



Winter Recipe Book

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FULLY ALIVE NUTRITION

Hello!

Thanks for downloading my Winter Recipe eBook! This eBook will help you prepare delicious, healthy, seasonal foods.

Did you know that eating seasonally has multiple benefits? Here are a few:

- Food is more nutritious and flavorful (it's fresh and grown in the conditions it prefers)
- Helps diversify our diet - and a diverse diet supports a diverse microbiome - very important for gut health :)
- In-season food is usually cheaper
- Buying seasonally supports your local food producers
- It's better for the environment (less transportation, storage, chemicals, and pesticides)

What's in season during the Winter?

Lot's of yummy foods! We often don't associate fresh produce with Winter, but many veggies love the cold and grow well in the Winter.

Winter Vegetables: Beets, bok choy, Brussel's sprouts, cabbage, carrots, cauliflower, chard, collard greens, fennel, kale, leeks, onions, pak choy, parsnips, potatoes, radicchio, rutabaga, shallots, spinach, turnips, Winter squash (acorn, butternut, delicata, kabocha, pumpkin, spaghetti, etc)

I hope you enjoy this Winter Recipe eBook and all the wonderful produce Winter has to offer!

In health,
Kristin



Roasted Delicata Squash

2 SERVINGS 20 MINUTES



INGREDIENTS

1 Delicata Squash
1 tbsp Extra Virgin Olive Oil
1/8 tsp Sea Salt

DIRECTIONS

- 01 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper or foil.
- 02 Trim the ends of the squash and cut in 1/2 lengthwise. Use a spoon to scoop out the seeds. Cut squash into 1/2 inch rings.
- 03 Coat the squash with olive oil and season with salt. Bake for 20 minutes.
- 04 Remove from the oven and enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for 3 to 4 days.

WANT MORE FLAVOR?

Season with your favorite herbs and spices like oregano, chili powder, cinnamon or paprika. You can also drizzle with a bit of honey just before serving!

Crispy Smashed Brussels Sprouts

2 SERVINGS 35 MINUTES



INGREDIENTS

2 cups Brussels Sprouts (trimmed, outer leaves peeled)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C).
- 02 Bring a large pot of water to a boil. Add the Brussels sprouts and boil for 10 minutes or until fork tender. Drain and transfer to a baking sheet.
- 03 Using the bottom of a mug or jar, smash the Brussels sprouts. Drizzle with olive oil and season with salt and pepper. Cook for 20 minutes or until crispy and browned. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPING

Serve with a dip of your choice or sprinkle with Parmesan cheese.

Pressure Cooker Potato, Leek & Kale Soup

4 SERVINGS 25 MINUTES



INGREDIENTS

- 3 cups Vegetable Broth
- 1 Leeks (white parts only, chopped fine)
- 2 stalks Celery (chopped)
- 4 Garlic (cloves, minced)
- 1 tsp Oregano (dried)
- 1/8 tsp Dried Thyme
- 1/2 tsp Sea Salt
- 3 Yellow Potato (medium, chopped)
- 2 cups Kale Leaves (stem removed, chopped)
- 1 1/2 tbsps Lemon Juice
- 1/4 cup Fresh Dill (optional, chopped)

DIRECTIONS

- 01 Turn your pressure cooker to sauté mode and add a splash of vegetable broth. Then add the leeks and celery and cook for 4 to 5 minutes, until softened. Add the garlic, oregano, thyme and sea salt and stir to combine, cooking for one minute more.
- 02 Turn off the sauté mode and add the potatoes along with the remaining vegetable broth. Stir to combine. Put the lid on and set to “sealing” then press manual/pressure cooker and cook for 10 minutes on high pressure. Once finished cooking, turn off and do a quick release.
- 03 Remove about 3/4 of the soup and place in a blender. Carefully blend to purée until smooth. Pour this back into the pressure cooker. Add the kale leaves and lemon juice and stir. Heat through to let the kale wilt a little. Divide into bowls, garnish with dill if using, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

ADDITIONAL TOPPINGS

Top with red pepper flakes.

NO DILL

Omit or use any other fresh herb.

