



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

Camp Kale Fall Cleanse 2015 Sampler Pack

Here's a look at a day-in-the-life at Camp Kale

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EASY GREEN SMOOTHIE

Serves 2. This easy smoothie helps you start getting your veggies at every meal. Most people add spinach or kale to smoothies, but romaine is another great, mild option to consider. It's high in fiber, minerals such as manganese and potassium, and vitamin C.

INGREDIENTS

- 2 cups of filtered water or almond milk
- 2 large handfuls of baby spinach
- 6 leaves of romaine lettuce, chopped
- 6 tablespoons of hemp seed (for protein)
- 2 tablespoons almond butter
- 1 teaspoon vanilla extract
- a pinch of sea salt (optional)
- 1 banana, frozen or 1 ½ cups frozen peaches
- 1/2 cup of ice (optional)

INSTRUCTIONS

Place ingredients into blender, adding frozen fruit and ice last. Process until creamy and smooth. Add water a quarter-cup at a time if you want a thinner consistency. Serve immediately or store some in fridge for later. Salud!



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CREAMY TROPICAL MINT SMOOTHIE

Serves 2. Green smoothies can get boring real quick. If you're in a rut, adding fresh herbs can really transform your smoothie and make you fall in love with green smoothies all over again. Mint is one of my favorites, especially since you can grow it year round in moderate climates like the Pacific Northwest.

INGREDIENTS

- 1 cup coconut milk
- 1 cup filtered water
- 6 tablespoons hemp seed
- 1 tablespoon chia seed
- 2 tablespoons unsweetened coconut flakes
- 1 teaspoon vanilla extract
- 1 cup frozen kale or spinach
- 2 sprigs of fresh mint, leaves only
- 1 ½ cups frozen pineapple
- ½ banana, frozen (I recommend omitting if you can — less sugar that way.)
- 2 teaspoons [Vitamineral Green](#) (or your favorite green powder)
- 1/2 cup of ice (optional)

INSTRUCTIONS

Place ingredients into high-speed blender, adding frozen fruit and ice last. Process until creamy and smooth. Add water a quarter-cup at a time if you want a thinner consistency. Serve immediately or store some in fridge for later. Salud



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FOR LUNCH AND DINNER... REINVENT YOUR DEFINITION OF FAST FOOD

When all else fails, these can be your go-to meals.

I basically eat this way most of the time, and only make the “fancier” preparations a couple of times a week.

1. **Veggie Sauté:** Chop whatever vegetables you have on hand. Drain some organic tofu and cut into cubes (you can also throw in leftover chicken or some shrimp). Drizzle some olive oil into the pan and add the vegetables (optional: add some chopped onion or minced garlic). Sauté until crisp tender, then throw in the tofu or other protein. Stir gently and sauté until warmed through. Season with salt, pepper, gluten free tamari, gomasio (Japanese seasoning with sesame seeds, sea salt and seaweed), etc. You can also drizzle with one of the dressings/sauces in this recipe packet.
2. **Basic Salad:** We eat tons of salads for dinner. That’s why I always have a dressing or two in the fridge. Slice and chop whatever veggies you have on hand. Toss with the greens and dressing, and top with 1/3-cup to a 1/2-cup of beans. If eating animal protein, you could add 2 ounces shredded chicken, leftover fish, or chopped hard boiled egg. Garnish with sea salt and pepper and some sliced avocado if you have it.



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For dressing salad, “bowls”, and veggie sautés...

BALSAMIC-SHERRY VINAIGRETTE

Makes about 1 1/2 cups. The inspiration for this dressing comes from a farmers market demo I once saw featuring Le Pigeon’s Gabriel Rucker (James Beard Foundation’s Rising Star Chef of the Year). During the course of the demo, he made a salad dressing using both balsamic and sherry vinegars. Previously, I had only used one “acid” (lemon juice, vinegar, etc.) in a dressing — but now I’m a convert to using a blend of vinegars for a richer flavor. So yummy.

INGREDIENTS

- ¼ cup high-quality balsamic vinegar
- ¼ cup sherry vinegar
- 1 tablespoon freshly squeezed lemon
- 1 ½ tablespoons whole grain mustard
- 1 clove garlic, finely minced or pressed
- 1 teaspoon raw honey
- ¾ cup extra virgin olive oil
- sea salt and ground pepper to taste

INSTRUCTIONS

In a small mixing bowl, whisk vinegars with lemon juice, mustard, garlic and honey.

Slowly pour the olive oil into the vinegar mixture while whisking. Keep it to a thin stream so the dressing emulsifies properly. If you see the oil start to collect at the sides of the bowl, cut off the oil supply and continue to whisk until the oil is incorporated. Then, slowly start adding the oil back in, while whisking.

