle with sea salt, black pepper, paprika or your favorite spices.

Winter Kale Salad

4 SERVINGS 20 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
1 tsp Dijon Mustard
1 tsp Maple Syrup
1/8 tsp Sea Salt
6 cups Kale Leaves (thinly sliced)
1/2 cup Pomegranate Seeds
1 Pear (cored and thinly sliced)
1/4 cup Pumpkin Seeds
1/4 cup Unsweetened Coconut Flakes (toasted)

DIRECTIONS

- 01 Add the extra virgin olive oil, apple cider vinegar, mustard, maple syrup and sea salt into a small bowl and whisk together.
- 02 Add the kale to a large bowl and drizzle the dressing over top. Massage with your hands to ensure it is evenly coated.
- 03 Top the massaged kale with pomegranate seeds, sliced pear, pumpkin seeds and toasted coconut flakes. Toss before serving. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to two days.

SERVING SIZE

One serving equals approximately two cups.

NO PEAR

Use sliced apple instead.

NO KALE

Use Swiss chard or collard greens instead.

Oven-Roasted Kale

2 SERVINGS 25 MINUTES



INGREDIENTS

8 cups Kale Leaves (roughly chopped)
1 tbsp Extra Virgin Olive Oil
1/4 tsp Sea Salt (or more to taste)

DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Line a baking pan with foil or parchment paper.
- 02 In a large bowl, toss kale with olive oil and salt. Add to the baking pan. The kale does not need to be in a single layer.
- 03 Bake for 15 to 20 minutes, stirring every 5 minutes or until edges are crispy.
- 04 Remove from oven, plate and enjoy!

NOTES

NO KALE

Use collard greens instead.

LIKES IT SPICY

Sprinkle kale with black pepper and/or red pepper flakes after you remove it from the oven.

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
227 grams Chicken Breast, Cooked (sliced)

DIRECTIONS

- 01 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.
- 02 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.
- 03 Add kale leaves, radishes, cherry tomatoes and pumpkin seeds to a large bowl. Drizzle with desired amount of dressing and toss well.
- 04 Plate salad and top with fresh ground pepper. Top with sliced baked chicken breast. Enjoy!

Kale & Eggs

1 SERVING 10 MINUTES



INGREDIENTS

1/2 tsp Ghee
3 cups Kale Leaves (roughly chopped)
2 Egg
2 tbsps Pitted Kalamata Olives
1 tbsp Nutritional Yeast
1/8 tsp Sea Salt

DIRECTIONS

- 01 Heat a skillet over medium heat and add the ghee. Once the skillet is hot, add the kale and cook for 2 to 3 minutes, until just wilted, stirring as needed.
- 02 Make two spaces in the kale and crack eggs into each space. Add the olives and season everything with nutritional yeast and sea salt. Cover with a lid and cook for 3 to 4 minutes or until the eggs are cooked to your preference.
- 03 Add the kale, olives and eggs to a plate. Serve and enjoy!

NOTES

NO KALE

Use another leafy green, such as collards, Swiss chard, beet greens or rapini.

NO GHEE

Use butter, avocado oil, or olive oil.

MORE FLAVOR

Add extra seasonings such as garlic.

Garlicky Kale

4 SERVINGS 15 MINUTES



INGREDIENTS

8 cups Kale Leaves (stems removed)
2 tbsps Tahini
3 tbsps Apple Cider Vinegar
1 tbsp Tamari
1/4 cup Nutritional Yeast
3 Garlic (cloves, minced)

DIRECTIONS

- 01 Tear kale into bite-size pieces and place in a large bowl.
- 02 Puree all the remaining ingredients in a food processor until smooth.
- 03 Add the dressing to the kale and massage with your hands until well coated.
Serve immediately or let marinate for 1 hour in the fridge for more flavour.

NOTES

NO TAHINI

Use a nut butter or sunflower seed butter instead.

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

Radish & Cucumber Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

3 tbsps Hemp Seeds
2 tbsps Hemp Oil
2 tbsps Apple Cider Vinegar
3 tbsps Fresh Dill (divided)
1 1/2 Cucumber (sliced)
1 cup Radishes (sliced)

DIRECTIONS

- 01 To make the dressing, add the hemp seeds, hemp oil, apple cider vinegar and half of the fresh dill into a food processor or blender and blend until smooth.
- 02 Add the sliced cucumber and radishes into a bowl and toss together with the dressing.
- 03 Top with the remaining dill and enjoy!

