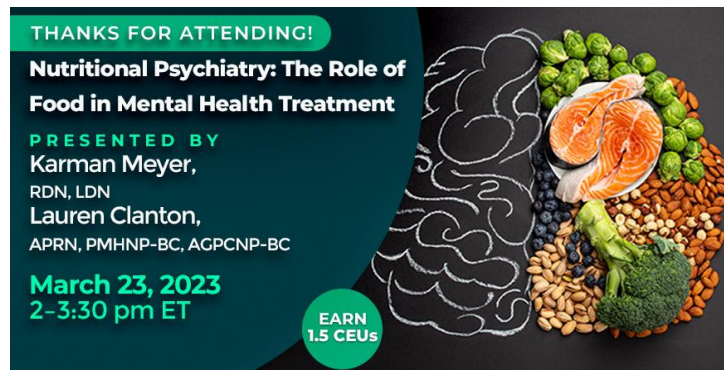


RECIPES

Italian Lentil Soup

Ingredients	Instructions
<p>1 large yellow onion 3 garlic cloves 1 15-ounce can quartered artichoke hearts ½ bunch Tuscan kale (also labeled as Lacinato, dinosaur kale or cavolo nero) 2 tablespoons olive oil 1 tablespoon dried oregano 1 tablespoon dried basil 1 cup dried red lentils 2 cups water 1 bay leaf ¼ teaspoon red pepper flakes 1 teaspoon kosher salt 2 28-ounce cans fire roasted whole tomatoes Shaved Parmesan cheese (optional), for garnish</p>	<ol style="list-style-type: none"> 1. Dice the onion. Mince the garlic. Drain the artichoke hearts and chop them into bite sized pieces. Wash and thinly slice the kale into ribbons. 2. In a large soup pot, heat the olive oil over medium heat and sauté the onion for 5 minutes, until translucent. Add the minced garlic, dried oregano, and dried basil. Sauté for another minute. 3. Add the red lentils, water, red pepper flakes, kosher salt, and 1 bay leaf and bring to a boil. 4. Once boiling, reduce to a simmer and add the kale, artichokes, and the liquid from the whole tomatoes. Then chop the whole tomatoes into bite sized pieces, and add them to the pot. 5. Simmer for 20 minutes, until the lentils are tender. Be careful not to overcook the lentils, or they will become too soft. 6. Taste, and additional kosher salt as necessary. Serve with a drizzle of olive oil and shaved Parmesan cheese.

[Italian Lentil Soup \(Fan Favorite!\) – A Couple Cooks](#)



RECIPES

Dr. Kahn’s Superfoods Smoothie with Nuts, Seeds, Pomegranate and Berries

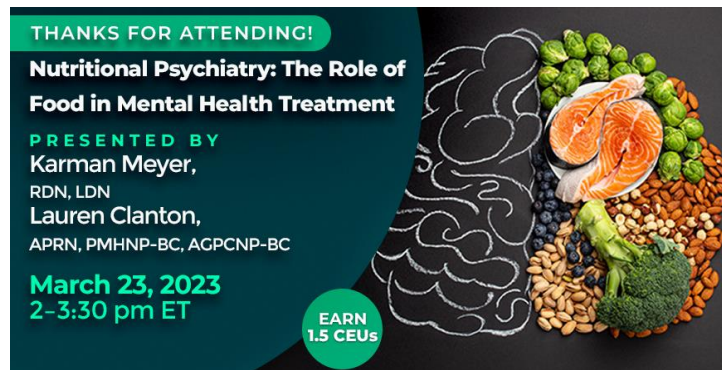
Ingredients	Instructions
1 TB walnuts 1 TB raw cacao powder 2 TB ground flax seeds 1 scoop organic grass juices and dried greens 3 oz. pomegranate juice or 2 TB seeds ½ cup blueberries ¼ tsp powdered ginger or a piece of raw ginger and ¼ tsp turmeric	1. Blend ingredients together until smooth

[Dr. Joel Kahn Shares His Super-Foods Smoothie With Nuts & Seeds | The Beet](#)

Mediterranean Pork and Orzo

Ingredients	Instructions
1 ½ pounds pork tenderloin 1 tsp coarsely ground pepper 2 tbs olive oil 3 quarts water 1 ¼ cups uncooked orzo pasta ¼ tsp salt 6 oz fresh baby spinach 1 cup grape tomatoes, halved ¾ cup crumbled feta cheese	1. Rub pork with pepper; cut into 1-in. cubes. In a large nonstick skillet , heat oil over medium heat. Add pork; cook and stir until no longer pink, 8-10 minutes. 2. Meanwhile, in a Dutch oven, bring water to a boil. Stir in orzo and salt; cook, uncovered, 8 minutes. Stir in spinach; cook until orzo is tender and spinach is wilted, 45-60 seconds longer. Drain. 3. Add tomatoes to pork, heat through. Stir in orzo mixture and cheese.

[Mediterranean Pork and Orzo Recipe: How to Make It \(tasteofhome.com\)](#)



Recipes

Artichoke and Spinach Pesto Pizza (Vegan)

<p>Ingredients</p> <p><i>For the Spinach Pesto:</i></p> <ul style="list-style-type: none"> • 1 cup spinach • 1 tablespoon nutritional yeast • 3/4 cup nuts of any kind • 1/2 cup olive oil, plus more if needed to achieve desired consistency • 1 teaspoon sea salt • 1/2 squeeze of lemon • 10-15 basil leaves • 2 teaspoons minced garlic <p><i>For the Pizza:</i></p> <ul style="list-style-type: none"> • 16 ounces <u>pizza dough</u> (homemade or store-bought) • 1 cup chopped artichoke hearts, use jarred or canned and drain them • 3/4 cup vegan <u>shredded parmesan</u> • 1/2 cup vegan <u>shredded mozzarella cheese</u>, optional • 4-5 sun-dried tomatoes, chopped 	<p>Instructions</p> <ol style="list-style-type: none"> 1. Preheat the oven to 450°F. 2. Place the pizza dough on a lightly floured surface. Using a rolling pin, roll the dough out into a circle. Carefully move the pizza dough to a pizza pan or pizza stone. Process all of the pesto ingredients in a food processor. Spread the pizza evenly with pesto. Top with spinach, artichokes, sun-dried tomatoes, mozzarella, and parmesan cheese. 3. Place the pizza in the hot oven and bake for 18-20 minutes, or until pizza crust is golden and cheese is melted. Remove the pizza from the oven and let the pizza cool for a few minutes. Cut into slices and serve.
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[Artichoke and Spinach Pesto Pizza \[Vegan\] - One Green Planet](#)