Whisk until all of the oil has been incorporated, then season to taste with salt and pepper.

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RANCH STYLE TAHINI DRESSING

Tahini is a nutty-flavored recipe overachiever — it’s great in salad dressing, veggie dip, sauces for rice bowls, and to give soup a creamy, rich texture. You can even add it to a smoothie for a dose of healthy fats! Made from ground sesame seeds, tahini is a good source of minerals such as manganese and copper (anti-inflammatory effects); magnesium (can lower high blood pressure and support healthy sleep); calcium and zinc (bone health); and important phytosterols that can reduce cholesterol.

INGREDIENTS FOR THE SAUCE

- ½ cup tahini (sesame paste)
- 1 clove garlic, chopped
- ½ cup extra virgin olive oil
- ½ cup filtered water
- juice of 1 lemon
- zest from 1 lemon (zest before you juice)
- ¼ teaspoon onion powder
- 2 tablespoons chopped Italian parsley
- 2 scallions, chopped (white and green parts)
- sea salt and fresh ground pepper, to taste
- additional water if needed

INSTRUCTIONS

Blend everything except for the parsley and scallions until smooth. Add a little water — one tablespoon at a time — until you reach desired consistency.

Transfer mixture to a bowl and stir in the chopped herbs. Season with salt and pepper and serve. You can store the sauce in an airtight container in the refrigerator for up to five days.

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GINGER MISO DRESSING

Makes about $\frac{3}{4}$ cup of dressing. Use for the Beet Bliss Salad or other greens, or for an Asian style One Bowl Wonder. Also lovely drizzled over roasted salmon or grilled vegetables.

INGREDIENTS

- 1/4 cup extra virgin olive oil
- 1/4 cup filtered water
- 1/4 white miso (I use Westbrae Natural Mellow White Miso)
- 1 teaspoon raw honey
- 1-2 tablespoon of chopped scallion
- 1 tablespoon of grated ginger
- Juice from one lemon
- A drizzle of sesame oil

INSTRUCTIONS

Add all ingredients to a blender.

Blend until creamy and smooth. Will store in the fridge for about a week. Make it on Sunday, and you'll be set for your weekday lunch salads.



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For dressing salad, “bowls”, and veggie sautés...

“PARMESAN” SPRINKLE

Makes about a cup. This is a great non-dairy substitute for Parmigiano Reggiano, providing some healthy fats and a bit of protein. The cheesy flavor comes from nutritional yeast. I like to sprinkle this over pasta, zucchini noodles, salads and soups. As I often say, it’s all about the garnish!

INGREDIENTS

- 1/3 cup hemp seeds
- 1/3 cup unsalted cashews
- 1/3 cup nutritional yeast
- 1 teaspoon extra virgin olive oil
- ½ teaspoon sea salt

INSTRUCTIONS

Place all ingredients into a food processor fitted with a metal blade. Pulse until the mixture is finely ground.

You might have a couple of larger nut pieces that haven’t blended into the mix. Not a big deal — chef’s snack!



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SPICED SEED MIX

A couple of spoonfuls make an excellent garnish for a salad — use them as you would croutons or bacon bits. You could also make a batch as a snack for your next party. Be careful — this seed mix is a little addictive, and you want to keep servings of nuts and seeds small if you’re trying to lose weight (i.e. 1 ounce/day)! This recipe is adapted from a recipe on BonAppetit.com.

INGREDIENTS

- 1 cup raw sunflower seeds
- 1 cups raw pumpkin seeds (pepitas)
- 1/2 cup raw pistachios or cashews
- 2 tablespoons coconut oil (place jar in hot water for a few minutes to liquefy)
- ¼ to ½ teaspoon cayenne
- 1 tablespoon sea salt

INSTRUCTIONS

Preheat oven to 400° F.

Toss sunflower and pumpkin seeds with oil, cayenne, and salt to coat. Slide onto a baking sheet and toast in the oven, stirring and tossing often, until golden brown, 5–7 minutes. Let cool.

Store in an airtight container at room temperature.



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BEET BLISS SALAD

Serves 2. This recipe was inspired by the lovely Bliss Salad at the Pearl District's Prasad — if you live in Portland, you definitely need to check them out for creative, healthful and super tasty vegan fare. This is one of my favorite ways to enjoy quinoa. As for roasted beets? Those are always such a treat — and so good for you: high in antioxidant, anti-inflammatory and detoxifying compounds. Prep tip: I like to cook the quinoa and roast the beets on Sunday. That way, the salad can come together quickly on busy weekdays.

