

KALE, SAUSAGE, AND WHITE BEAN SOUP

A hearty soup reminiscent of the classic Italian wedding soup—but much faster to make. Serve with crusty bread.

MAKE-AHEAD / FREEZER-FRIENDLY / PREP TIME: 10 MINS / COOK TIME: 20 MINUTES / SERVES 8

1 tbsp	(5 ml)	olive oil
4		Italian sausages, casings removed (about 14 oz/400 g)
1		bunch kale (about 1 lb/450 g, 5 large leaves), tough middle stem removed, leaves coarsely chopped
6 cups	(1.5 L)	chicken or vegetable stock
1 can	(19 oz/540 ml)	cannellini (white) beans
½ cup	(125 ml)	any type of short, dry pasta

OPTIONAL GARNISH

Parmesan cheese, shaved or grated

Heat the olive oil in a large pot over medium heat. Add the sausage meat and cook, breaking it up with a wooden spoon. Once the meat is fully cooked, add the chopped kale and cook, stirring, for about 5 minutes, or until the kale has wilted down (lost its volume). Once the kale is fully incorporated, add the stock, beans, and pasta. Bring to a boil, then lower the heat and simmer for 15 minutes. Season with salt and pepper to taste and serve sprinkled with parmesan cheese, if desired.

STORAGE TIPS: Let the soup cool completely, then divide between airtight containers. Refrigerate for up to 3 days, or freeze for up to 1 month. The soup's consistency may be thicker after you reheat it—simply add a bit of stock or water to loosen it, if desired.

20-MINUTE LENTIL AND TOMATO SOUP

A flavorful, hearty soup that barely requires any work at all. Double or triple the recipe and keep a stash in the freezer at all times for delicious, last-minute meals.

MAKE-AHEAD / FREEZER-FRIENDLY / **VEGAN** / PREP TIME: 5 MINS / COOK TIME: 20 MINUTES / SERVES 8

1 tbsp	(5 ml)	olive oil
2-3		cloves garlic, minced or grated with a Microplane
1 tbsp	(5 ml)	ground cumin
1 L	(4 cups)	vegetable stock (or substitute chicken stock)
1 can	(28 oz/796 ml)	diced tomatoes
¾ cup	(180 ml)	dry red lentils, rinsed
½ cup	(125 ml)	grated carrots (about 2 large carrots)

OPTIONAL GARNISHES (use any or all or none at all)

Juice from 1 lemon
 2 large handfuls baby spinach

Heat the olive oil in a large pot set over medium heat. Add the garlic and stir for 1 minute. Add the cumin and stir for 30 seconds more. Add the stock, diced tomatoes, red lentils, and grated carrots. Bring to a boil, then lower the heat and simmer, uncovered, for 20 minutes.

Season with salt and pepper, then stir well. If using, stir in the lemon juice and baby spinach. Let sit for 5 minutes to allow the baby spinach to wilt. Reheat, if needed, and serve.

STORAGE TIPS: Let the soup cool completely, then divide between airtight containers. Refrigerate for up to 3 days, or freeze for up to 1 month.



TUNA AND TOMATO SALAD

This nutritious salad comes together in a pinch. I like to use oil-packed tuna because I find it more flavorful, but feel free to substitute water- or broth-packed tuna if that's what you can on hand.

PREP TIME: 10 MINS / COOK TIME: 20 MINUTES / SERVES 2 as a meal, 4 as an appetizer

2 cans	(5 ml)	solid light tuna, preferably oil-packed (substitute any other variety of canned fish)
~4 loose cups	(1 L)	salad greens of your choice
~2 cups	(500 ml)	halved cherry tomatoes (substitute chopped tomatoes)
~¼ cup	(60 ml)	thinly sliced red onion, or 2 minced green onions
1 tbsp	(15 ml)	capers
		vinaigrette of your choice (see my go-to dressing recipe below)

OPTIONAL GARNISHES (use any or all or none at all)

Freshly squeezed lemon juice

Handful of chopped roasted almonds or pumpkin seeds

Fresh herbs (basil, flat-leaf parsley, dill, thyme all work)

Drain the cans of tuna, then break the tuna into chunks. In a large salad bowl, combine the tuna, salad greens, cherry tomatoes, red onion, and capers. Lightly dress with vinaigrette, then season with salt and pepper, to taste. Garnish with a squeeze of lemon juice, crunchy almonds or pumpkin seeds, and fresh herbs, if using. Serve immediately.

