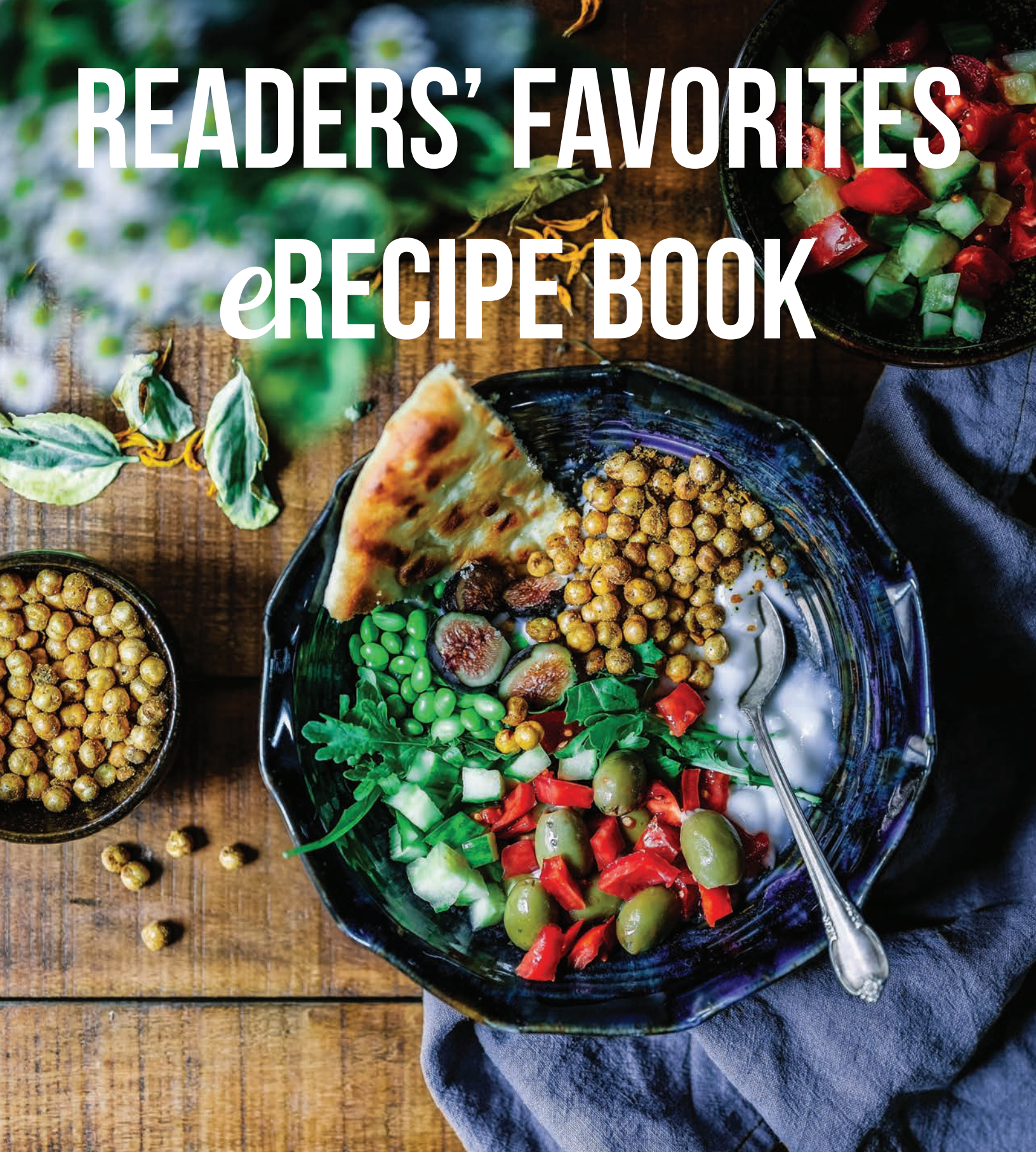


READERS' FAVORITES eRECIPE BOOK



A NATURAL CHEF

CATHY VOGT, PERSONAL CHEF & HEALTH COACH

WWW.ANATURALCHEF.COM

SMASHED SPICY CHICKPEA SALAD



Course: Salad, Side Dish

Cuisine: Nut-free, plant-forward

Servings: 4

Ingredients

- 15 oz chickpeas, cooked, drained and rinsed
- 1/4 cup mayonaise (or avocado mayonaise)
- 2-3 tbsp hot sauce depending
- 1 stalk celery, minced
- 1/4 cup kimchi, chopped into small pieces
- 1 tbsp chives or scallions, minced
- pinch salt as needed
- 1 -2 tbsp lime juice