NOTES

LEFTOVERS

Best enjoyed the same day. For longer-lasting leftovers, refrigerate the vegetables separate from the dressing in airtight containers for up to two days.

MORE FIBER

Serve over a bed of spinach, arugula, or kale.

MORE FLAVOR

Add salt and pepper to the dressing.

One Pan Chicken & Radishes

2 SERVINGS 45 MINUTES



INGREDIENTS

283 grams Chicken Leg, Bone-in (skin on)
1/4 tsp Ground Sumac (divided)
1/2 tsp Fennel Seed (ground)
Sea Salt & Black Pepper (to taste)
1 tsp Extra Virgin Olive Oil
1 Lemon (sliced, zest from half the lemon reserved)
2 cups Radishes (trimmed, halved, tops removed and washed/dried)
4 Garlic (cloves, skin on)
2 tbsps Fresh Oregano (divided)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 Season the chicken with half the sumac, ground fennel seed, salt and pepper. Heat a cast-iron pan over medium heat, and add the oil. Add the chicken, skin side down, and sear for 8 to 10 minutes, until lightly browned and crispy.
- 03 Add the lemon zest to the chicken. Add the radishes, garlic cloves and lemon slices to the pan. Season the radishes with salt, pepper, half the oregano and remaining sumac. Place in the oven and cook for 30 minutes, turning the chicken halfway.
- 04 Remove the skillet from the oven and take the chicken out. Add the radish tops and place back in the oven for 2 to 3 minutes, until just wilted.
- 05 Divide everything evenly between plates. Garnish with the remaining oregano. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO SUMAC

Omit or replace with another herb.

NO FRESH OREGANO

Use dried and reduce the amount or use another fresh herb such as rosemary.

RADISH TOPS

If using fresh radishes, the tops should be nice and green. Simply cut them from the radishes, wash and dry them. If they don't look fresh or they aren't attached, omit or use another green such as kale, spinach or arugula.

Roasted Watermelon Radishes

4 SERVINGS 20 MINUTES



INGREDIENTS

4 cups Watermelon Radish (ends trimmed and sliced)
3 tbsps Extra Virgin Olive Oil
1/4 tsp Sea Salt (or to taste)

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a baking sheet with foil.
- 02 In a mixing bowl, toss watermelon radishes with olive oil and salt. Transfer to baking sheet and roast for 20 minutes, flipping halfway.
- 03 Remove from the oven and enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 2 to 3 days.

Radishes with Dukkah

8 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Hazelnuts (roasted, unsalted)
1/3 cup Almonds (roasted, unsalted)
2 tbsps Sesame Seeds (white and/or black, toasted)
2 tbsps Coriander Seed
1 tsp Fennel Seed
1 tsp Cumin (ground)
Sea Salt & Black Pepper (to taste)
8 cups Radishes (trimmed)

DIRECTIONS

- 01 To make the dukkah, combine the hazelnuts, almonds, sesame seeds, coriander, fennel, cumin, salt and pepper in a food processor or blender. Process until you reach a coarse grainy texture. Transfer to a bowl or airtight container.
- 02 Dip the radishes in water, then into the dukkah. Enjoy!

NOTES

LEFTOVERS

Refrigerate the dukkah and radishes in separate airtight containers. The dukkah is good for up to two weeks. The radishes are good for up to five days.

SERVING SIZE

Each serving equals approximately two tablespoons of dukkah and 5 to 6 radishes.

NUT-FREE

Use sunflower seeds instead of walnuts and almonds.

MORE FLAVOR

Dip the radishes in oil or yogurt instead of water. Add your choice of spices and dried herbs, cashews, walnuts, green peppercorns and/or black cumin to the dukkah.

NO RADISHES

Use bread, brown rice tortillas, chopped bell peppers, cucumbers or carrots. You can also add the dukkah to soups, dips or salads.