GO-TO VINAIGRETTE

I always keep a jar of this French-inspired dressing in the fridge. It's simple, delicious, and keeps for weeks.

PREP TIME: 5 MINS / MAKES 1 cup (250 ml)

¾ cup	(180 ml)	extra-virgin olive oil
¼ cup	(60 ml)	freshly squeezed lemon juice, or balsamic, red wine, or white wine vinegar
2 tsp	(10 ml)	Dijon mustard
1		clove garlic, minced or grated using a Microplane
½ tsp	(2 ml)	fine sea salt, or kosher salt
		Freshly ground black pepper

Add all ingredients to an airtight jar. Shake vigorously. Keep refrigerated until needed. Make more as soon as you empty the jar. Never buy dressing from the store again! 😊

WEEKNIGHT (OR MORNING!) TACOS

These tacos come together as quickly as scrambled eggs. They're a versatile, family-friendly recipe idea for breakfast, lunch, or dinner.

VEGETARIAN / PREP TIME: 15 MINS / COOK TIME: 5 MINUTES / SERVES 2 to 4 (double or triple as needed)

4		large eggs
1 tsp	(5 ml)	extra-virgin olive oil
2		green onions, minced
~2 cups	(500 ml)	chopped veggie of your choice (baby spinach, cooked squash, cooked potatoes, chopped tomatoes, halved cherry tomatoes, diced bell peppers, corn kernels, or cooked beans all make tasty mix-ins)
4		tortillas (warm them up just before serving)

OPTIONAL GARNISHES (use any or all or none at all)

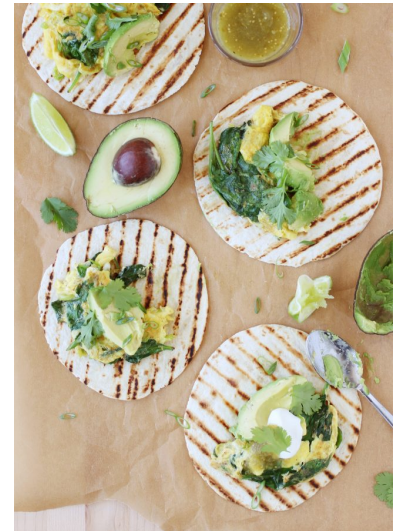
- 1 avocado, pitted and sliced
- Crumbled queso fresco or feta cheese
- Salsa verde, or your favorite salsa
- Sour cream or plain Greek yogurt
- Fresh coriander leaves
- Your favorite hot sauce

In a medium bowl, whisk the eggs.

Heat the olive oil in a large nonstick skillet set over medium heat. Pour the eggs into the pan, then sprinkle with a pinch of salt and some freshly ground black pepper. Add the green onions and veggies of your choice. Use a silicon spatula to scrape the edges of the pan and gently fold the eggs over the vegetables. Continue to fold until the eggs are cooked to your liking.

Divide the scrambled eggs between 4 tortillas. Enjoy as is or top with your favorite garnishes.

Recipe adapted from The Love & Lemons Cookbook.



“THROW-IT-TOGETHER” SUPERFAST VEGETARIAN CURRY

This quick curry allows you to turn canned chickpeas into a nutritious meal in 20 minutes. You can double or triple the recipe and freeze extra portions for up to 1 month.

MAKE-AHEAD / FREEZER-FRIENDLY / **VEGAN** / PREP TIME: 5 MINS / COOK TIME: 15 MINUTES / SERVES 4

1 tsp	(5 ml)	extra-virgin olive oil
1		small onion, diced
2 tbsp	(30 ml)	curry paste (red, green, or yellow)
1 can	(19 oz/540 ml)	chickpeas, preferably no-salt-added (DO NOT drain)
1 can	(14 oz/398 ml)	coconut milk
1 can	(14 oz/398 ml)	diced tomatoes
~1 cup	(250 ml)	diced potatoes, sweet potatoes, or squash
~2 cups	(500 ml)	diced quick-cooking veggies (such as zucchini, broccoli, cauliflower, asparagus, green beans, sugar snap peas, or snow peas)



OPTIONAL GARNISHES (use any or all or none at all)

2 handfuls of baby spinach
 Juice from 1 lime

SERVE WITH

Steamed rice or naan bread

Heat the olive oil in a large pot set over medium heat. Add the onion and cook, stirring, for 5 minutes. Add the curry paste and cook, stirring, for 1 minute. Add the chickpeas along with the liquid from the can (the starchy soaking liquid will help thicken the curry), the coconut milk, diced tomatoes, and potatoes or squash. Bring to a boil, then lower the heat and simmer for 10 minutes. Add the quick-cooking veggies and simmer for 5-7 minutes more, or until the veggies are crisp tender. (If at any point the curry seems thick, add vegetable stock or water to thin to your liking.) Season with salt and pepper to taste.

