



*staylight* | NUTRITION



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*This recipe has been created, written, and inspired by Laura Lea Goldberg of "The Laura Lea Balanced Cookbook". Laura Lea has one of the most realistic and sustainable approaches to nutrition and at-home cooking. This approach is what our team at Staylight loves about her and what she preaches. Our program is also about sustainability and finding things we love, which is why we are excited to partner with Laura Lea and have her as part of our team and our growth.*



## ASIAN CHICKEN LETTUCE CUPS



There is something especially exciting about dinner out at an ethnic restaurant. Perhaps it's the exotic flavors, beautifully foreign menu or the diverse dining rituals, which make the experience so pleasurable. Or, perhaps, it's the notion that you and your companions are embarking on a miniature adventure in the midst of routine? I'm not sure, but I do know that stepping out of one's sensory comfort zone is a good thing, and my fiancé and I have tried and loved a variety of ethnic restaurants right here in Nashville!

**TOTAL TIME: 30 MINS, 5-6 SERVINGS**

### INGREDIENTS

- 3 large boneless skinless chicken breast (prefer organic and free range)
- 1/4 cup unsalted, unsweetened peanut butter (prefer organic, sub almond or tahini if you like)
- 3 tablespoons sesame oil
- 2 1/2 tablespoons honey
- 2 tablespoons lime juice
- 2 cloves garlic, minced
- 2 tablespoons sriracha (sub hot sauce and increase honey to 2 tbsp.)
- 2 tablespoons tamari (sub soy sauce)
- 1/2 teaspoon sea salt
- 2 tablespoons coconut oil (sub a neutral oil)
- 1 6 ounce can water chestnuts, diced (sub 1/2 cup blanched slivered almonds)
- 1 head iceberg lettuce, green cabbage or sturdy bib lettuce
- Opt garnish: shredded carrots, sliced cabbage, sliced scallions, sesame seeds

### DIRECTIONS

1. In a large mixing bowl, combine peanut butter, sesame oil, tamari, honey, lime juice, garlic, sriracha and sea salt. Whisk thoroughly.
2. Heat a large sauté pan or wok to medium-high heat. Add coconut oil. When oil is shimmering but not smoking, add minced chicken. Allow to pop, crackle and brown around the edges before flipping. Turn heat down if you see smoking.
3. When chicken is golden brown and cooked through (approx. 4-5 mins), turn off heat and allow to cool 5 minutes. Add your peanut sauce, reserving 1/4 cup. Add water chestnuts or almonds and stir everything to combine.
4. Serve chicken in lettuce cups with an extra drizzle of sauce, carrots, cabbage and scallions.

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## BLACKENED SALMON AND STRAWBERRY SALAD



The coolness of fresh strawberries with tangy goat cheese and rich pecans was infinitely luscious and paired perfectly with deeply seasoned salmon. The recipe list and instructions here might look daunting, but I promise you people, this is *easy peasy*. The only thing you want to keep track of is timing, as you'll be cooking and roasting at the same time. This salad reminds me of how food is so much more than fuel—food is pleasure and balance, color and texture and memory

**TOTAL TIME: 20 MINS, 4 SALADS**

### INGREDIENTS

- 1 tablespoon paprika
- 1 teaspoon chili powder
- 2 teaspoons onion powder
- 2 teaspoons dried oregano
- 1 teaspoon sea salt
- SALAD INGREDIENTS
- 3/4 cup raw pecans
- 2 tablespoons maple syrup
- 1 sweet potato (peeled and diced into 1 inch cubes)
- pinch sea salt
- 2-3 tablespoons extra-virgin olive oil
- 4 salmon filets (wild if possible, pin bones remove, skin on or off)
- 1 lemon
- 6 ounces organic baby spinach
- white balsamic vinegar
- 2-3 ounces goat cheese
- 1/2 cup strawberries (hull removed and thinly sliced)

### DIRECTIONS

1. Preheat oven to 375. Line two baking sheets with parchment paper. Add raw pecans to one sheet and sweet potatoes to another. Drizzle 1 tablespoon olive oil and sea salt on sweet potatoes and use fingers to coat evenly.