Instructions

1. Place cooked and drained chickpeas in a mixing bowl, mash with potato masher. Leave them a little chunky so they still have some texture.
2. In a small bowl whisk together mayonaise and hot sauce until combined.
3. Add seasoned mayonaise, celery, kimchi, chives and lime juice to bowl with chickpeas, stir to combine. Taste and add additional salt as needed.

CITRUS ROASTED FENNEL



Course: Side Dish, Small Dishes
Cuisine: Plant-forward, gluten free

Servings: 6

Ingredients

- 2 bulbs fennel, medium sized
- 2 tbsp olive oil
- 1 each orange, zested
- 4 tbsp orange juice
- 1 tbsp dijon mustard
- 1/2 tsp chili powder
- 1/4 tsp natural salt
- 1/4 tsp fresh ground pepper

Instructions

1. Preheat oven to 400 degrees. Line sheet pan with parchment paper and set aside.
2. Wash fennel bulbs, trim off any stalks and fronds and set aside. Trim off bottom or root end of fennel bulb. Cut fennel bulb in half lengthwise and cut fennel bulb halves into wedges, making sure to cut through the inner core to help keep each wedge together.
3. In a medium-sized bowl whisk together olive oil, orange zest, orange juice, dijon mustard, chili powder, salt and pepper until combined.
4. Add fennel bulbs to citrus mixture and toss together to evenly coat fennel bulbs. Marinate in mixture for 20 minutes.
5. Remove fennel bulbs from bowl and place on prepared sheet pan in a single layer. If it's too crowded use 2 sheet pans. Drizzle remaining marinade in bowl over the top of fennel.
6. Place in pre-heated oven and roast for 45 minutes or until fennel is browned and soft, turning fennel over half way through roasting.
7. Place roasted fennel on serving dish. Chop some of reserved fennel fronds and sprinkle on top. If you have extra orange, chop up some to add to the top as well.

SESAME GINGER CARROT DRESSING



Course: Dressings & Spreads

Cuisine: Nut-free, dairy free, gluten free

Servings: 1 cup

Ingredients

- 1/4 cup rice wine vinegar
- 1/4 cup coconut aminos or tamari
- 2 tsp ginger, fresh, sliced
- 1 tbsp toasted sesame oil
- 2 cloves garlic
- 2/3 cup olive oil
- 1 carrot, scrubbed, trimmed and cut into pieces
- 1 scallion, trimmed cut into pieces
- dash hot sauce if you want to make it spicy

Instructions

1. Place rice vinegar, coconut aminos, ginger, toasted sesame oil, garlic, olive oil and carrots into blender jar. Put lid on jar and blend for a minute or so until everything is emulsified and creamy. Add scallions to blender jar and pulse briefly to chop up. Taste and add hot sauce if you're using it or adjust seasonings as needed. Store salad dressing in a jar in refrigerator until needed.

CRUNCHY APPLE BROCCOLI SALAD



Course: Main Event, Salads & Sides

Cuisine: Dairy free, gluten free

Servings: 1 cup

Ingredients

- 1 bunch, large broccoli cut florets from stems
- 2 apples (tart – Crispin or Cortland)
- 3 carrots trimmed, scrubbed, shredded
- 1/4 cup red onion minced
- 1/3 cup vegan style mayonnaise
- 1 tbsp lemon zest
- 1/2 tsp natural salt
- 1-2 tbsp rice wine or cider vinegar
- to taste fresh ground pepper
- 2 tbsp olive oil or avocado oil
- 1/4 cup dried cherries or cranberries chopped
- 1/2 cup slivered almonds toasted
- 1 avocado, ripe cut into medium dice

