

SIMPLE SUNDAYS

HEARTY LENTIL SOUP

INGREDIENTS

3 CARROTS, SLICED
3 PIECES OF CELERY, CHOPPED
½ ONION CHOPPED
3 CLOVES OF GARLIC CHOPPED
2 CUPS OF DRIED BROWN LENTILS (OR RED IT'S A PREFERENCE)
8 CUPS OF VEGETABLE BROTH
8 OZ TOMATO SAUCE
8 OZ OF KALE (OR BABY SPINACH, AGAIN A PREFERENCE)
½ A POUND OF SPICY SAUSAGE (OPTIONAL)

1. OPTIONAL: SAUTE SPICY SAUSAGE IN A PAN OR PRESSURE COOKER TILL BROWN.
2. SAUTE CARROTS, CELERY, ONION, GARLIC IN PAN OR PRESSURE (IF USING SPICY SAUSAGE ADD TO IT WHEN DONE)
3. WHEN EVERYTHING IS FINISHED SAUTÉING (LIGHT BROWN) PUT INTO CROCK POT OR PRESSURE COOKER. THEN ADD VEGETABLE BROTH, TOMATO SAUCE, KALE, AND LENTILS.
4. START THE PRESSURE COOKER ON SOUP SETTING FOR 15 MINS, OR START THE SLOW COOKER ON HIGH FOR 4 HOURS (LOW 8 HOURS). IF USING A PRESSURE COOKER, RELEASE THE STEAM WHEN DONE.



APPLE PECAN SALAD

INGREDIENTS

½ CUP LIGHT VEGETABLE OIL, SUCH AS SUNFLOWER OR SAFFLOWER OR EXTRA-VIRGIN OLIVE OIL
¼ CUP APPLE CIDER VINEGAR
¼ CUP UNSWEETENED APPLE JUICE OR APPLE CIDER
2 TO 3 TABLESPOONS HONEY
1 TABLESPOON LEMON JUICE
½ TEASPOON SALT
FRESHLY GROUND BLACK PEPPER, TO TASTE
3 MEDIUM HONEYCRISP APPLES (ABOUT 1 POUND), THINLY SLICED
JUICE OF ½ LEMON
12 OUNCES SALAD GREENS
1 CUP PECAN HALVES, TOASTED OR CANDIED
¾ CUP DRIED CRANBERRIES OR DRIED CHERRIES
4 OUNCES CRUMBLLED BLUE CHEESE

1. TO PREPARE APPLE CIDER VINAIGRETTE, MEASURE OIL, APPLE CIDER VINEGAR, APPLE JUICE/CIDER, HONEY, LEMON JUICE, SALT, AND PEPPER INTO A MASON JAR. TIGHTLY SCREW ON LID AND SHAKE VIGOROUSLY UNTIL EVERYTHING IS THOROUGHLY COMBINED. ALTERNATIVELY, YOU MAY BRISKLY WHISK THE INGREDIENTS TOGETHER IN A MEDIUM BOWL, OR BLEND THEM IN A BLENDER OR MINI FOOD PROCESSOR.
2. PLACE APPLE SLICES IN A LARGE PLASTIC BAGGIE AND SQUEEZE THE FRESH LEMON JUICE (FROM THE LEMON HALF) OVER THEM. CLOSE BAG AND SHAKE TO COAT. IN A LARGE SALAD BOWL, LAYER SALAD GREENS, APPLE SLICES, PECANS, DRIED CRANBERRIES, AND FETA CHEESE. JUST BEFORE SERVING, DRESS WITH DESIRED AMOUNT OF APPLE CIDER VINAIGRETTE AND TOSS UNTIL SALAD INGREDIENTS ARE EVENLY COATED.



NUTRITIOUS GRILLED CHEESE

INGREDIENTS

2 SLICES WHOLE GRAIN BREAD
SMALL HANDFUL ARUGULA
½ TOMATO SLICED
BASIL (FRESH IS PREFERRED BUT DRIED WORKS!)
2-4 SLICES OF MOZZARELLA CHEESE
ANY OTHER CHEESE YOU PREFER TO ADD: SHARP WHITE CHEDDAR IS A GREAT ADDITION!
PAD OF BUTTER

INSTRUCTIONS

1. PREHEAT A GRIDDLE, FRYING PAN, OR PANINI MAKER
2. SLICE TOMATO, CHEESE, AND HAVE BREAD READY.
3. BUTTER ONE SIDE OF EACH PIECE OF BREAD, AND HAVE BASIL AND ARUGULA ON HAND
4. ASSEMBLE THE SANDWICH BY LAYING CHEESE SLICES, ARUGULA, AND TOMATOES ON THE BREAD, KEEPING THE BUTTERED SIDES OUT.
5. SPRINKLE WHOLE BASIL LEAVES, OR SHAKE DRIED BASIL OVER THE TOMATOES
6. PLACE SANDWICH ON PAN AND ADJUST THE HEAT AS NECESSARY TO MAKE SURE YOU ARE ABLE TO MELT THE CHEESE WITHOUT BURNING THE BREAD. TYPICALLY MEDIUM HEAT IS SUFFICIENT, IT HELPS IF YOU ARE ABLE TO COVER THE SANDWICH IF YOU ARE WORKING WITH A FRYING PAN. IF YOUR BREAD IS BROWNING TOO QUICKLY, LOWER THE HEAT AND COOK THE SANDWICH SLOWER.
7. FLIP THE SANDWICH WHEN THE BUTTER ON THE TOP SLICE IS FULLY MELTED. IF YOU ARE USING A PANINI MAKER IT WILL INDICATE WHEN IT'S FINISHED, OR YOU CAN OPEN TO CHECK IF THE CHEESE IS MELTED AND THE BREAD IS BROWNEED.