Steamed Radishes with Dill

2 SERVINGS 15 MINUTES



INGREDIENTS

2 cups Radishes (trimmed)
1 1/2 tps Coconut Oil
1 tbsp Fresh Dill (chopped)
1 tsp Apple Cider Vinegar
1/4 tsp Sea Salt

DIRECTIONS

- 01 Slice radishes into halves or quarters, so that all pieces are approximately the same size.
- 02 Bring a pot of water to a boil. Place radishes in a steamer over boiling water and cover. Let steam for 8 to 10 minutes, or until tender. Time may vary depending on size of radishes.
- 03 Melt coconut oil in a pan over medium-high heat. Toss in radishes, dill, vinegar and salt. Saute for a minute, or until all ingredients are well combined. Serve immediately. Enjoy!

NOTES

NO COCONUT OIL

Use butter, ghee or avocado oil instead.

NO APPLE CIDER VINEGAR

Use lemon juice instead.

NO FRESH DILL

Use chives, fennel seeds, basil or thyme instead.

LEFTOVERS

Refrigerate in an airtight container up to two days.

Roasted Breakfast Turnips

2 SERVINGS 30 MINUTES



INGREDIENTS

1 Turnip (peeled, diced)
1 tbsp Avocado Oil
1/4 tsp Paprika
1/4 tsp Cumin
1/4 tsp Sea Salt
2 Egg
1 tbsp Dried Chives

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C).
- 02 Place the diced turnips on a baking sheet and drizzle with avocado oil. Toss with the paprika, cumin and salt until evenly coated. Bake for 20 minutes or until golden and tender.
- 03 Remove from the oven and set the oven to broil. Create pockets in the turnips and gently crack an egg into each one. Return to the oven and broil for 4 to 5 minutes, or until the whites are set and the yolk is cooked to your liking.
- 04 Divide onto plates, garnish with dried chives and enjoy!

NOTES

LEFTOVERS

Eggs are best enjoyed the same day. Refrigerate the turnips in an airtight container for up to two days.

SERVING SIZE

One serving equals half a medium-sized turnip and one egg.

MORE FLAVOR

Add chili powder or chili flakes.

ADDITIONAL TOPPINGS

Top with roasted peppers, guacamole or salsa.

MAKE IT VEGAN

Roast the turnip with leftover diced veggies instead of topping with eggs.

Herb Roasted Turnip

4 SERVINGS 20 MINUTES



INGREDIENTS

3 Turnip (peeled, diced)
2 tbsps Avocado Oil
2 tbsps Rosemary (chopped)
2 tbsps Parsley (chopped, divided)
1/2 tsp Sea Salt

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C).
- 02 In a baking dish, coat the turnip in avocado oil, rosemary, half the parsley, and salt. Bake for 20 to 25 minutes, or until golden and tender.
- 03 Divide onto plates and garnish with remaining parsley. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving equals approximately 1/2 to 3/4 of a cup of roasted diced turnips.

Eggplant & Collard Greens Quinoa Soup

6 SERVINGS 45 MINUTES



INGREDIENTS

6 cups Vegetable Broth
2 cups Diced Tomatoes (from the can, drained)
1 Carrot (trimmed, chopped)
1/2 Eggplant (chopped)
2 cups Collard Greens (stems removed, chopped)
1 cup Quinoa (rinsed)
1 tsp Dried Thyme
1 tsp Sea Salt

DIRECTIONS

- 01 Combine all ingredients in a large pot. Bring to a boil then reduce heat to medium-low and cover with a lid. Let the soup simmer for 35 to 40 minutes or until the quinoa is tender.
- 02 Season with additional salt if needed.
- 03 Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days or freeze for up to two months.

SERVING SIZE

One serving is approximately 1 1/2 cups.

MORE FLAVOR

Add sautéed onion and garlic.

ADDITIONAL TOPPINGS

Top with chopped parsley, sliced green onion or red pepper flakes.

Avocado Egg Salad Collard Wraps

4 SERVINGS 20 MINUTES



INGREDIENTS

4 cups Collard Greens (washed and stems cut off)
6 Egg (hard boiled and chopped)
2 Avocado (peeled and pits removed)
1/2 Lemon (juiced)
5 stalks Green Onion (chopped)
2 tbsps Dijon Mustard
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 In a mixing bowl, combine chopped eggs, avocado, lemon juice, green onions, dijon mustard and season with sea salt and pepper to taste. Mash with fork until creamy.
- 02 Wrap up in collard greens and enjoy!