Stir in the baby spinach and lime juice, if using. Serve piping hot.

STORAGE TIPS: Let the curry cool to room temperature, then divide between airtight containers. Refrigerate for up to 3 days, or freeze for up to 1 month. The curry’s consistency may be thicker after you reheat it—simply add a bit of vegetable stock or water to loosen it, if desired.

THE QUICKEST FISH STIR-FRY

There's just no other stir-fry that comes together this quick, yet is so flavorful and satisfying to serve to hungry loved ones. My family prefers this stir-fry with salmon, but you can use any firm-fleshed fish. Keep diced raw fish in portions in airtight bags in the freezer and you'll always be able to make this stir-fry in a pinch. Simply plunge a bag of fish cubes in a bowl of water for 10-15 minutes to thaw before using in the recipe.

PREP TIME: 10 MINS / COOK TIME: 6 MINUTES / SERVES 4

1 tbsp	(15 ml)	vegetable oil (any variety that withstands high heat) or peanut oil
1 tbsp	(15 ml)	toasted sesame oil
2 tbsp	(30 ml)	freshly grated ginger (using a Microplane), or jarred ginger paste
2		cloves garlic, minced or grated using a Microplane
1.3 lb.	(600 g)	skinless firm fish fillets (such as salmon, trout, cod, haddock, tilapia, sea bass), cut into ~1-inch (2.5 cm) cubes
2 heaping cups	(500 ml)	broccoli florets or snow peas
1/4 cup	(60 ml)	chicken stock, vegetable stock, or water
2 tbsp	(30 ml)	Japanese soy sauce (shoyu)

OPTIONAL GARNISHES (use any or all or none at all)

- 1 tsp (5 ml) coarsely ground black pepper, or ½ tsp (2 ml) red pepper flakes
- 2 handfuls bean sprouts

SERVE WITH
 Steamed rice

Place a wok or a large nonstick frying pan over high heat. Add the vegetable oil and sesame oil and heat until shimmering, about 30 seconds to 1 minute. Add ginger and garlic and stir for a few seconds. Add the fish and cook for 2-4 minutes, depending on the variety you're using, until the fish is just cooked. Add the broccoli or snow peas, the stock, and the soy sauce. Stir to combine, then keep sautéing for 1-2 minutes, or until the vegetables are crisp-tender.

Remove from the heat. Incorporate the black pepper or red pepper flakes and the bean sprouts, if using. Serve immediately.

Recipe adapted from Donna Hay Magazine.

NUTRITIOUS CITRUS COUSCOUS

I used to find couscous boring until I came up with this recipe. I should've thought citrus would bring the grain to life! Now it's the only couscous I ever make. I keep pre-cooked sausages in the freezer to assemble this dish even more quickly. If you can grill your own sausages, by all means do so—the couscous will only be more flavorful.

MAKE-AHEAD / **VEGAN OPTION** / PREP TIME: 20 MINS / COOK TIME: 5 MINUTES / SERVES 6

FOR THE COUSCOUS

½ cup	(125 ml)	orange juice
½ cup	(125 ml)	water
1 tbsp	(15 ml)	extra-virgin olive oil
½ tsp	(2 ml)	salt and freshly ground black pepper
1 cup	(250 ml)	fine grained couscous
2		cooked sausages of your choice, such as Italian, chorizo, or merguez, diced (omit to make the recipe vegan)
1 can	(19 oz/540 ml)	chickpeas, drained, rinsed, and patted dry
2 handfuls		baby spinach
2		oranges, peeled, pitted, and chopped into pieces
¼ cup	(60 ml)	oil-based dressing of your choice (you can use my go-to vinaigrette on page 3) juice from ½ to 1 lemon

OPTIONAL GARNISHES (use any or all or none at all)

- ¼ cup (60 ml) chopped dried apricots, or dried cranberries
- ¼ cup (60 ml) chopped toasted almonds, or pumpkin seeds
- Fresh herbs (basil, coriander, flat-leaf parsley all work)

In a saucepan, combine the orange juice, water, olive oil, salt and pepper. Set over high heat and bring to a boil. Remove from the heat and stir in the couscous. Cover and let sit for 5 minutes.