Borscht

6 SERVINGS 1 HOUR



INGREDIENTS

6 cups Vegetable Broth
1 tbsp Extra Virgin Olive Oil
1 lb Pork Ribs
1 White Onion (diced)
2 Garlic (minced)
2 Carrot (peeled, chopped)
2 stalks Celery (chopped)
4 Beet (medium, peeled, chopped)
2 Yellow Potato (chopped)
2 tbsps Tomato Paste
2 cups Diced Tomatoes
1 tsp Sea Salt
2 tbsps Fresh Dill (chopped)

DIRECTIONS

- 01 In a large pot, add the vegetable broth, olive oil, pork ribs, onion and garlic. Turn to medium heat and let the broth simmer for 30 minutes or until the ribs are cooked through.
- 02 Once the pork ribs are cooked, add the carrots, celery, beets, potatoes, tomato paste, diced tomatoes and sea salt. Cook on medium heat for another 20 to 25 minutes, stirring every so often.
- 03 When all of the vegetables are soft, remove the pork ribs from the pot and cut the meat off the ribs. Add the meat back to the soup and stir to combine. Divide the soup into bowls and top with fresh dill. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

WANT MORE FLAVOR?

Add pepper or red chilli flakes.

ADDITIONAL TOPPINGS

Add plain coconut yogurt, Greek yogurt or sour cream.

MAKE IT VEGAN

Use cooked lentils instead of the ribs and add at the same time as the vegetables.

Winter Buddha Bowl

4 SERVINGS 40 MINUTES



INGREDIENTS

- 1 head Cauliflower (cut into florets)
- 1 Carrot (chopped into 1 inch rounds)
- 1 Beet (chopped into 1 inch pieces)
- 1 Turnip (chopped into 1 inch pieces)
- 1 Parsnip (chopped into 1 inch pieces)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/4 cup Tahini
- 3 tbsps Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 4 cups Kale Leaves

DIRECTIONS

- 01 Preheat oven to 420°F (216°C).
- 02 Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to prevent the lighter veggies from getting stained). Season with sea salt and pepper and drizzle with a splash of extra virgin olive oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
- 03 Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 04 Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
- 05 Place the kale in a bowl and massage with a bit of extra virgin olive oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
- 06 Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
- 07 Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. For best results, refrigerate the ingredients separately.

Turmeric Beef Stuffed Squash

4 SERVINGS 45 MINUTES



INGREDIENTS

- 1 tsp Extra Virgin Olive Oil
- 2 Acorn Squash (halved, seeds removed)
- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (finely chopped)
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 1 tbsp Turmeric
- 1 tsp Sea Salt
- 1/4 tsp Cinnamon
- 2 cups Kale Leaves (finely chopped)
- 1/2 cup Canned Coconut Milk (full fat)

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 02 Rub the oil on the cut sides of the squash. Place the squash cut sides down on the prepared baking sheet and bake for about 30 to 35 minutes or until just tender.
- 03 Meanwhile, heat a large pan over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 04 To the browned beef add the onion, garlic and ginger and cook for 3 to 5 minutes until the onion begins to soften. Add in the turmeric, salt and cinnamon and stir to combine. Add the kale to the beef mixture and stir until the kale begins to wilt. Stir in the coconut milk. Season with additional salt if needed.
- 05 Turn the squash cut side up and fill the beef mixture. Return to the oven and continue to bake for an additional 10 minutes.
- 06 Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

WANT MORE FLAVOR?

Add lemon or lime juice, red pepper flakes, chili powder or coriander to the beef mixture.

ADDITIONAL TOPPINGS

Top with cilantro or parsley.

NO ACORN SQUASH

Use a different variety of squash or a sweet potato.

Pressure Cooker Pasta with Sausage

2 SERVINGS 25 MINUTES



INGREDIENTS

6 ozs Pork Sausage (casing removed)
4 Cremini Mushrooms (roughly torn)
3/4 cup Water
1 cup Tomato Sauce
5 ozs Chickpea Pasta (shells)
2 cups Kale Leaves (roughly chopped)
Sea Salt & Black Pepper (to taste)
1/4 tsp Chili Flakes (optional)

DIRECTIONS

- 01 Turn your pressure cooker to sauté mode and add the pork. Cook for 4 to 5 minutes, until no longer pink. Add the mushrooms and cook for 1 to 2 minutes, until softened. Turn the sauté mode off.
- 02 Add the water, tomato sauce, and pasta. Put the lid on and set to “sealing” then press manual/pressure cooker and cook for 2 minutes on high pressure. Once finished, let the pressure release naturally for 10 minutes, then do a quick release if there is still pressure remaining.
- 03 Open the lid, add the kale and stir until the kale is wilted. Divide evenly between plates. Top with salt, pepper, and chilli flakes, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Top with nutritional yeast, parmesan, or parsley.