INGREDIENTS

- 1 cup uncooked quinoa
- 1 beet, scrubbed and rinsed
- 1 sweet potato, scrubbed, rinsed and pricked a few times with a fork
- 1/4 c. walnuts, dry toasted in a pan for a few minutes
- 4 medjool dates, julienned
- A couple of large handfuls of baby lettuce, rinsed and spun
- Ginger Miso Dressing (recipe in this packet)

Instructions: Preheat oven to 400 degrees.

Prepare the quinoa according to package directions (I use the rice cooker since it does a nice job of preserving each grain's shape — I use the brown rice setting and water measurement). When done cooking, set aside.

When the oven is ready, roast the beet and sweet potato — for the beet, I favor Mark Bittman's method for roasting beets, which involves wrapping wet beets in foil and roasting at 400 degrees for 60-90 minutes. For this recipe, I used the same glass casserole to hold the beet and sweet potato during roasting.

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When you're able to easily pierce the beet with a paring knife, the beet is finished roasting. Once the beet is cool enough to handle, use a paper towel to rub off the skin (this can get a little messy, so do it over the sink).

Dice the beets and set aside. Peel and dice the sweet potato as well.

To assemble the salad, add baby lettuce, quinoa and sweet potato in a large bowl. Gently toss, being careful not to mash the sweet potato or crush the quinoa grains — no one likes a mushy salad.

Divide salad into two plates and garnish with cubed beets, walnuts, and dates.

Drizzle with dressing as you see fit — it's pretty rich, so a little goes a long way.



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CURRIED CAULIFLOWER SOUP

Serves 4. Turmeric and ginger both reduce inflammation in the body — very healing. And cauliflower — well, what doesn't it do? It's well known for its cancer-fighting antioxidants, and it's also high in vitamin C, as well as glucosinolates, which power detox processes in the body.

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- ½ medium onion, diced
- 2 cloves garlic, sliced thinly
- 1 medium/large head of organic cauliflower, cut into 2-inch chunks
- 1 tablespoon curry powder
- 1 tablespoon ground turmeric
- ½ teaspoon fresh ginger, grated (or ¼ teaspoon powdered)
- 4 cups filtered water
- ¼ cup raw cashews
- 2 tablespoons sesame seeds OR 1 tablespoon tahini
- ¼ avocado
- sea salt and ground pepper to taste
- chopped cilantro for garnish (optional)
- lemon wedges to accompany

INSTRUCTIONS

Heat the oil in a medium soup pot over medium heat. Add the onion and sauté until translucent but not browned — about 5-10 minutes. Toss in the garlic, curry powder, turmeric, and ginger; stir for a minute so the garlic won't burn.

Then add 4 cups water and the cauliflower, cashews, and sesame seeds (or tahini). Bring to a boil, reduce the heat to

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low, and simmer for 10-15 minutes, or until the cauliflower is tender. Let cool for 5 minutes.

Working in batches, pour the soup into a blender, and cover the lid with a towel (hot liquid tends to erupt) — blend on high. Add the avocado to one of these batches.

Return the soup to the pot and warm gently to desired temperature. Season with salt and pepper to taste. Ladle into bowls and garnish with the cilantro. You can also drizzle with some good extra virgin olive oil.

Serve with lemon wedges on the side so people can season according to taste.



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TACO LETTUCE WRAPS

Serves 4. Adapted from *VB6* (Vegan before 6) by Mark Bittman — love this book and concept! This recipe is very family friendly — definitely one of the most popular recipes I recommend to people. Filling, savory and satisfying!

INGREDIENTS

- Butter lettuce, iceberg or romaine leaves; you could also serve the taco meat on top of salad greens
- 2 tablespoons olive oil
- 1 small red onion
- 2 tablespoons chopped garlic
- 1 teaspoon sea salt
- ½ teaspoon ground pepper
- Protein of choice: 1 package of tempeh (or 1 ½ pounds of ground turkey)
- 1 red bell pepper, chopped (optional)
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon ground chipotle (if you like spicy)
- 2 limes, 1 halved, one quartered
- ¼ cup chopped fresh cilantro, for garnish
- ¼ cup chopped scallions, for garnish
- 1 ripe avocado

INSTRUCTIONS

Put the oil in a large skillet over medium-high heat. Add the onion and garlic; sprinkle with salt and pepper. Cook, stirring occasionally until the vegetables soften, 3 to 5 minutes.

Then add the spices (cumin, chili powder and chipotle, if using). Stir until the onions are well coated with oil and spice.

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Crumble the tempeh (or turkey) into the pan with your hands. Cook, stirring and scraping the bottom of the skillet occasionally, and adjusting the heat as necessary, until the tempeh browns and crisps as much or as little as you like it, anywhere from 10 to 30 minutes. If using turkey, cook until the meat is no longer pink inside.