NOTES

MORE CARBS

Wrap in a brown rice tortilla.

MAKE IT SPICY

Add clean hot sauce.

Spicy Chicken Collard Wraps

4 SERVINGS 30 MINUTES



INGREDIENTS

4 cups Collard Greens (washed)
227 grams 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

DIRECTIONS

- 01 Wash collard greens, pat dry with paper towel and set aside. Cook up your chicken breasts if you have not already.
- 02 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.
- 03 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.
- 04 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.
- 05 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.
- 06 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!

Sauteed Collard Greens

4 SERVINGS 15 MINUTES



INGREDIENTS

12 cups Collard Greens (sliced into 1 inch pieces)
2 tbsps Butter
1/8 tsp Sea Salt (or to taste)

DIRECTIONS

- 01 Bring a large pot of water to a boil and cook collards for 5 minutes. Drain in a colander, and press out excess liquid with the back of a spoon.
- 02 Melt butter in a large skillet over medium-high heat. Add collards and cook until well coated with butter and heated through. Season with salt. Enjoy!

NOTES

NO BUTTER

Use olive oil, coconut oil, avocado oil, sesame oil or ghee instead.

SERVE THEM WITH

Crispy Smashed Potatoes and Slow Cooker Rotisserie Chicken.

Honey Sesame Bok Choy & Mushrooms

4 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Sesame Oil
1 1/2 tps Raw Honey
4 cups Mushrooms (halved or quartered)
8 cups Bok Choy (baby, halved)
1/2 tsp Sesame Seeds
1/4 tsp Sea Salt

DIRECTIONS

- 01 In a large saucepan, heat oil and honey over medium-high heat. Add mushrooms and bok choy. Cook for 5 to 8 minutes or until tender.
- 02 Season with salt and sesame seeds to your preference. Divide between plates and enjoy!

NOTES

NO HONEY

Use maple syrup, coconut sugar or brown sugar.

LEFTOVERS

Refrigerate in an airtight container for up to 4 days.

SERVING SIZE

One serving is equal to approximately 3/4 cup of mushrooms and 1.5 cups of bok choy.

Bok Choy & Mushroom Congee

4 SERVINGS 1 HOUR



INGREDIENTS

1 cup Jasmine Rice (dry, rinsed)
6 cups Vegetable Broth (or water)
1/2 tsp Sea Salt
2 tbsps Ginger (sliced)
4 cups Bok Choy (quartered)
16 Cremini Mushrooms (sliced)
1/4 cup Tamari

DIRECTIONS

- 01 In large pot, add the rice, vegetable broth, salt and ginger. Bring to a simmer and stir occasionally.
- 02 Cook for one hour or until your desired consistency is reached, adding more liquid if needed. Season with additional salt to taste, if needed.
- 03 Meanwhile, heat a pan over medium-high heat. Sauté the bok choy and mushrooms with the tamari until tender yet crisp. Set aside.
- 04 Divide the congee into bowls, removing any slices of ginger that emerge. Top with bok choy and mushrooms. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 1 1/2 cups of congee with 1 cup of bok choy and 1/2 cup of mushrooms.

ADDITIONAL TOPPINGS

Crispy fried shallots, sesame seeds, toasted nuts, cilantro, boiled egg or Vietnamese coleslaw.

NO TAMARI

Use soy sauce, coconut aminos, sesame oil or fish sauce instead.

SAVE TIME

Use leftover cooked rice and adjust the amount of broth as needed. Simmer for at least 15 minutes, stirring occasionally, until desired consistency is reached.

Baby Bok Choy & Quinoa

4 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Quinoa (uncooked)
2 cups Water
8 cups Bok Choy (baby, halved)

DIRECTIONS

- 01 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let it simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork.
- 02 Meanwhile, place bok choy in a steamer over boiling water and cover. Let it steam for 2 to 3 minutes, or until just tender.
- 03 Divide quinoa and bok choy into bowls or container. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 4 days.

SERVING SIZE

One serving is about 3/4 cup of quinoa and 1.5 cups of bok choy.

