Meals to Warm & Nourish
VIRTUAL COOKING CLASS
WITH SARAH KURTANICH, INHC
Hi! I’m Sarah, and I’m here to help you eat well and feel good about it.

I work with people who are ready to focus on the joyful and non-judgmental parts of eating and movement with the goal of FEELING good. I work with people who are ready to shake off the traditional myths about what healthy looks like and learn what healthy TRULY FEELS like.

I’m excited to cook with you and share a bit of my food philosophy. By the end of this workshop, I hope you’ll feel like you have five new recipes you can turn to throughout the winter season that are both delicious and nourishing.
**What You’ll Need**

I’ve listed the total amounts of all ingredients you’ll need to prep all of the recipes we’ll cook together (the smoothie, stew and orange chicken & veggies. Some things are used in more than one recipe and you’ll need to divide it up, but this way you’ll be able to check your pantry and then shop for everything else.

**Produce**

-- 1 pear  
-- 2-3 inches fresh ginger  
-- 2 handfuls leafy greens (spinach, kale, chard or a combination)  
-- 1 white onion  
-- 4 cloves garlic  
-- 1-2 potatoes  
-- 1-2 sweet potatoes  
-- 3-4 heads of broccoli  
-- 1 head of cauliflower  
-- 2-4 carrots  
-- 1/2 head of cabbage  
-- 1 red/orange/yellow bell pepper  
-- 2-3 oranges ( zest of 1 orange + 1/2 cup juice)

**Dry Goods**

-- 2-3 dried dates  
-- 2 teaspoons ground ginger  
-- 2 teaspoons ground tumeric  
-- 2 tablespoons chia seeds  
-- 2 scoops vanilla or plain protein powder or collagen  
-- 3 tablespoons tomato paste  
-- 1 teaspoon dried dill (or parsley, basil, thyme)  
-- 1/2 cup panko breadcrumbs  
-- 1 tablespoon ground flaxseeds  
-- 2 tablespoons honey  
-- 2 tablespoons Liquid Aminos  
-- 4+ tablespoons avocado oil  
-- salt & pepper

**Cold Stuff**

-- 1 cups mik or mylk of choice  
-- 2 tablespoons maple syrup  
-- 1 pound boneless, skinless chicken breaths  
-- 4-6 cups bone or mineral/vegetable broth

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Recommended Equipment

These are the kitchen tools I'd recommend to make the recipes included in this workshop.

-- A high powered blender
-- Measuring spoons
-- Measuring cups
-- Liquid measuring cup
-- 1 large pot
-- 1 good knife for chopping
-- 2 baking sheets
-- A vegetable peeler
-- Garlic press
-- Sauté pan
-- 1 pot to cook rice in
-- 1 cutting board
A few tips

I recommend having as many ingredients and tools out and ready to grab as possible before you begin cooking. It’s a French culinary concept called *mise en place*, which basically means "everything in its place." It saves a lot of time in the long run.

For this workshop it will be helpful to have the following prep tasks already done before we start cooking together:

- vegetables for the nourishing veggie stew peeled/chopped per the ingredient list
- dates for the smoothie already soaking
- boosted brown rice already cooked
The Recipes
**Winter Greens Smoothie**

**Makes 1-2 Servings**

### Ingredients

- 1 cup milk or mylk of choice
- 1 pear, cored & chopped
- 2-3 dates, soaked in warm water and pitted
- 1-2 teaspoons ground ginger OR 1-2 tablespoons peeled & chopped fresh ginger
- 1 teaspoon ground turmeric OR 1 tablespoon peeled & chopped fresh turmeric
- 2 tablespoons chia seeds
- 2 handful greens
- 2 scoops protein or collagen powder of choice (vanilla or unflavored)
- Optional - ice cubes OR water depending on the desired temp and/or consistency

### Directions

1. Place the dates in a small bowl of warm water. Allow to soak for 10-20 mins.
2. When ready to make your smoothie. Add milk and chia seeds to your blender. Next add the greens, pear, ginger, turmeric, protein/collagen and softened/pitted dates.
3. Blend everything until very smooth. Add ice cubes or water if needed and blend one more time.
4. Serve and enjoy!

**Notes:**

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Nourishing Vegetable Stew

*Ingredients*

- 2 tbsp avocado oil
- 1 large white onion, chopped
- 3 cloves garlic, minced
- 1-2 potatoes, peeled and diced into 1-in cubes
- 1-2 sweet potatoes, peeled and diced into 1-in cubes
- 2-4 carrots, peeled and diced
- 2 cups bone/vegetable broth
- 2 tablespoons maple syrup
- 3 tablespoons tomato paste
- 1 teaspoon dried dill (parsley, basil and thyme also work)
- salt and freshly ground black pepper, to taste
- 1-2 heads broccoli, broken into small florets
- 1/2 head cauliflower, broken into small florets
- 1/4 head cabbage, roughly chopped

*Directions*

Heat the butter/oil/fat in a large pot and saute the onions and garlic over medium-high heat until the onions begin to get translucent.