Add the bell pepper to the pan if you're using it. Stir and cook, continuing to scrape any browned bits from the bottom of the pan until the mixture is fragrant, less than a minute.

Squeeze the juice of the halved lime over all, garnish with cilantro and scallions, and serve with the lettuce wraps and lime quarters.

Serve alongside extra vegetables such as a side salad, or a plate of sliced jicama drizzled with lime, sea salt and chili powder.



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PESTO “PASTA” WITH TOMATOES

Serves 2-3. This recipe requires either a spiralizer or julienne peeler to create the zucchini “noodles.” Both are affordable kitchen gadgets easily found in a kitchenware store or on Amazon.com. Spiralizing vegetables is a great way to get the kids involved — zucchini, carrot and beets are all fun to spiralize and add to salads. Leftover pesto is a great dip for veggies or to dress up an egg or tofu scramble.

INGREDIENTS

- 2 cups fresh basil leaves, packed (stems removed)
- ½ cup filtered water
- 2 cloves garlic, chopped
- ¼ cup raw pine nuts or walnuts
- 1/3 cup extra virgin olive oil
- Juice from one lemon
- 6 zucchini, ends trimmed
- 1 cup cooked white beans, drained and rinsed
- 1 cup grape or cherry tomatoes, halved
- ½ cup of sun dried (unsalted) tomatoes, reconstituted in hot water for about 15-20 minutes, sliced into thin pieces
- Sea salt and freshly ground pepper to taste
- “Parmesan” Sprinkle (recipe in this packet)

INSTRUCTIONS

Prepare the pesto: add basil, water, garlic, ginger, pine nuts or walnuts, olive oil and lemon juice to the blender or food processor. Blend until a paste forms, or blend longer if you want a smoother consistency. Season to taste with salt and pepper. Set aside.

Prepare the zucchini: Run the zucchini through the spiralizer to make vermicelli-style noodles. Set aside.

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Heat a wide pan over medium heat and add either a drizzle of olive oil or a few tablespoons of water. Add the noodles to the pan and cook for a minute or two, until the zucchini noodles are softened but still al dente (they can turn mushy quickly).

Add about half of the pesto, along with the beans, halved cherry tomatoes and the sliced sun-dried tomatoes.

Stir gently to combine, and sauté until heated through. Taste, and adjust seasonings with flaky sea salt and ground pepper. Garnish with “Parmesan” Sprinkle if desired.

Serve with a side salad.

Save any leftover pesto in the refrigerator for 2-3 days. You can add a spoonful to your favorite vinaigrette, or whisk in some water for a delicious “one bowl wonder” sauce.



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ONE-BOWL WONDER WITH RANCH STYLE TAHINI DRESSING

You'll have plenty of sauce for 4 servings and maybe some extra to use for vegetable dip. My bowl recipes follow this format: a base of grains and legumes, plus any veggies you have on hand — and then a drizzle of sauce, and a sprinkle of sea salt. I also often finish with hot sauce or red pepper flakes.

INGREDIENTS FOR THE SAUCE

- ½ cup tahini (sesame paste)
- 1 clove garlic, chopped
- ½ cup extra virgin olive oil
- ½ cup filtered water
- juice of 1 lemon
- zest from 1 lemon (zest before you juice)
- ¼ teaspoon onion powder
- 2 tablespoons chopped Italian parsley
- 2 scallions, chopped (white and green parts)
- sea salt and fresh ground pepper, to taste
- additional water if needed

INSTRUCTIONS FOR THE SAUCE

Blend everything except for the parsley and scallions until smooth. Add a little water — one tablespoon at a time — until you reach desired consistency.

Transfer mixture to a bowl and stir in the chopped herbs. Season with salt and pepper and serve. You can store the sauce in an airtight container in the refrigerator for up to five days.

TO BUILD THE BOWL — BASE AND TOPPINGS (PER SERVING)

- 1/3 cup whole grains (cooked brown rice or quinoa)

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- 1/3 cup cooked white beans (i.e. cannellini)
- Steamed greens: kale, spinach, chard

INSTRUCTIONS

Warm a pan with a bit of olive oil and add the cooked grains and beans. Cook over medium low heat until warm, stirring occasionally.

In the meantime, set a steamer basket in a pot over a couple inches of water. Cover with a lid and heat until the water starts to boil. Reduce heat to medium low and add the greens. Cover, and steam to desired doneness — I like my greens crisp-tender, so this only takes a few minutes.

To build the bowl, place the grains and beans mixture in the bowl. Add the steamed greens and other toppings, and drizzle with Tahini Ranch Sauce. Enjoy!