MAKE IT VEGAN

Omit the sausage, use a vegan sausage or add cooked lentils instead.

PRESSURE COOK TIME

This recipe was tested with a chickpea pasta that is shell shaped. Cook time may vary depending on the type of pasta used.

Slow Cooker Spaghetti Squash & Meatballs

4 SERVINGS 4 HOURS



INGREDIENTS

- 1 lb Extra Lean Ground Turkey
- 1/4 cup Brown Rice Flour
- 1 Egg (whisked)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Oregano (divided)
- 3 cups Crushed Tomatoes
- 1 tsp Sea Salt (divided)
- 1 tsp Black Pepper (divided)
- 1 Spaghetti Squash (medium)

DIRECTIONS

- 01** In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
- 02** In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, half the sea salt and half of the black pepper. Mix well and then submerge your turkey meatballs into the sauce.
- 03** Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Add the remaining salt and pepper. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
- 04** Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
- 05** Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

NOTES

NO GROUND TURKEY

Use any type of ground meat.

CHEESE LOVER

Sprinkle with parmesan cheese.

One Pan Chicken, Cabbage & Broccoli

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1/4 cup Coconut Aminos
- 2 tbsps Extra Virgin Olive Oil
- 3 Garlic (clove, minced)
- 1 1/2 tsps Ginger (fresh, grated or minced)
- 1/8 tsp Sea Salt
- 2 cups Broccoli (cut into small florets)
- 2 cups Purple Cabbage (cut into thin strips)
- 12 Cremini Mushrooms (medium, quartered)
- 10 ozs Chicken Breast (boneless, skinless, cut into strips)
- 2 stalks Green Onion (chopped, optional for garnish)

DIRECTIONS

- 01 Preheat your oven to 400°F (204°C).
- 02 Combine the coconut aminos, olive oil, garlic, ginger, and salt into a mixing bowl. Add the broccoli, cabbage, and mushrooms to the bowl and toss to combine. Using a slotted spoon, transfer the veggies to the baking sheet, leaving the leftover marinade in the bowl.
- 03 Add the chicken to the bowl with the leftover marinade. Allow the chicken to marinate while the oven preheats, then transfer it to the baking sheet with the veggies.
- 04 Place the baking sheet in the oven. Cook for 15 minutes or until the chicken is cooked through and the vegetables are fork-tender. Divide between plates and top with green onions. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

WANT MORE FLAVOR?

Add sesame oil, hot sauce, or red pepper flakes to the marinade.

SERVE IT WITH

Rice, quinoa, or cauliflower rice.

Thai Chicken & Vegetable Green Curry

3 SERVINGS 15 MINUTES



INGREDIENTS

1/2 inch Fresh Ginger Root (grated or minced)
1/4 cup Green Curry Paste (or to taste)
2 cups Canned Coconut Milk
1/4 head Cauliflower (small, cut into florets)
2 1/2 cups Bok Choy (chopped)
8 ozs Chicken Breast, Cooked (thinly sliced)

DIRECTIONS

- 01 Add the ginger, curry paste and coconut milk in a pot over medium heat. Stir to combine then bring to a simmer.
- 02 Add the cauliflower to the pot and cook uncovered for about five minutes or until the cauliflower is just tender. Stir in the bok choy and cooked chicken breast and continue to cook until the bok choy has wilted and the chicken has warmed through. Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

WANT MORE FLAVOR?

Add garlic, lime juice, cilantro, and/or basil.

CONSISTENCY

If you prefer a thinner curry, add chicken broth.

VEGETABLES

Almost any veggie will work in this recipe - broccoli, bell pepper, carrots, kale, spinach, etc. Use whatever you have on-hand!

MAKE IT VEGAN

Use chickpeas, tofu, or tempeh instead of chicken.