Fluff the couscous with a fork and transfer to a large salad bowl. Warm the sausages if they are cold from the fridge, then add to the couscous along with the chickpeas, baby spinach, and oranges. Drizzle with the dressing and lemon juice, then toss to thoroughly combine. Taste and adjust seasoning if needed (don't hesitate to add more lemon and/or orange juice, too!)

Garnish with dried fruits, toasted nuts or seeds, and fresh herbs, if desired. Serve immediately.

STORAGE TIPS: This couscous keeps well, refrigerated in an airtight container, for up to 3 days. Eat straight from the fridge or warm up slightly before enjoying.

VEGGIE-LOADED BREAD FRITTATA

Bread frittata, or “Frittata di Pane,” is an Italian staple and the perfect way to use up stale bread. This nutritious dish is make-ahead-friendly, and just as delicious served warm or cool.

MAKE-AHEAD / **VEGETARIAN OPTION** / PREP TIME: 10 MINS / COOK TIME: 25 MINUTES / SERVES 6

6		large eggs
¼ cup	(60 ml)	heavy cream (35% m.f.), coffee cream (10 to 15% m.f.), or milk
¼ cup	(60 ml)	grated parmesan cheese
1		garlic clove, minced or grated using a Microplane
3 cups	(750 ml)	stale bread cubes
2 cups	(500 ml)	diced quick-cooking veggies (such as broccoli, cauliflower, asparagus, zucchini, halved cherry tomatoes—note that zucchini and cherry tomatoes release water as the frittata sits, so it’s best to use these veggies if you plan to serve the frittata the day you make it)



OPTIONAL GARNISHES (use any or all or none at all)

Fried and chopped prosciutto slices (~4 slices), OR

Fried and chopped bacon or pancetta (~¼ to ½ cup / 60 to 125 ml), OR

Cubed ham (~½ cup/125 ml), OR

Diced cooked sausage (such as Italian, chorizo, or merguez) (~½ cup/125 ml), OR

Cannellini (white) beans (~1 cup/250 ml), rinsed, drained, and patted dry

NOTE: You can’t go wrong with the quantity of proteins you incorporate to the frittata! Use what you can on hand.

In a large mixing bowl, whisk together the eggs, cream or milk, parmesan cheese, and garlic. Season with salt and pepper. Add the bread cubes and press down to immerse in the egg and cream mixture. Let rest for 15 minutes.

Preheat the oven to 400°F (200°C). Lightly oil a square baking pan.

Mix the veggies and additional proteins, if using, into the egg and bread mixture. Transfer to the prepared baking pan. Use a spatula to gently press on the mixture to pack it tightly into the pan. Bake the frittata for 25 to 30 minutes, or until fully set and golden brown.

Transfer to a cooling rack and let the frittata rest for about 10 minutes before cutting into squares. Serve with a simple green salad.

STORAGE TIPS: If making the frittata ahead, let cool to room temperature, then cover the whole pan with plastic wrap. Refrigerate for up to 2 days. Reheat in a 325°F (160°C) oven for 10 minutes before serving. You can also store leftover frittata in an airtight container for up to 2 days.

CREAMY LEMON SPAGHETTI

This irresistible pasta dish will please all fans of mac'n'cheese and Cacio e Pepe pasta. It's rich, creamy, zesty, and so utterly satisfying to eat. Incorporating parmesan cheese into the sauce requires a bit of attention and constant stirring for about 4 to 5 minutes but let me assure you: your efforts will be rewarded. Dig in as is, or fold in veggies and/or proteins to increase the nutritional value of the dish.

VEGETARIAN OPTION / PREP TIME: 10 MINS / COOK TIME: 20 MINUTES / SERVES 4 to 6

12 oz (340 g)	dry spaghetti pasta
¾ cup (180 ml)	heavy cream (35% m.f.) or coffee cream (10 to 15% m.f.)
1	lemon, scrubbed clean
6 tbsp (90 ml)	butter, cut into cubes
3 oz (85 g)	very finely grated Parmigiano-Reggiano (using a Microplane to grate the cheese is best)
	freshly ground black pepper

OPTIONAL GARNISHES (use any or all or none at all)

2	handfuls baby spinach
¾ lb (340 g)	cooked shrimp, or cooked chicken, sliced
	fresh basil leaves

Bring a large pot of heavily salted water to a boil. Add the pasta to the boiling water and **set a timer for 2 minutes less than the cooking time recommended by the manufacturer** (the pasta will keep cooking in the sauce.)