<https://www.anaturalchef.com/crunchy-apple-broccoli-salad>

Instructions

1. Divide broccoli florets from stems. Blanch broccoli florets in boiling salted water for 1-2 minutes, drain and rinse. Place in large mixing bowl. Trim woody stems off ends of broccoli stems, peel and grate stems. Add to blanched broccoli
2. Add apples, carrots and onions to broccoli, stir to combine.
3. In a small bowl whisk together vegan mayonnaise, lemon zest, salt, vinegar, pepper and olive oil. Taste and adjust seasonings as needed. If you have a very large bunch of broccoli you may need to increase mayonnaise a little bit. Pour dressing over vegetables, toss to combine.
4. Add chopped dried fruit, almonds and avocado and gently stir. Serve salad as is or on top of salad greens or other leaf lettuce.

RED QUINOA AND ASPARAGUS SALAD WITH LEMON-CAPER DRESSING



Course: Salads and Sides

Cuisine: Gluten free, dairy free

Servings: 6-8 cups

Ingredients

- 1-1/2 cups quinoa (red or ivory) washed well and drained
- 3 cups- water
- Pinch sea salt
- 1 lb asparagus, roasted or steamed and cut into small dice
- ½ cup red onion, minced
- ½ cup celery, minced
- ½ cup parsley leaves, fresh, chopped

Dressing

¼ cup extra virgin olive oil
¼ cup lemon juice, fresh
1 tsp dijon mustard or dry mustard
1 clove garlic, pressed
1 tbsp capers, rinsed, chopped
Sea salt & fresh ground pepper

Instructions

1. Place quinoa and water in a saucepot with pinch of salt. Bring to a boil, stir, turn down to a simmer. Cover and cook for about 18 minutes until all of the water has been absorbed. Let rest for 10 minutes undisturbed.
2. In a small jar place all of the dressing ingredients. Cover jar with tight-fitting lid and shake vigorously to combine, set aside.
3. When quinoa is done, place in a large bowl and fluff with a fork, add asparagus, red onion, celery and parsley, stir in gently.
4. Pour dressing over quinoa and vegetables and toss to combine.
5. Serve as is or on a bed of greens. Garnish with minced kalamata olives if desired.

SESAME GINGER CAULIFLOWER FRIED RICE



Course: Main Event, Salads & Sides

Cuisine: Grain free, gluten free, dairy free, vegan

Servings: 4-6

Ingredients

- 1 large head cauliflower, trimmed and riced in food processor or grated
- 2 tbsp coconut oil
- 3 cloves garlic, peeled and minced
- 1 tbsp ginger, fresh, grated
- 3 carrots, trimmed, scrubbed and sliced thinly on diagonal
- 2 stalks celery, trimmed, sliced thin on diagonal
- 2 cups vegetables (broccoli, green beans, snow peas or peas) trimmed and cut into bite sized pieces
- 1 tbsp toasted sesame seed oil
- 3-4 tbsp coconut aminos or tamari
- 4 scallions, white and green parts, thinly sliced
- 2 tbsp sesame seeds or sliced almonds, toasted

Instructions

1. Preheat wok or large saute pan over medium-high heat.
2. Add coconut oil to pan. Add garlic, ginger, carrots and celery and saute for 3-4 minutes, stirring frequently during cooking.
3. Add riced cauliflower and saute for 3-4 minutes, tossing with other vegetables until cauliflower is lightly softened.
4. Add additional vegetables, toss to combine. Pour 1/4 cup of water over vegetables. Place cover on pan and turn heat to medium low-cook for several minutes more to soften vegetables.
5. Add sesame oil, coconut aminos, scallions and toasted sesame seeds, and toss to combine.
6. Toss thoroughly, taste and adjust seasonings as needed.
7. Serve warm. For additional protein add bits of leftover cooked chopped chicken, beef or a few scrambled eggs if desired.

