



Episode 7 - Recipes

March 2019

Pimm's Cocktail

INGREDIENTS

- orange slice
- lemons slice or rind curled
- cucumber slice
- sprig of mint
- 1 part Pimms
- 3 parts highest quality ginger ale
- Ice





Episode 7 - Recipes



Chili, Rosemary Spicy Mixed Nuts

Makes 4 Cups

INGREDIENTS

9 oz. Raw Cashew Almond Pistachio mix (about 2 cups) - OR buy separately if you cannot find the mixed.

9 oz. Raw Jumbo Cashews (about 2 cups)

2-3 Tbsp. EVOO (extra virgin olive oil)

2 tsp. chili powder

1 tsp. ground cumin

1 tsp coarse sea salt

Juice of $\frac{1}{2}$ lime

1 Tbsp. chopped fresh rosemary

Preheat oven to 325°F.

Line a large rimmed baking sheet with parchment paper.

In a large bowl combine oil, chili powder, cumin, lime juice, and rosemary. Stir in nuts and mix until nuts are evenly coated with spice mixture. Pour coated nuts onto the baking sheet.

Roast at 325°F for 12-15 minutes, stirring or shaking every 5 minutes to avoid burning. Remove pan and allow to completely cool before eating.



Episode 6 - Recipes

Kristin's Cajun Shrimp & Veggie Deliciousness

INGREDIENTS -

- 1 cup of red (or whatever kind you have) quinoa
- 1/4 cup EVOO (extra virgin olive oil)
- 3 to 4 cups veggies of your liking (I used onion, peppers, sweet potatoes)
- 16 ounces washed raw, peeled, deveined, tail off, JUMBO shrimp
- 4 cups arugula
- chopped cilantro
- feta cheese

Seasoning for Shrimp

- 2 T grass-fed butter
- 2 T EVOO
- 1/4 cup white wine
- juice of a lemon
- 1 tablespoon fresh chopped garlic
- 1 tablespoon Italian seasoning.
- 1 tablespoons paprika.
- 1 teaspoon coarse sea salt.
- 1 teaspoon fresh ground black pepper.
- 1/2 tablespoon cayenne pepper.
- 1/2 tablespoon dried thyme.
- 1/2 tablespoon onion powder
- a good pinch of red pepper flakes (optional if you love spicy)

Instructions

Preheat oven to 400 degrees

Rinse and prepare quinoa on stovetop according to package directions (can be done well ahead of time, like days :).

Wash and chop veggies for roasting - consider roasting different types of veggies on different pans or think about the size that you cut the veggies, i.e. potatoes take much longer than say zucchini.

Place chopped veggies, on parchment paper-lined baking sheet. Drizzle and mix veggies with EVOO and sea salt and fresh ground pepper. Roast for approx 20-30 minutes.

In a large saucepan on medium heat melt butter, add EVOO and garlic, saute for a minute add all dry seasonings, add shrimp and the rest of the ingredients and saute shrimp until cooked through (and pink) - approx 5 minutes.

Arrange on a platter from the bottom: arugula, quinoa, roasted veggies, shrimp, cilantro & feta. ENJOY