



EASTND
NATUROPATHIC CENTRE & IV LOUNGE

An EASTND Holiday

EASTND Naturopathic Centre & IV Lounge

<http://www.eastnd.ca>



Sweet Potato Crostini with Pomegranate & Goat Cheese

8 servings

35 minutes

Ingredients

2 Sweet Potato (medium, sliced into even rounds)
1 1/2 tsps Extra Virgin Olive Oil
1/8 tsp Sea Salt
1/2 cup Goat Cheese (crumbled)
1/2 cup Walnuts (toasted and chopped)
1/4 cup Pomegranate Seeds
1 1/2 tsps Thyme (fresh, removed from the stem)
1 tbsp Raw Honey

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato slices to a bowl and drizzle the extra virgin olive oil and sea salt over top. Mix well. Place them in a single layer on the sheet and bake for 15 minutes. Flip and roast for 5 to 10 minutes more.
- 3 Remove the sweet potato slices from the oven and top with goat cheese, walnuts, pomegranate, thyme and drizzle with honey. Serve immediately. Enjoy!



Golden Beet Hummus

4 servings

50 minutes

Ingredients

- 1 Golden Beet (skin on, washed)
- 1 3/4 cups Chickpeas (cooked, rinsed)
- 1 Lemon (juiced)
- 1/2 tsp Sea Salt
- 2 tbsps Tahini
- 2 Garlic (cloves)
- 1/3 cup Water (ice cold)
- 2 tsps Sesame Seeds (optional)
- 1 tbsp Chives (chopped, optional)
- 1 tbsp Extra Virgin Olive Oil (optional)

Directions

- 1 Preheat the oven to 400F (204°C). Wrap the beet in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beet from the oven, let it cool and then peel.
- 2 In a blender or food processor, add the chickpeas and blend until smooth. Next, add the beet and blend again. Add the lemon, sea salt, tahini and garlic and blend until mixed together. Slowly drizzle in the water and keep blending until smooth and creamy.
- 3 Add to a serving dish and garnish with sesame seeds, chopped chives and extra virgin olive oil, if using. Enjoy!



Winter Kale Salad

4 servings

20 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Apple Cider Vinegar
- 1 tsp Dijon Mustard
- 1 tsp Maple Syrup
- 1/8 tsp Sea Salt
- 6 cups Kale Leaves (thinly sliced)
- 1/2 cup Pomegranate Seeds
- 1 Pear (cored and thinly sliced)
- 1/4 cup Pumpkin Seeds
- 1/4 cup Unsweetened Coconut Flakes (toasted)

Directions

- 1 Add the extra virgin olive oil, apple cider vinegar, mustard, maple syrup and sea salt into a small bowl and whisk together.
- 2 Add the kale to a large bowl and drizzle the dressing over top. Massage with your hands to ensure it is evenly coated.
- 3 Top the massaged kale with pomegranate seeds, sliced pear, pumpkin seeds and toasted coconut flakes. Toss before serving. Enjoy!



Lentil Mushroom Loaf

10 servings

1 hour 5 minutes

Ingredients

- 1 tsp Avocado Oil
- 12 Cremini Mushrooms (sliced)
- 1/2 Yellow Onion (chopped)
- 2 Carrot (finely chopped)
- 3 Garlic (cloves, minced)
- 2 tbsps Coconut Aminos
- 3 tbsps Ground Flax Seed (ground)
- 1/3 cup Water
- 1 cup Walnuts (toasted)
- 1/2 cup Sun Dried Tomatoes (chopped)
- 2 tbsps Thyme (fresh, chopped)
- 2 cups Green Lentils (cooked)
- 3/4 cup Oats
- 1/2 cup Oat Flour
- 1 tsp Sea Salt
- 1/3 cup Sugar Free Ketchup
- 2 tbsps Balsamic Vinegar