Lower the heat and add the potatoes, sweet potatoes and carrots and saute until barely tender.

Add the broth, stir in the maple syrup, tomato paste, herb and season with salt and pepper to taste. Cover the pot and simmer for 10 minutes then add the broccoli, cauliflower and cabbage.

Simmer for 15-20 minutes more or until the vegetables are tender but not mushy.

Notes:
**Baked Orange Chicken & Vegetables**

**Makes 4 Servings**

**Ingredients**
- Approx. 3 cups chopped vegetables (broccoli, cabbage, bell peppers, onions are all great)
- 1.5 tablespoons avocado oil
- A good sprinkle of salt & fresh ground black pepper
- Approx. 1 pound boneless, skinless chicken thighs cut into bite size pieces (about 2 cups)
- 1/2 cup panko breadcrumbs
- A good sprinkle of salt & fresh ground black pepper
- Zest from 1 orange
- 1/2 cup orange juice (from 1-3 oranges depending on the size)
- 2 tablespoons honey
- 2 tablespoons Liquid Aminos
- 1 tablespoon minced fresh ginger
- 1 teaspoon ground turmeric
- 2 cloves of garlic, minced
- 1/4 cup water
- 1 tablespoon flax seeds
- 4 tablespoons water
Preheat your oven to 400 degrees F.

Spread out your vegetables on a large baking sheet. Drizzle with avocado oil and sprinkle with sea salt and fresh ground black pepper. Toss to coat everything.

Spray a second baking sheet with cooking spray. Arrange the chicken in a single layer on the baking sheet. Sprinkle the chicken with half of the bread crumbs and a sprinkle of salt and pepper. Toss to coat. Sprinkle with the remaining bread crumbs and another sprinkle of salt and pepper and toss again.

Put the vegetables and chicken into the oven. After 10 minutes, flip the chicken pieces. Bake for another 7-10 minutes or until the chicken is cooked through. The vegetables might be done now, but if not allow to bake for a few more minutes.

While the chicken and veggies are in the oven, make the orange sauce. Start by whisking together the flaxseeds with 4 tablespoons of water and set aside. Meanwhile, whisk together the orange juice, orange zest, honey, liquid aminos, garlic, ginger, turmeric and 1/4 cup water in a medium pan over medium heat. Bring the entire mixture to a boil and allow to reduce for a few minutes. Remove from the heat and whisk in the flax seed gel. Allow to cool a bit while you assemble your bowl.

Drizzle the orange sauce on top and enjoy!
**Boosted Brown Rice**

An easy way to increase the nourishment and flavor factor when cooking rice and other grains is to use broth instead of water when cooking.

**INGREDIENTS**

- Brown rice
- Bone or Vegetable Broth

**DIRECTIONS**

Cook your brown rice according to the package instructions, replacing the water in the recipe with bone or vegetable broth.

**NOTES:**

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If you can boil water, you can make bone broth. Boiling the bones and meaty joints in liquid to make broth is an old practice. It's great for getting the most out of your grocery budget too. Protein isn't usually the cheapest thing on my grocery list, so I like being able to re-use the bones from things like rotisserie chickens and bone-in cuts to make my own broth. Bone broth is full of gelatin (a source of protein), several amino acids, B vitamins, glucosamine and other nutrients.

* INGREDIENTS *

- 3-4 pounds chicken bones or a combination of chicken/pork/beef bones. (If using pork/beef bones, you will want to roast them if not using leftovers.)
- 1 onion, skin on, cut in half
- 3-4 stalks celery, broken into several pieces
- 1 tablespoon whole peppercorns
- 1 teaspoon sea salt
- 5-6 garlic cloves, smashed
- several 1-inch chunks of fresh ginger, peeled
- 2 tablespoon apple cider (wine also works)
- 12 cups water (or just enough water to cover the bones & vegetables)

* DIRECTIONS *

Add all of the ingredients to a large soup pot or slow cooker. Pour in enough water just to cover everything.

Bring the liquid to a boil or set the crockpot to high.

Once boiling, set the liquid to simmer (or reduce the crockpot heat to low) and allow to cook for 4-8 hours. (This is a great thing to set in the crockpot and allow to cook on low overnight.)

When done, remove the bones and vegetables and strain the liquid into your storage containers. Allow the broth to cool a bit before refrigerating or freezing.

thank you for cooking with me!

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AND

Come hang out with me on social media! You’ll find me @sarahkurtanich on Instagram, Facebook & Pinterest.

Cheers to you!