RED LENTIL AND SWEET POTATO BOWL



Course: Main Event, Small Dishes

Cuisine: Dairy free, gluten free, grain free, vegan

Servings: 8

Ingredients

- 2 tbsp coconut oil
- 4 cloves garlic peeled, minced
- 2 sweet peppers, red, orange or yellow seeded, small dice
- 2 tbsp cumin powder
- 2 tbsp chili powder
- 2 tsp oregano, dried
- pinch cayenne pepper or crushed red pepper
- 2 sweet potatoes or garnet yams, medium sized peeled and medium dice
- 28 oz crushed tomato, fire roasted
- 1.5 quart water or vegetable stock
- 2 cups red lentils rinsed
- 1 tsp salt
- 2 tbsp lime juice, fresh or more as needed
- 2 each scallions minced

Instructions

1. Heat oil in stock pot over medium heat. Saute garlic, onions and peppers until softened, about 3-6 minutes. Add cumin, chili powder, cayenne and oregano. Stir to combine and cook for 1-2 minutes to lightly toast spices.
2. Add crushed tomato, water and red lentils and bring to a boil. Turn heat to a simmer, place lid on pot leaving it slightly ajar and cook for 20 minutes until lentils are soft. Add sweet potato, stir and continue cooking for 20-30 minutes until sweet potatoes are cooked through.
3. Add salt, lime juice and scallions. Adjust seasonings as desired. Serve with your choice of toppings

BLACK BEAN & QUINOA BITES



Course: Main Event, Small Dishes

Cuisine: Gluten free, dairy free, plant forward, vegan

Servings: 6-8

Ingredients

- 1 cup tri-color quinoa, rinsed
- 15 oz black beans, cooked, rinsed and drained
- 1 tsp garlic powder
- 1 tsp cumin powder
- 2 carrots, scrubbed and grated
- 3 scallions, minced
- 2 tbsp diced green chilies, drained
- salt to taste
- 1/4 - 1/2 cup gluten free crumbs
- handful chopped parsley or cilantro
- coconut oil for browning

Instructions

1. Bring a medium pot of salted water to a boil. Add rinsed quinoa and cook for 16-18 minutes at a simmer until quinoa is done. Drain quinoa and rinse, set aside.
2. In a medium-sized bowl add drained black beans, garlic powder, cumin, carrots and quinoa. Use a fork or potato masher to gently mash up some of beans to incorporate into quinoa.
3. Add scallion, green chilis, salt, gluten free crumbs and parsley or cilantro. Stir to combine.
4. Let mixture sit for 10 minutes so crumbs can absorb moisture. If mixture is too loose add a little more crumbs.
5. Form mixture in mini or larger sized patties.
6. Heat medium sized saute pan over medium heat (I like to use a cast iron pan for this.)
7. Add 1 tbsp of coconut oil to pan and cook patties for 3-5 minutes on each side until browned and crispy. Do not overcrowd the pan. Add a bit more coconut oil to pan while cooking as needed.
8. Place cooked patties on a clean plate while remaining patties are being cooked.
9. Serve immediately or reheat in 350 degree oven or saute pan for a few minutes when ready to serve.

LENTIL WALNUT TACOS



Course: Main Event, Salads & Sides
Cuisine: Plant-forward, gluten free, dairy free

Servings: 4-6

Ingredients

- 2 tbsp coconut oil
- 1 small onion, small dice
- 3 cloves garlic, minced
- 1 red or orange pepper, small dice
- 2 cups French lentils, cooked, rinsed and drained
- 1 cup walnuts, toasted
- 1 tbsp cumin, ground
- 2 tsp oregano
- 1 tsp chili powder
- 1/4 - 1/2 tsp cayenne pepper for some spice
- Large handful dill, coarsely chopped
- 1/4 cup sundried tomato, chopped into small pieces
- 1 tsp natural salt

Instructions

1. Heat medium saute pan. Add coconut oil and saute onion, garlic and peppers for a few minutes until softened.
2. Add French lentils, stir to combine.
3. Add cumin, oregano, chili powder, cayenne, sundried tomato and salt and saute for 2-3 minutes longer.
4. Place toasted walnuts in food processor fitted with S blade and pulse a few times to break down into chunky pieces.
5. Place lentils and vegetables in food processor fitted with S blade. Pulse a few times to combine. Do not puree – you want filling to be chunky.
6. Taste and add any extra seasonings as needed.
7. Serve taco filling in your favorite wrap, taco shell or grain free lettuce wrap and add toppings.