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2. Combine all ingredients for blackening seasoning in a small bowl. Lay your salmon filets side by side on a plate, skinless side up. Cover tops evenly with blackening seasoning. Set aside.
3. Place pecans and sweet potatoes in the oven. Roast pecans for 8-10 minutes or until fragrant. While pecans are roasting, add maple syrup and 2 tablespoons water to a small saucepot. Heat and stir so liquid is warm but not bubbling.
4. Remove pecans from oven and add to sauce pot. Stir to coat evenly then turn pecans onto another piece of clean parchment or a cooling rack. Set side.
5. Sweet potatoes will roast for 30 mins or until soft and caramelized around the edges. While they are roasting, heat a cast-iron skillet (can sub another skillet) to medium-high heat. Add 1-2 tablespoons olive oil. When oil begins to smoke, add your salmon filets side by side, skinless side facing down. Cook for 2-3 minutes or until you can move a spatula underneath salmon. If it sticks, it's not ready. Flip filets and cook the skin side, 3-4 minutes or until crispy. If filets are not cooked as thoroughly as you like in the middle, put the pan in the oven for 5-10 minutes.
6. When you are finished cooking salmon, slice your lemon in half and garnish filets with fresh lemon juice. Remove sweet potatoes from the oven and allow to cool 5 minutes.
7. Assemble your salad: Toss spinach with a light coating of white balsamic vinegar. Top spinach with 1 salmon filet, a handful pecans, a handful of strawberry slices, a scoop of sweet potatoes and a few crumbles of goat cheese.

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## BUFFALO CAULIFLOWER



I randomly threw this combo together a few weeks ago, and I ended up eating the entire batch over a 4-hour period (wouldn't recommend), so I knew it was a keeper. Since, I've made two more batches in the air fryer and two in the oven, and I've yet to get sick of it.

**TOTAL TIME: 40 MINS, 3-4 SERVINGS**

### INGREDIENTS

- 1 medium head cauliflower, chopped into 1 1/2" florets (approximately 6 cups)
- 2-3 tablespoons Frank's Red Hot Sauce (start with 2 if heat-sensitive)
- 1 1/2 teaspoons maple syrup
- 2 teaspoons avocado oil
- 2-3 tablespoons nutritional yeast (more for a cheesier flavor; I use 3)
- 1/4 teaspoon sea salt
- 1 tablespoon cornstarch or arrowroot starch

### DIRECTIONS

1. Preheat oven to 415 degrees F.
2. Line a baking sheet with nonstick parchment paper.
3. Add all ingredients except cauliflower to a large mixing bowl. Whisk to combine thoroughly.
4. Add cauliflower and toss to coat evenly.
5. Spread cauliflower evenly on baking sheet. Roast for 40 minutes, turning halfway through, or until cauliflower is tender with dark golden brown edges.
6. Cauliflower will keep tightly sealed in the refrigerator up to 4 days.
7. To reheat, add to a 400 degrees oven for 5 minutes, or until warmed through.

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## SEARED SESAME CHICKEN AND MISO KALE SALAD



My version of this amazing salad is, of course, completely nutritious and perfect for a family-friendly weeknight meal. It has a few steps to it, but nothing is difficult, and it comes together quickly. Miso paste is simply a fermented form of soybeans and it has an incredibly delicious, savory umami flavor. If you cannot find it (check ethnic grocery sections), you could absolutely leave it out and add Dijon mustard instead. This was a total home-run in our house, and the shallots bring the dish to another level, so don't skip that step! I chose to make a cold kale salad as the base instead of warm spinach a la the original, because it's more summery and keeps well in the fridge.

**TOTAL TIME: 60 MINS, 6-8 SERVINGS**

### INGREDIENTS

#### SEARED | SESAME | CHICKEN

- 4 boneless skinless chicken breasts (rec. organic, free range)
- 3 large eggs (rec. organic, free-range)
- 1 cup almond flour
- 1/3 cup sesame seeds
- 1/2 teaspoon sea salt
- 1/2 teaspoon garlic powder
- 1 large shallot, thinly sliced
- 1 tablespoon butter (rec. grass-fed, sub olive oil)
- 1/4 cup olive oil

#### MISO | KALE | SALAD

- 10 cups packed kale pieces (2 large bunches)
- 1 1/2 tablespoons white miso paste
- 3 tablespoons sesame oil
- 1/4 cup white balsamic vinegar
- 1/4 cup olive oil
- 2 teaspoons honey
- 2 tablespoons tamari (sub soy sauce)
- 1/2 teaspoon sea salt