While the pasta is cooking, set a large nonstick saute pan over medium heat. Add the heavy cream, then very finely grate the zest of the lemon into the cream (using a Microplane is best). Using a spatula, mix the zest into the cream and bring the cream just to a simmer. Start incorporating the butter, 1 or 2 cubes at a time, whisking to incorporate the butter to the cream as it melts. Add more cubes gradually, whisking constantly as you go. (Whisking constantly is the key to emulsify.) Once all the butter is incorporated, turn off the heat.

When the pasta timer goes off, use tongs to transfer the pasta to the pan containing the cream and zest mixture. It's okay if some water comes along with it. **DON'T discard the pasta water**, you'll need some of it to complete the dish.

Return the saucepan to medium heat. Add ¾ cup (180 ml) pasta water to the pan and stir to combine. Bring the sauce back to a simmer. Sprinkle some of the parmesan over the pasta, then use a spatula to gently mix it into the sauce. Repeat until all of the parmesan is incorporated. (Adding the parmesan gradually is key to create a smooth sauce.) Add more pasta water during the process if the sauce becomes too tight. Squeeze the juice from the zested lemon and stir it into the dish. Season with a very generous amount of black pepper. (Kids might prefer to go without black pepper!)

If using, stir in the baby spinach and shrimp or chicken. Add a bit more pasta water to keep things saucy. Garnish with fresh basil, if desired. Serve immediately. *Recipe adapted from Bon Appetit Magazine.*



SUPER CHOCOLATEY AND NUTTY CHOCOLATE CHIP COOKIES

My son is in kindergarten and his group gets to make 1 recipe per month from scratch. They made these cookies last month and he immediately requested we'd make them again at home. Although I already have a pretty sizeable list of go-to chocolate chip cookie recipes, I have a feeling we'll be making this no-nonsense version of the classic cookie again and again. I adapted the recipe to use less sugar and more good-for-you ingredients, but the resulting cookies are just as gooey, chocolatey, and satisfying.

MAKE-AHEAD / FREEZER-FRIENDLY / PREP TIME: 10 MINS / COOK TIME: 25 MINUTES / MAKES ABOUT 36 cookies

1 ½ cups	(375 ml)	whole wheat flour (or substitute all-purpose flour)
½ cup	(125 ml)	cacao powder
1 tsp	(5 ml)	baking soda
1 tsp	(5 ml)	fine sea salt, or kosher salt
1 cup	(250 ml)	butter, room temperature, or margarine
2/3 cup	(160 ml)	granulated sugar
2/3 cup	(160 ml)	packed brown sugar
1 tbsp	(15 ml)	vanilla extract
2		large eggs
¼ cup	(60 ml)	milk
1 cup	(250 ml)	coarsely chopped walnuts, pecans, or pistachios
1 cup	(250 ml)	dark chocolate chips (or milk chocolate chips)



Preheat the oven to 350°F (180°C). Line two baking sheets with parchment paper.

In a small bowl, sift the flour, cocoa powder, baking soda, and salt. Set aside.

In a large bowl, beat together the butter, granulated sugar, brown sugar, and vanilla extract until smooth and fluffy. Incorporate the eggs one after the other. Add half of the dry ingredients, then beat on low just to combine. Incorporate the milk. Add the remaining dry ingredients and beat on low speed just until a few streaks of flour remain visible. Add the nuts and chocolate chips and mix just to incorporate.

Using a 1½ tbsp (22 ml) capacity cookie scoop (or a regular spoon), portion the dough, setting the mounds side-by-side on one of the baking sheets. If making-ahead, freeze the portioned-out cookie dough overnight, then baking sheet for 20 minutes. Transfer to an airtight container or freezer-friendly storage bag. The cookie dough will keep, frozen, for up to 3 months.

When ready to bake, space out 12 mounds of cookie dough on a parchment paper-lined baking sheet. Bake for 12 minutes, or until the cookies are just set around the edges but still soft in the center. Transfer to a rack and let cool for 10 minutes (the cookies will finish setting as they cool.) Enjoy the cookies while they're still warm and gooey.