Directions

- 1 Preheat the oven to 350°F (177°C) and line a loaf pan with parchment paper.
- 2 In a skillet over medium heat, add the oil. Once hot, add the mushrooms and cook for about 4 minutes, until softened. Stir in the onion and carrots and cook for an additional 3 minutes. Add the garlic cloves and coconut aminos and stir for 1 minute. Remove from heat and set aside.
- 3 Add the flax seeds and water to a small bowl, stir and set aside.
- 4 Add the walnuts to a food processor, pulse to chop and then place in a large bowl. Then add the vegetable mixture, sun dried tomatoes and thyme to the food processor and pulse to a rough consistency, while still leaving some vegetable chunks. Add to the large bowl. Then add about 3/4 of the lentils to the food processor and pulse to incorporate, but not completely smooth. Add this along with the remaining lentils to the large bowl.
- 5 Add the oats, oat flour, flax mixture and salt to the large bowl and mix to combine. Pour into the prepared loaf pan, pressing down to ensure it's smooth.
- 6 Mix the ketchup and balsamic together in a small bowl. Add this glaze on top of the lentil loaf and place in the oven for 45 to 50 minutes, until cooked through. It should be golden brown and the edges dry to the touch. Let it rest for 10 minutes in the pan, then remove and place on a cooling rack. Slice and enjoy!



Quinoa Chickpea Stuffed Squash

4 servings

40 minutes

Ingredients

2 Acorn Squash (medium)
3/4 cup Quinoa (dry, uncooked)
2 cups Baby Spinach (packed)
2 tbsps Lemon Juice
2 tbsps Extra Virgin Olive Oil
1/4 tsp Sea Salt
1 1/2 cups Chickpeas (cooked, from the can)
1/2 cup Feta Cheese (crumbled)

Directions

- 1 Preheat your oven to 400°F (204°C).
- 2 Cut the acorn squash in half and remove the seeds. Place flesh side down on a baking sheet lined with parchment paper and bake for 25 to 30 minutes.
- 3 While the squash is cooking, cook the quinoa according to the directions on the package.
- 4 When the quinoa is done, fluff with a fork, add the spinach and cover with a lid allowing it to wilt. Once the spinach has wilted, add the lemon juice, extra virgin olive oil, sea salt and chickpeas. Mix well.
- 5 Remove the squash from the oven and fill with the quinoa mixture and top with feta cheese. Serve and enjoy!



Mashed Parsnip with Vegan Miso Gravy

2 servings

15 minutes

Ingredients

3 Parsnip (stems removed, peeled, roughly chopped)
2 tbsps Unsweetened Almond Milk
1 cup Water
1 1/2 tps Miso Paste
2 tbsps Oat Flour
1/8 tsp Garlic Powder
1/4 tsp Sea Salt
1/2 tsp Tapioca Flour

Directions

- 1 Set parsnip in a steamer over boiling water and cover. Steam for about 8 minutes, or until tender. Drain and transfer to a bowl. Add almond milk and mash with a fork until smooth and combined. Set aside.
- 2 Meanwhile, set a saucepan over medium-high heat. Add water, miso paste, oat flour, garlic powder and salt. Whisk to combine and remove any lumps.
- 3 Bring to a simmer and add tapioca flour while continuing to whisk. Let simmer for at least 5 to 10 minutes, then remove from heat. The gravy will thicken as it cools.
- 4 Divide mashed parsnip and pour desired amount of gravy overtop. Enjoy!



Riced Parsnip with Crispy Sage

2 servings

10 minutes

Ingredients

2 Parsnip (peeled, chopped)
1/4 cup Fresh Sage (loosely packed)
1 tsp Extra Virgin Olive Oil
1/8 tsp Sea Salt

Directions

- 1 Add the chopped parsnips to a blender or food processor and process until it resembles rice, about 30 seconds.
- 2 In a skillet over medium-low heat, add the extra virgin olive oil and the sage. Fry the sage until the leaves are crispy, about 3 to 4 minutes. Remove the sage, leaving the olive oil. Roughly chop the sage leaves.
- 3 Add the riced parsnip to the skillet and cook for about 5 to 7 minutes, until cooked through. Add the sage and sea salt on top. Divide between plates and enjoy!



