EATING SEASONALLY:

Winter

Madeleine Shaw, Integrative Nutrition Health Coach

WHY EAT SEASONALLY?

Seasonal food, meaning produce purchased and eaten around the time that it’s harvested, is fresher, tastier, and even more nutritious than out-of-season food. Not only is seasonal food better for you (and your wallet!), it benefits the environment and supports your local economy.

IIN graduate Madeleine Shaw shares her favorite winter recipes to leave you glowing inside and out!
MISO-CARAMELIZED PEAR PORRIDGE

I can’t think of a better way to start the day than with this pear porridge. It’s getting a little colder and that might mean getting out of bed is a little harder, but if you’re looking for some motivation to begin your day, a warm bowl of this porridge is the perfect recipe to get your day off to the best start ever.

INGREDIENTS

- 1 tablespoon honey
- 1 teaspoon white miso paste (or to taste)
- 1-1/2 tablespoons butter
- 2 ripe pears, halved and cored
- 1 cup rolled oats
- 2 teaspoons chia seeds
- 2 cups milk of your choice
- 1 teaspoon cinnamon
- Pinch of salt

DIRECTIONS

1. In a warm pan, combine honey, miso, and butter to make caramel.
2. Place pears in caramel and cook for 10 minutes on medium-low until pears soften.
3. Add porridge ingredients to a separate pan and simmer gently, stirring frequently, until desired consistency.
4. Serve together and garnish with yogurt, pumpkin seeds, or toppings of your choice.
ROASTED CHESTNUT AND MUSHROOM SOUP
This is my ultimate seasonal soup. There’s nothing quite as Christmassy as the smell of roasted chestnuts; they also taste unbelievably good in this delicious soup. You can buy them raw and roast them in the oven or buy them pre-peeled for a super simple soup.

INGREDIENTS
• 2/3 cup chestnuts
• 1 red onion, chopped
• 2 cloves garlic, chopped
• 1 stalk celery, chopped
• 1 leek, chopped
• 1 tablespoon olive oil, divided
• 2 cups chestnut mushrooms, divided
• 2 cups vegetable stock, prepared to package instructions
• 4 teaspoons Greek yogurt, divided
• 1/2 cup pecans, shelled and halved
• 1 tablespoon maple syrup
• Sprinkle chopped parsley

DIRECTIONS
1. Pierce chestnuts and roast at 350°F for 10 minutes. Cool, peel, and set aside.
2. Sweat onion, garlic, celery, and leeks in olive oil for 5 minutes.
3. Chop and add 1-1/2 cups mushrooms and fry for 5 more minutes. (Optional: In a separate pan, slice and fry remaining 1/2 cup mushrooms to use as topping.)
4. Add stock and chestnuts, then simmer for 20 minutes.
5. Blend into a soup with 3 teaspoons Greek yogurt.
6. In a dry pan, toast pecans for 2 minutes. Add maple syrup and coat until caramelized.
7. Pour soup into bowls and place remaining teaspoon of yogurt in the middle, then swirl it outward.
8. Sprinkle pecans and parsley to garnish.
9. Season with salt and pepper to taste.
BUTTER BEAN, KALE, AND COCONUT STEW

This stew is the ultimate simple and nourishing dinner. It uses cupboard staples plus whatever veggies you have on hand for the most comforting meal that honestly tastes even better as leftovers the next day.

INGREDIENTS

• 3 cloves garlic, sliced
• 1 cup cherry tomatoes
• 1 tin butter beans, drained
• 2 cups kale, roughly chopped
• 1 tablespoon olive oil
• 1/2 can coconut milk
• Salt and pepper to taste

DIRECTIONS

1. In a large pot, fry garlic, tomatoes, beans, and kale in olive oil for 5 minutes.
2. Add coconut milk and simmer for 15 minutes.
3. Season to taste and serve.
**BUTTERNUT SQUASH CASHEW CARBONARA**

This simple and delicious dish is the perfect cozy autumn meal. I’ve made mine with half butternut squash noodles and half spaghetti to up the veggie content. Carbonara is such a classic comfort food, and this version really hits the spot.

**INGREDIENTS**

- 1 onion, finely chopped
- 2 cloves garlic
- 2 tablespoons olive oil, divided
- 1/2 butternut squash
- 2 ounces spaghetti
- 4 tablespoons nutritional yeast
- 2 tablespoons cashew butter

**DIRECTIONS**

1. Fry onion and garlic in 1 tablespoon of olive oil.
2. Julienne or spiralize half the squash into noodles.
3. Cut other half of squash into cubes and boil alongside the spaghetti for about 8 minutes.
4. Drain squash and spaghetti.
5. Add cooked squash, onion, garlic, nutritional yeast, cashew butter, and remaining tablespoon of olive oil to blender.
6. In large pan, add sauce to squash noodles and cook for a few minutes. Add spaghetti and serve.
CLEMENTINE AND OLIVE OIL CAKE

I'm slightly obsessed with this cake. Using olive oil instead of butter lends the best texture to this amazing cake. Clementines always remind me of the festive season, and this is such a fantastic way to enjoy them.

SERVES 8 | READY IN 50 MINUTES

INGREDIENTS

- 4 large eggs
- Zest of 2 large clementines
- Zest of 1 large lemon
- 3/4 cup coconut or brown sugar
- 1/2 cup olive oil
- 1-3/4 cups ground almonds
- 2 teaspoons baking powder

For decoration

- 2 tablespoons yogurt (use coconut to keep it dairy-free)
- Zest of 1 clementine
- 1 teaspoon freeze-dried raspberries

DIRECTIONS

1. Preheat oven to 350°F.
2. Grease and line 8-inch cake tin.
3. Whisk eggs, zest, and sugar in bowl. Add olive oil and mix.
4. Fold in ground almonds and baking powder.
5. Spoon mixture into tin and bake for around 45–50 minutes.
6. Let cool before decorating with yogurt, zest, and raspberries.
For me, eating seasonally is one of the best ways to stay connected with your environment and make the most of the produce you consume. Not only does food taste better when it's in season, but it's also a great way to eat for your health. Our dietary needs change with our environment, and eating seasonally is one way to honor this.

I channeled my love for eating seasonally into my latest book, *A Year of Beautiful Eating*, which I hope provides inspiration for eating in season all year round!

Join me for more recipes on my [website](#) and on Instagram [@madeleine_shaw](#). I LOVE seeing recreations of my recipes so use #MadeleineShaw when sharing!

Lots of love,

*Madeleine*

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Interested in learning more about becoming an Integrative Nutrition Health Coach? Give us a call today at *(877) 780-5408* (U.S.) or *+1 (212) 257-6171* (International).