

ST. PATRICK'S DAY RECIPES



Balance 360 Approved!



SWEET GREEN MUFFINS

Dry ingredients:

- ▶ 2 cups gluten-free flour
- ▶ 1 ½ teaspoon cinnamon
- ▶ 2 teaspoon baking powder
- ▶ ½ teaspoon baking soda
- ▶ ¼ teaspoon salt

Wet ingredients:

- ▶ ¾ cup non-dairy milk
- ▶ ½ cup honey
- ▶ 1 large banana
- ▶ 6 ounce fresh spinach
- ▶ ½ cup non-dairy butter
- ▶ 1 large egg
- ▶ 1 teaspoon vanilla extract



BREAKFAST

Instructions

1. Preheat oven to 350 F, and line a muffin pan with paper liners (or use silicone muffin cups sprayed with cooking spray).
2. Combine all dry ingredients in a large mixing bowl.
3. Blend the wet ingredients in a blender or food processor until completely pureed.
4. Pour the puree into the dry ingredient bowl, and fold together gently until just combined. (Do not over-mix.)
5. Spoon the batter into the muffin pan, and bake for 18-22 minutes, or until the muffins are firm to the touch on top, but not quite browning.
6. Cool most or all of the way before serving.

RAINBOW CAULIFLOWER CRUST PIZZA

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Serves 4

Ingredients

- ▶ 1 small to medium sized head of cauliflower - should yield 2 to 3 cups once processed
- ▶ ¼ cup shredded non-dairy Parmesan cheese or nutritional yeast
- ▶ ¼ cup non-dairy mozzarella cheese
- ▶ 1 egg
- ▶ ¼ teaspoon salt
- ▶ ½ teaspoon garlic powder
- ▶ ½ teaspoon basil or rosemary, minced (or dry)
- ▶ ½ teaspoon oregano, minced (or dry)
- ▶ ½ cup marinara sauce
- ▶ 1 cup non-dairy mozzarella cheese
- ▶ 1 cup diced bell peppers (yellow, orange, red, green, or any combo of your choice)
- ▶ ½ cup broccoli florets
- ▶ ½ cup diced red onion
- ▶ ¼ cup canned corn (optional and not included in nutritional facts)
- ▶ ½ cup tomatoes, diced

Instructions

1. Preheat oven to 500 degrees F.
2. Remove the stems from the cauliflower and cut into chunks, Place the cauliflower into a food processor and pulse it until it resembles the texture of rice. If you don't have a food processor, you can use a cheese grater or chop it very finely.
3. Microwave the processed cauliflower uncovered in a microwave safe bowl for approximately 4-5 minutes on high. Remove it from the microwave and allow it to cool for at least 4-5 minutes (trust me don't rush this step!). After the cauliflower is slightly cooled, place it in a kitchen towel and squeeze all the liquid out of it. Be sure to squeeze as much liquid as humanly possible.
4. Combine the cooked cauliflower, egg, garlic, cheese, and seasonings. Stir until a dough texture forms. Spread the cauliflower mixture out onto lightly greased parchment paper or a pizza pan in the shape of a pizza crust.
5. Bake the crust for approximately 10-15 minutes (depending on your oven), or until the crust is golden and crispy. I cooked mine for approximately 15 minutes. After the crust is golden remove it from the oven and top with pizza sauce then cheese then the chopped veggies.
6. Place the pizza back in the oven and bake for another 12-15 minutes.



LUNCH

HEALTHY SHAMROCK SHAKES

Serves 1

Ingredients

- 1 overripe large banana, peeled and frozen
- cacao nibs or chocolate chips
- 1/8 tsp to 1/4 tsp pure peppermint extract, to taste
- up to 1 cup milk of choice – For a super-rich shake, use full-fat canned coconut milk
- 1/4 cup frozen spinach



SNACK

Instructions

1. Blend all ingredients in a blender until completely smooth, using anywhere from 2/3 cup to 1 cup milk, depending on desired thickness.
2. Make sure the banana you use is at least somewhat brown, so you don't get that unripe earthy banana flavor in your mint chocolate shake! You can add the chocolate either before or after blending.
3. Be sure to use pure peppermint extract, not imitation.

SHEPARD'S PIE

Serves 6

Ingredients

- 2 pounds Russet or Yukon Gold potatoes, peeled and cut into 1-inch chunks
- 3 tablespoons non-dairy butter, divided
- ½ cup grass non-dairy milk
- 1½ teaspoons sea salt, divided
- 2 tablespoons black pepper, divided
- 1½ pounds ground lamb, beef, or a mixture
- 1 small onion, finely chopped
- medium carrot, diced
- 1 small celery root, peeled and diced
- 1 tablespoon tomato paste
- 2 cloves garlic, minced
- ½ cup chicken broth
- 1 teaspoon Worcestershire sauce
- 1 teaspoon minced fresh thyme
- 1 teaspoon minced fresh rosemary
- ½ cup frozen green peas

Instructions

1. Place the potatoes in a large stockpot and fill with enough water to cover the potatoes by at least one inch. Bring to a boil, reduce the heat to medium and simmer until fork-tender, about 15 minutes. Drain well, then return to the pot and add 2 tablespoons of the butter. Mash until smooth and firm, adding cream as needed, up to ½ cup. Season with salt and pepper to taste (about 1 teaspoon of each), then set aside.
2. In a cast-iron skillet, brown the ground meat on medium heat until most of the pink is cooked out, about 6 minutes. Drain and set aside the rendered fat, then set aside the cooked meat.
3. Return 2 tablespoons of the rendered fat to the pan, as well as the remaining 1 tablespoon of butter and warm on medium heat until melted. Chop your veggies while you wait for the fat to heat up.
4. Add the onion, carrot, and celery root and sauté until softened, about 8 minutes. Next, stir in the tomato paste and garlic and sauté for another 2 minutes. Pour in the chicken broth, Worcestershire sauce, herbs, and more salt and pepper to taste. Simmer until slightly thickened, about 3 minutes. Remove from the heat and mix in the frozen peas.
5. You can cook the pie in the cast iron skillet or transfer the filling to a oven-proof dish. Spread the meat mixture evenly in the pan or dish and top it with gobs of mashed potatoes. Use a spatula to evenly distribute the mashed potatoes on top. At this point, you can store the casserole in the fridge for up to 2 days or bake it immediately.
6. When you are ready to serve the pie, preheat the oven to 450°F and pop it in the oven for about 30 minutes, or until the potatoes are browned. Rest the pie for about 5 minutes before digging in.



DINNER