



Sesame-Cucumber Salad

serves 2

INGREDIENTS

2 english cucumbers

2-3 tbsp finely chopped
sweet red pepper

2 scallions, sliced thinly

Asian Dressing

3 tbsp Organic Rice Vinegar

1 tsp toasted sesame oil

2 tbsp avocado oil

¼ tsp fish sauce

1 tbsp coconut aminos

2 tbsp sesame seeds

1 piece freshly grated ginger

1 clove Garlic

1 tbsp Honey

⅓ cup chopped parsley

teaspoon ground cumin

¼ teaspoon ground cinnamon

Pinch sea salt

3 whole carrots, coarsely grated,
shredded or spiralized

1 cup kale, chopped finely

DIRECTIONS

1. For the dressing, combine all ingredients and mix well, season to taste with sea salt and crushed red pepper, if desired.
2. For the cucumber salad, thinly slice cucumbers, preferably using a mandoline.
3. Combine with chopped peppers and sliced scallions.
4. Toss salad with dressing. Can be served immediately but best if allowed to marinate for at least 1 hour in the refrigerator - can be made the night before and allowed to marinate for best favoring.



Kale & Carrot Salad

serves 2

INGREDIENTS

2 teaspoons olive oil

1 tablespoon fresh lemon juice

1/3 cup chopped parsley

1/4 teaspoon ground cumin

1/4 teaspoon ground cinnamon

Pinch sea salt

3 whole carrots, coarsely grated, shredded or spiralized

1 cup kale, chopped finely

DIRECTIONS

1. Peel carrots with Titan Peeler and chop kale into bite-sized pieces.
2. Massage kale for 5 mins. to soften and break down fibers. You can also blanch the kale for 30 seconds and then place immediately into a bowl of ice and water.
3. In a large bowl mix, juice, parsley, cumin, cinnamon, and salt.
4. In a slow stream, whisk in the oil to create a well-blended dressing
5. Add the carrots and kale and toss well.



Butternut Squash Pasta

serves 4

INGREDIENTS

16 oz. butternut squash noodles

4 oz. baby spinach

2 carrots

2 tbsp. extra-virgin olive oil

Kosher salt

Freshly ground black pepper

Pinch crushed red pepper flakes

Freshly grated Parmesan, for serving

DIRECTIONS

1. Reheat oven to 425°. Place noodles on a large baking sheet and toss with oil, salt, pepper, and pinch of red pepper flakes.
2. Wash and shave carrots onto thin slices with Titan peeler.
3. Roast until tender and golden in spots, 10 minutes.
4. Serve noodles warm, with baby spinach, pumpkin seeds, and Parmesan.