Mashed Pumpkin with Cinnamon

4 servings

1 hour

Ingredients

2 1/2 cups Pie Pumpkin
1 tbsp Vegetable Broth
1 1/2 tsp Maple Syrup
1/2 tsp Cinnamon
1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cut the pumpkin in half and discard the seeds. Place the cut side down on the prepared baking sheet and roast for about 40 minutes or until the pumpkin is easily pierced with a fork. Remove from the oven and let cool slightly. Scoop the flesh of the pumpkin away from the skin and transfer to a mixing bowl.
- 3 Add the vegetable broth to the pumpkin and mash with a vegetable masher until the pumpkin is smooth. Stir in the maple syrup, cinnamon and salt. Season with additional cinnamon or salt if needed. Enjoy!



Roasted Veggies with Cranberries & Orange

4 servings

35 minutes

Ingredients

- 1 Sweet Potato (peeled, cubed)
- 1 bulb Fennel (cored, sliced)
- 1 1/2 cups Brussels Sprouts (trimmed, halved)
- 1/2 cup Frozen Cranberries
- 2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1 tbsp Orange Juice (freshly squeezed)
- 1 1/2 tsps Thyme
- 1 tsp Maple Syrup

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Arrange the sweet potato, fennel, brussels sprouts and cranberries on the baking sheet. Drizzle with oil and season with the salt. Toss to evenly coat everything.
- 3 Bake in the oven for 30 to 35 minutes or until very tender, stirring once halfway through.
- 4 In a small mixing bowl combine the orange juice, thyme and maple syrup. Drizzle over top of the roasted veggies. Season with additional salt if needed. Divide between plates and enjoy!



Maple Cranberry Sauce

8 servings

30 minutes

Ingredients

1 cup Water
1 cup Maple Syrup
3 cups Frozen Cranberries (or fresh)

Directions

- 1 Combine water and maple syrup in a saucepan and bring to a boil.
- 2 Add cranberries and cook until they burst and soften, about 20 to 25 minutes. Let cool before serving. Enjoy!



Paleo Stuffing

6 servings

1 hour 30 minutes

Ingredients

1 head Cauliflower (chopped into florets)
1 tbsp Coconut Oil
Sea Salt & Black Pepper (to taste)
1/2 cup Extra Virgin Olive Oil
4 cups Portobello Mushroom (diced)
1 Leeks (chopped)
3 stalks Celery (diced)
1 cup Walnuts
1 Lemon (juiced)
3 Garlic (cloves, minced)
1 tbsp Thyme
1/2 cup Parsley (chopped)
1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Toss your cauliflower florets in coconut oil. Season with sea salt and black pepper to taste. Spread the cauliflower across your baking sheet and bake in the oven for 30 minutes.
- 3 Remove cauliflower from oven and set aside. Reduce oven heat to 375°F (191°C).
- 4 While your cauliflower roasts, place a frying pan over medium heat. Add half of your olive oil and saute mushrooms, leek and celery for about 10 minutes or until the mushrooms are soft.
- 5 In a food processor, add the walnuts, lemon juice, garlic, thyme, parsley and sea salt. Add the remaining olive oil and roasted cauliflower and pulse (do not blend) until the mixture reaches a coarse, stuffing-like consistency. Do not over process as you do not want the mixture to turn into a paste. Note: If you don't mind some manual labour, you can skip the food processor and use a fork and knife to finely chop the stuffing. Once it reaches a good consistency, spoon the mixture into a baking dish. Place in the oven and bake for 1 hour. Stir every 15 minutes or so to prevent burning.
- 6 Remove from oven and transfer into a serving dish. Enjoy!