Sesame Orange Bok Choy

4 SERVINGS 15 MINUTES



INGREDIENTS

3 tbsps Orange Juice (freshly squeezed)
1 tbsp Coconut Aminos
1 tsp Ginger (finely grated)
1/8 tsp Sea Salt
1 tbsp Sesame Oil
8 cups Bok Choy (chopped)
1/2 tsp Sesame Seeds (optional)

DIRECTIONS

- 01 In a small mixing bowl whisk together orange juice, coconut aminos, ginger and salt. Set aside.
- 02 Heat the sesame oil in a large non-stick pan over medium-high heat. Add the chopped bok choy and sauté for 6 to 8 minutes or until wilted and tender.
- 03 Add the orange juice mixture to the pan, stir to combine with the bok choy and cook for another minute. Season with additional salt if needed. Transfer the bok choy and all the sauce to a bowl for serving and top with sesame seeds if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1/4 cup cooked greens.

MORE FLAVOR

Serve with orange wedges.

NO BOK CHOY

Use kale, spinach or chard instead.

NO COCONUT AMINOS

Use tamari or soy sauce instead and omit the salt.

Steamed Bok Choy

4 SERVINGS 10 MINUTES



INGREDIENTS

8 cups Bok Choy (baby, halved)

DIRECTIONS

- 01 Bring a pot of water to a boil. Place bok choy in a steamer basket over boiling water and cover. Steam for 2 to 3 minutes, or until just tender. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

Unstuffed Cabbage Rolls

4 SERVINGS 45 MINUTES



INGREDIENTS

1/2 cup Brown Rice (uncooked)
3/4 cup Water
1 tbsp Coconut Oil
454 grams Extra Lean Ground Beef
1 Yellow Onion (small, finely diced)
8 cups Green Cabbage (finely sliced)
3 cups Diced Tomatoes
1/2 tsp Sea Salt
1/2 tsp Black Pepper

DIRECTIONS

- 01 Combine the rice and water in a sauce pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 minutes or until rice is tender.
- 02 While the rice cooks, heat the coconut oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
- 03 Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
- 04 Stir in the cooked rice until everything is well mixed. Let sit over low heat for another 5 minutes.
- 05 Divide into bowls and enjoy!

NOTES

NO BEEF

Any type of ground meat will work.

VEGETARIAN & VEGAN

Use lentils instead of ground meat.

LEFTOVERS

Store in an airtight container in the fridge up to 3 days.

Smoked Paprika Cabbage

2 SERVINGS 10 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1 Garlic (clove, minced)
4 cups Green Cabbage (thinly sliced)
2 tsps Smoked Paprika
Sea Salt & Black Pepper (to taste)

DIRECTIONS

01 Heat olive oil in a pan over medium heat. Add garlic, cabbage, smoked paprika, salt and pepper. Cook for 7 to 8 minutes, stirring occasionally until cabbage is tender. Enjoy!

NOTES

NO SMOKED PAPRIKA

Use regular paprika.

LEFTOVERS

Refrigerate in an airtight container up to 3-4 days, or freeze. Reheat by sauteing in a skillet on the stovetop.

10 Minute Cabbage Bowl

2 SERVINGS 10 MINUTES



INGREDIENTS

2 tbsps Coconut Oil (divided)
6 cups Coleslaw Mix
4 Egg

DIRECTIONS

- 01 Heat half of the coconut oil in a large frying pan over medium heat. Add the coleslaw mix. Cover and cook for 5 minutes stirring occasionally.
- 02 Once the coleslaw mixture is softened, season with salt and pepper then transfer to bowls.
- 03 Add the remaining coconut oil to the pan and use it to fry the eggs. Top the cabbage bowls with fried eggs and enjoy!

NOTES

ON-THE-GO

Add a hard boiled egg onto the cabbage bowl instead of fried.

Turkey & Cabbage Rolls

4 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Purple Cabbage (leaves pulled apart)
226 grams Sliced Turkey Breast
1 Cucumber (medium, sliced)
2 tsps Mayonnaise

DIRECTIONS

01 Layer the cabbage, sliced turkey, and cucumber on top of each other. Spread some of the mayo on top and wrap tightly into a roll. Repeat until all ingredients are used up. Use a toothpick to help secure the rolls if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately two small rolls.

ADDITIONAL TOPPINGS

Add sprouts or arugula.

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

01 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.

