



RECIPES

E-BOOK



CONTAINS 10 RECIPES


Chickpea Salad



Ingredients

- 1 can of chickpeas, drained and rinsed
- 1/2 cup of diced red bell pepper
- 1/2 cup of diced cucumber
- 1/4 cup of diced red onion
- 1/4 cup of chopped fresh parsley
- 2 tablespoons of lemon juice
- 2 tablespoons of olive oil
- 1 clove of garlic, minced
- Salt and pepper, to taste

Directions

1. In a large bowl, mix together the chickpeas, diced bell pepper, diced cucumber, diced onion, and chopped parsley.
 2. In a small bowl, whisk together the lemon juice, olive oil, minced garlic, salt, and pepper. Pour the dressing over the chickpea mixture and toss to combine.
 3. Serve the chickpea salad chilled or at room temperature, with a sprinkle of additional salt and pepper, if desired. Enjoy!
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Chicken & White Bean Stew



Ingredients

- 1 tablespoon of olive oil
- 1 pound of boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 onion, diced
- 2 cloves of garlic, minced
- 2 cans of white beans, drained and rinsed
- 1 cup of chicken broth
- 1 cup of diced tomatoes
- 1 teaspoon of dried oregano
- 1/2 teaspoon of dried basil
- Salt and pepper, to taste

Directions

1. In a large pot, heat the olive oil over medium heat. Add the chicken and cook for 5-7 minutes, or until it is browned on all sides.
 2. Add the diced onion and minced garlic to the pot and cook for an additional 3-4 minutes, or until the onion is translucent.
 3. Add the white beans, chicken broth, diced tomatoes, oregano, basil, salt, and pepper to the pot. Bring the mixture to a boil, then reduce the heat to low and simmer for 20-25 minutes, or until the chicken is cooked through and the flavors have melded together.
 4. Serve the chicken and white bean stew hot, with a sprinkle of fresh herbs on top, if desired. Enjoy!
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Thick Tomato Soup

Ingredients

- 1 tablespoon of olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 2 cans of diced tomatoes
- 1 cup of chicken broth
- 1 tablespoon of tomato paste
- 1 teaspoon of sugar
- 1 teaspoon of dried basil
- 1/2 teaspoon of dried oregano
- Salt and pepper, to taste
- Optional: 1/2 cup of heavy cream or coconut milk

Directions

1. In a large pot, heat the olive oil over medium heat. Add the diced onion and minced garlic, and cook until the onion is translucent, about 5 minutes.
2. Add the diced tomatoes, chicken broth, tomato paste, sugar, basil, and oregano to the pot. Bring the mixture to a boil, then reduce the heat to low and simmer for 15-20 minutes.
3. Use an immersion blender to blend the soup until it is smooth and creamy. Alternatively, you can transfer the soup to a blender and blend it in batches.
4. Return the soup to the pot and add salt and pepper to taste. If you would like a creamier soup, stir in 1/2 cup of heavy cream or coconut milk.
5. Serve the soup hot, with a sprinkle of fresh herbs and a drizzle of olive oil on top, if desired. Enjoy!


Grilled Chicken And Rice



Ingredients

- 4 chicken breasts
- 2 cups of rice
- 4 cups of water
- 2 cloves of garlic, minced
- 1 teaspoon of olive oil
- Salt and pepper, to taste

Directions

1. Preheat your grill to medium-high heat.
 2. In a saucepan, bring the water to a boil. Add the rice, minced garlic, and a pinch of salt. Reduce the heat to low, cover the pan, and simmer for 18-20 minutes, or until the water is absorbed and the rice is cooked.
 3. Season the chicken breasts with salt and pepper. Grill the chicken for 6-8 minutes on each side, or until it reaches an internal temperature of 165 degrees Fahrenheit.
 4. Serve the grilled chicken with the rice and your choice of vegetables. Enjoy!
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Easy Mutton Recipe

Ingredients

- 1 pound of mutton, cut into bite-sized pieces
- 2 tablespoons of olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 2 teaspoons of ground cumin
- 2 teaspoons of ground coriander
- 1 teaspoon of ground turmeric
- 1/2 teaspoon of ground cinnamon
- 1 can of diced tomatoes
- 1 cup of chicken broth
- 1 cup of water
- Salt and pepper, to taste
- Optional: chopped fresh cilantro for serving

Directions

1. In a large pot, heat the olive oil over medium heat. Add the mutton and cook for 5-7 minutes, or until it is browned on all sides.
2. Add the diced onion and minced garlic to the pot and cook for an additional 3-4 minutes, or until the onion is translucent.
3. Add the cumin, coriander, turmeric, and cinnamon to the pot and stir to coat the mutton and vegetables.
4. Add the diced tomatoes, chicken broth, and water to the pot. Bring the mixture to a boil, then reduce the heat to low and simmer for 1-1.5 hours, or until the mutton is tender and the flavors have melded together.
5. Season the mutton with salt and pepper to taste. Serve the mutton hot, with a sprinkle of fresh cilantro on top, if desired. Enjoy!