RAINBOW CABBAGE SALAD



Course: Salads & Sides, Small Dishes

Cuisine: Plant-forward, gluten free, dairy free

Servings: 6-8

Ingredients

- 1 large bunch kale (lacinato kale stems removed, sliced into thin strips or spring kale, trim stems)
- 1/2 head red cabbage, shredded or sliced very thin
- 2 stalks celery, including leaves & tops, sliced thin on diagonal
- 2 carrots, trimmed and scrubbed, grated
- 1 sweet yellow, orange or red pepper, cut into thin strips
- 1/2 cup pumpkin seeds, toasted lightly
- 3 tbsp ea olive oil & apple cider vinegar
- 1/2 tsp natural salt & pepper to taste

<https://www.anaturalchef.com/rainbow-cabbage-salad>

Instructions

1. Place thinly sliced kale into a large mixing bowl. Pour olive oil and cider vinegar over kale, add salt. Toss dressing with kale and then using your hands gently rub dressing into the kale to wilt and soften. *If you are using baby kale you can skip this step.*
2. Add red cabbage, celery, carrots, peppers and toasted pumpkin seeds to bowl. Stir ingredients to combine. Taste salad and add any additional salt or pepper as desired.
3. Optional: Add a large handful of chopped fresh cilantro leaves or scallions to salad for a pop of flavor. Serve salad as is or slightly chilled.

Meet Cathy Vogt



Board certified health & wellness coach, professional chef & Buteyko breathing practitioner

A Natural Chef believes that food can support your health and still taste amazing. Yes, you can have both! We offer personalized chef services and wellness coaching programs that fit your preferences, dietary, and lifestyle. Learn more about Cathy's training online at www.anaturalchef.com/about

Let's Talk

Building health and making lasting changes takes time, effort, and focus. Let me support and guide you to getting where you want to be with a customized program that addresses your unique needs. Are you ready to address the nutrition and lifestyle habits that are keeping you from vibrant health and living your best life? Contact Cathy to schedule a time to talk.

www.anaturalchef.com/contact

Visiting the Beautiful Hudson Valley? Hire Chef Cathy for your Visit!

Whether you are a long-time weekend visitor in the Hudson Valley or exploring the area for the first time, make the most of your time here. A Natural Chef offers a variety of services to make your stay more enjoyable. Cathy uses locally sourced ingredients, organic, seasonal deliciousness and customized menus, as well as a health supportive approach to cooking. (*Think delicious and healthy!*) She happily accommodate any dietary preferences and restrictions with a focus on flavor, freshness, and creativity. She is well versed in vegetarian, vegan, and omnivore meal planning, as well as any other specialized dietary needs.

Services I provide include:

- **Meal prep**
Arrive to a refrigerator full of your favorite food and meals. Delicious and healthy meals will be prepared for you and ready to eat. Meals are made to order and include a beautiful printed menu with reheating/cooking instructions.
- **Cooking class**
Plan a stay-in night with a specialized cooking class to fully enjoy your weekend home. These classes are great as part of a girl's weekend away, couple's night, or just to expand your skills and have fun, creating and eating a delicious meal.
- **Dinner party**
Celebrating a special event during your weekend stay? I can provide a special served or buffet-style meal that is prepared for you so you can sit down, relax, and enjoy the evening.

Services Cathy Offers

Personal Chef Service

For individuals or families, in your house, weekly, bi-monthly, or for a specified period to suit your needs. Cathy plans, shops, and prepares all of your meals in your home, packages them up, leaves storage/preparation instructions, and leaves a clean kitchen.

Cooking Parties & Retreats

Are you or your group looking for a personal chef to cook for an upcoming retreat or small event?

Are you interested in gathering in the kitchen to cook up some delicious and healthy food, learn new tips, get recipes, and have fun?

Cooking parties and retreats at your location are designed just for you. Cathy sources seasonal, local, and organic ingredients from area farms when available.