Cabbage Egg Nests

1 SERVING 15 MINUTES



INGREDIENTS

1/2 tsp Avocado Oil
2 cups Purple Cabbage (shredded)
2 Egg
1/8 tsp Sea Salt

DIRECTIONS

- 01 Heat a skillet over medium heat and add the avocado oil. Once the pan is hot, add the cabbage and cook for 3 to 4 minutes, until softened.
- 02 Make two spaces in the cabbage and crack the eggs into each space. Season with sea salt and cover with a lid. Cook for 3 to 4 minutes or until the whites are set and the yolks are cooked to your preference. Serve and enjoy!

NOTES

LEFTOVERS

The eggs are best enjoyed the same day. Refrigerate the cabbage in an airtight container for up to four days.

NO AVOCADO OIL

Use olive oil or coconut oil.

MORE FLAVOR

Add nutritional yeast, everything bagel seasoning and/or cook with ghee.

ADDITIONAL TOPPINGS

Top with sliced avocado.

Steamed Cabbage

4 SERVINGS 15 MINUTES



INGREDIENTS

8 cups Green Cabbage (thinly sliced)
1/4 tsp Sea Salt (or more to taste)

DIRECTIONS

- 01 Place cabbage in a steamer with boiling water. Steam for 4 to 5 minutes.
- 02 Season with salt to taste. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an air-tight container up to 3-4 days, or freeze.

Cabbage Wedges

4 SERVINGS 40 MINUTES



INGREDIENTS

6 cups Purple Cabbage (sliced into wedges)
1 tbsp Avocado Oil
1/4 tsp Sea Salt
1 tbsp Lemon Juice

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Place the cabbage wedges on the baking sheet and drizzle all sides with avocado oil. Sprinkle with sea salt.
- 02 Bake for 15 minutes, remove and flip the wedges over. Bake for 15 minutes more. Remove from the oven, squeeze lemon juice on top and serve. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO AVOCADO OIL

Use olive oil or coconut oil.

MORE FLAVOR

Season with garlic powder, nutritional yeast or parmesan cheese.

Tofu, Leek & Watercress Soup

6 SERVINGS 30 MINUTES



INGREDIENTS

8 cups Vegetable Broth (or any type of broth)
2 cups Water
450 grams Tofu (cubed)
1 Leeks (trimmed and sliced)
4 cups Watercress (roughly chopped)
1 tbsp Tamari
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Add broth to a large pot and start bringing to a boil over high heat. Add remaining ingredients.
- 02 Once boiling, lower the heat to a simmer and cook for 15-20 minutes.
- 03 Divide into bowls and enjoy!

NOTES

LEFTOVERS

Store in an airtight container up to 3 days or freeze.

MORE VEGGIES

Add grated ginger, bamboo shoots, shredded dulse and/or mushrooms.

NO WATERCRESS

Use spinach, kale or cabbage.

Sauteed Watercress

2 SERVINGS 5 MINUTES



INGREDIENTS

1 tbsp Sesame Oil
1 tsp Ginger (peeled and grated)
4 cups Watercress (chopped in half)
1 tbsp Water
1/4 tsp Sea Salt

DIRECTIONS

- 01 Heat the sesame oil in skillet or wok over medium heat. Add ginger and cook for 1 to 2 minutes, or until fragrant.
- 02 Add watercress, water and salt, then stir for a few seconds. Cover with lid and cook for another minute or until wilted. Divide onto plates and enjoy!

NOTES

NO GINGER

Omit, or use minced garlic or shallots instead.

LEFTOVERS

Refrigerate in an airtight container up to 3 to 5 days.

Poached Egg with Watercress

1 SERVING 15 MINUTES



INGREDIENTS

1 Egg
1 tbsp Apple Cider Vinegar
1 tbsp Coconut Oil
4 cups Watercress (chopped)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Crack your egg into a bowl. Bring a pot of water to a boil on your stovetop. Add vinegar.
- 02 Stir your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes, then use a slotted spoon to carefully remove the poached egg onto a plate lined with paper towel to soak up the excess liquid.
- 03 In a skillet, heat oil over medium-high. Add watercress and cook just until wilted, about 3-5 minutes. Season with salt and pepper to taste.
- 04 Transfer watercress to a plate and top with your poached egg. Enjoy!

NOTES

NO WATERCRESS

Use spinach, kale or any dark leafy greens.