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## DIRECTIONS

### SEARED | SESAME | CHICKEN

1. Slice chicken breasts in half to create a total of 8 pieces. Place pieces between two layers of saran wrap and pound lightly to a 1 inch thickness. Crack eggs into a large plastic Ziploc bag and whisk with a fork. Add chicken, seal and coat chicken with egg.
2. On a large plate or in a shallow bowl, combine almond flour, sesame seeds, sea salt and garlic powder.
3. Prepare a large plate. open bag with chicken tenders. Dredge each tender in the flour/seed mixture, shaking off excess. Plate on plate.
4. Preheat oven to 350 degrees F.
5. When all tenders are coated, prepare another large plate lined with paper towel.
6. Heat a sauté pan to medium-high heat and add 2 tablespoons olive oil. When oil is shimmering, add as many tenders as can fit in the pan. Sear until tenders stop sticking to the pan and then flip with a spatula (approx. 3 mins). Cook other side in the same manner.
7. Place sauté pan in the oven (carefully) and cook for 10 minutes. Check to make sure tenders are no longer pink on the inside and then remove from pan and allow to rest. Repeat with remaining tenders.
8. SHALLOT: Heat a small sauté pan to medium heat and add butter or oil. When butter is melted or oil is lightly shimmering, add sliced shallots. Cook until fragrant and softened, approximately 4-5 minutes.

### MISO | KALE | SALAD

1. Place all remaining ingredients in a blender and puree until smooth. Pour 1/2 of your dressing on your kale and use your fingers to massage into the leaves until they are soft. Set aside remaining dressing.
2. Tear kale into 2-3 inch pieces and rinse in a colander. Transfer to a large salad bowl.

### TO ASSEMBLE

1. Place a serving of kale into a bowl or onto a salad plate. Top with 1-2 chicken tenders, sliced or whole. Garnish with shallots and extra sesame seeds.



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## TACO STUFFED PEPPERS



This recipe is truly a party for your eyes and mouth. The peppers get all soft and caramel-y in the oven, which pairs perfectly with the addictive taco-turkey. It's a low-carb, nourishing way to get your Mexican fix, and it's a fun activity for kids to pick their favorite color of pepper and stuff it! Plus, the recipe is about as simple as it gets!

**TOTAL TIME: 60 MINS, 8 PEPPERS**

### INGREDIENTS

- 3 tablespoons extra-virgin olive oil
- 1 lb. ground turkey (recommend organic, grass-fed)
- 1/2 teaspoon sea salt
- 3/4 cup low-sodium veg stock (recommend organic)
- 2 cloves garlic (minced)
- 1 small white onion (medium dice to 1/2 inch pieces)
- 1 can black beans (recommend organic) drained and rinsed
- 8 assorted bell peppers (recommend organic)
- Taco Seasoning
- 2 teaspoons paprika
- 2 teaspoons maple sugar (Sub coconut sugar or brown sugar)
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 2 teaspoons cumin
- 1 1/2 teaspoons sea salt
- 1 teaspoon dried oregano
- 2 teaspoons chili powder
- Garnish
  - avocado slices
  - fresh cilantro
  - limes
  - salsa

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## DIRECTIONS

1. Make taco seasoning by combining all ingredients in a small bowl and mixing. Set side.
2. Preheat oven to 350 degrees F and line a baking sheet with parchment paper. Prepare your peppers by slicing the top off and using a knife to gently pull out the core and seeds. Slice just enough off of the bottoms of each pepper so they can stand upright, without making a hole.
3. Heat a large skillet to medium-high heat and add 2 tablespoons olive oil. When oil is shimmering but not smoking, add ground turkey. Allow to brown without stirring. When you start to see golden-brown bits, flip turkey and repeat.
4. Add 1/4 cup veg stock to help scrape up any pieces that are stuck to the pan. Remove turkey from the pan onto a large plate and set aside.
5. Don't clean your pan! Add 1 more tablespoon olive oil and diced onion. Sauté onion for 3 minutes, stirring infrequently, until onion is translucent and fragrant.
6. Add minced garlic and sauté for 30 seconds.
7. Add turkey back into the pan, along with all of your taco seasoning and 1/2 cup veg stock. Stir to coat everything evenly with the seasoning. Allow to cook until most of your liquid has evaporated and the turkey is cooked through.
8. Add your black beans and mix them in.
9. Using a large spoon or ice cream scoop, fill your peppers with turkey mixture, packing in as much as possible before overflowing. Line peppers along your baking sheet.
10. Bake for 30 minutes, or until the peppers have been soft and slightly wrinkled around the edges.
11. Remove peppers from the heat and garnish with avocado slices, salsa and fresh cilantro, or whatever you like!



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