

# Get in the Kitchen

with Kristen Carlson

Get in the kitchen with Certified Plant Based Chef, Holistic Nutritionist and Health Coach, Kristen Carlson, and learn the in's and outs of eating for optimal health, how to make eating healthy accessible in your daily life, and learn how to make THREE nutrient packed recipes! Food is medicine!

This session will include an overview of nutrition basics, the power of eating whole foods that are rich in plants, the healing benefits of plant foods, kitchen tips and tricks, and Kristen will demonstrate three nutrient packed nourishing recipes. The session will help you improve the way you eat and give you a start to create your own recipes. It'll be informative and fun!

**November 12, 2020**

**7:00pm on Zoom**

**To sign up and learn more visit:**

**<https://throughit2gethernov.eventbrite.com>**

*A Free Event*

*Kristen Carlson is a Nutritional Chef, Holistic Nutritionist, Health Coach, and RYT 200 HR Yoga Teacher based out of the seacoast of New Hampshire. Her cooking experience started on a step stool at the countertop with her grandmother, and her skills were solidified while interning and completing a Plant Based Chef Certification with Chef Robert Reid, Owner of Organic Garden Café, in Beverly, MA. She combines her background in nutrition with her cooking skills and creates nourishing and delicious dishes for her clients, that are satisfying and nutritionally balanced. Kristen works with clients individually and in group settings to help them achieve their health and life goals, offering meal prep services, cooking classes, and individual nutrition coaching.*



  
**Through It Together**  
SHARING KNOWLEDGE, JOY AND CONNECTION



[on-belay.org](http://on-belay.org)



[yogainaction.org](http://yogainaction.org)



[mybreastcancersupport.org](http://mybreastcancersupport.org)



[nbcancerresource.org](http://nbcancerresource.org)



[bjbbreastcancerretreats.org](http://bjbbreastcancerretreats.org)



# Beet Hummus

Kristen Carlson Wellness



## Ingredients

- 3 small cooked beets
- 1 (15 ounce) can chickpeas drained (approx. 1.5 cups)
- 1 lemon juiced
- 2 cloves garlic
- 1/4 cup tahini plus more, to taste
- 1/4 cup olive oil
- Salt and Pepper to taste

## Preparation

1. Add the beets to the bowl of a large food processor. Process until small little bits remain.
2. Add the remaining ingredients to the bowl and process until smooth, scraping down the sides with a rubber spatula if necessary (approximately 2-3 minutes). Season to taste.
3. Transfer your prepared beet hummus to a bowl and serve garnished with a drizzle of olive oil and fresh chopped parsley, if desired.

# Turmeric Energy Bites

Kristen Carlson Wellness



## Ingredients

- 3/4 cup (overfilled) of soft pitted dates
- 1/2 cup of cashew butter (or any other nut or seed butter)
- 2 tbsp. unsweetened coconut flakes
- 1/2 cup of gf oatmeal
- 2 tbsp. flax meal
- 1 tablespoon of turmeric powder
- 1 tsp. ginger powder
- Pinch of black pepper
- 2 tbsp. water may be needed for texture

## Preparation

1. In a food processor or high-speed blender, puree dates until they form a ball.
2. Now add the cashew butter and pulse to combine.
3. Add the spices and pulse so they are mixed thoroughly through the mixture.
4. Lastly, add the flax meal, oats, and the coconut flakes. You may need to add a little bit of water to loosen the mixture.
5. Roll into balls and store in the fridge or freezer.

# Immunity Boosting Soup

Kristen Carlson Wellness



## Ingredients

- 1–2 tablespoons olive oil
- 1 onion, diced
- 2–3 celery stalks, sliced
- 2 cups carrots, diced
- 3 garlic cloves
- Salt and pepper, to taste
- 12 cups (or three 32-ounce cartons) of organic broth
- 1 28-ounce can of crushed tomatoes (look for BPA-free cans)
- 1 cup of dry red cup lentils
- 1 cup mushrooms, diced ( try shitake)
- 1 cup cauliflower, chopped finely
- 1 cup broccoli, chopped finely
- 2–3 cups kale, chopped
- 1 tbsp miso paste
- 1 cup of chopped fresh parsley

## Preparation

1. Heat 1–2 tablespoons olive oil in a large stockpot over medium-high heat.
2. Sauté the onions, carrots, and celery for about 4–5 minutes, until tender. Add in the garlic and stir for 1 more minute. Season with salt (lightly) and pepper.
3. Stir in the broth, crushed tomatoes, and lentils. Bring to a boil and reduce to a simmer (slight bubbling), stirring occasionally. Let simmer for about 10–15 minutes.
4. Stir in the mushrooms, cauliflower, kale, and broccoli and simmer for another 5–10 minutes.
5. Add the miso paste and allow for it to melt and stir to combine. Simmer for 5 more minutes on low, turn the heat off. Cool for 10 minutes.

If you like, serve with additional miso paste, whole grain crusty bread, or a cup of cooked whole grains such as farro, spelt, or quinoa.