Grilled Salmon

Ingredients

- 4 salmon fillets
- 2 tablespoons of olive oil
- 2 cloves of garlic, minced
- 1 lemon, zested and juiced
- 1 teaspoon of dried dill
- Salt and pepper, to taste

Directions

1. Preheat your grill to medium-high heat.
2. In a small bowl, mix together the olive oil, minced garlic, lemon zest, lemon juice, and dried dill.
3. Season the salmon fillets with salt and pepper. Brush the salmon with the garlic and lemon mixture.
4. Grill the salmon for 6-8 minutes on each side, or until it is cooked to your desired level of doneness.
5. Serve the grilled salmon with your choice of sides, such as roasted vegetables or a salad. Enjoy!

Mashed Potatoes

Ingredients

- 2 pounds of potatoes, peeled and cubed
- 1/2 cup of milk
- 4 tablespoons of butter
- Salt and pepper, to taste

Directions

1. Bring a pot of salted water to a boil. Add the cubed potatoes and cook for 15-20 minutes, or until they are tender when pierced with a fork.
2. Drain the potatoes and return them to the pot. Add the milk, butter, salt, and pepper.
3. Use a potato masher or a hand mixer to mash the potatoes until they are smooth and creamy.
4. Serve the mashed potatoes hot, with a sprinkle of additional salt and pepper, if desired. Enjoy!

Easy Delicious Eggs

Ingredients

- 1-2 eggs
- 1 tablespoon of butter or oil
- Salt and pepper, to taste

Directions

1. Heat a small pan over medium heat. Add the butter or oil to the pan.
2. Crack the eggs into the pan. Sprinkle the eggs with salt and pepper, to taste.
3. Cook the eggs until the whites are set and the yolks are cooked to your desired level of doneness. For sunny-side up eggs, do not flip the eggs and cook until the whites are set and the yolks are still runny. For over-easy eggs, flip the eggs and cook for an additional 30 seconds to 1 minute, or until the yolks are set but still soft. For over-medium eggs, cook the eggs for an additional 1-2 minutes, or until the yolks are set but still moist. For over-hard eggs, cook the eggs for an additional 3-4 minutes, or until the yolks are fully set and no longer runny.
4. Serve the eggs hot, with a sprinkle of additional salt and pepper, if desired. Enjoy!

Yummy Pasta

Ingredients

- 8 ounces of pasta
- 2 tablespoons of olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 cup of cherry tomatoes, halved
- 1 cup of baby spinach
- 1/2 cup of vegetable broth
- Salt and pepper, to taste
- Optional: grated Parmesan cheese for serving

Directions

1. Bring a pot of salted water to a boil. Add the pasta and cook according to the package instructions, until it is al dente. Drain the pasta and set it aside.
2. In a large pan, heat the olive oil over medium heat. Add the diced onion and minced garlic, and cook until the onion is translucent, about 5 minutes.
3. Add the cherry tomatoes, baby spinach, and vegetable broth to the pan. Bring the mixture to a boil, then reduce the heat to low and simmer for 5-7 minutes, or until the vegetables are tender.
4. Add the cooked pasta to the pan and toss to combine with the vegetables. Season the pasta with salt and pepper to taste.
5. Serve the pasta hot, with a sprinkle of grated Parmesan cheese on top, if desired.
Enjoy!

Avocado Toast

Ingredients

- 2 slices of bread
- 1 avocado
- 1 teaspoon of lemon juice
- Salt and pepper, to taste
- Optional: cherry tomatoes, sliced radishes, or micro greens for topping

Directions

1. Toast the bread until it is crispy and golden brown.
2. Meanwhile, cut the avocado in half and remove the pit. Scoop the avocado flesh into a small bowl and mash it with a fork. Stir in the lemon juice and a pinch of salt and pepper.
3. Spread the avocado mixture onto the toasted bread slices. Top the avocado toast with cherry tomatoes, sliced radishes, or microgreens, if desired.
4. Serve the avocado toast immediately, with additional salt and pepper to taste. Enjoy!