



MAKE IT FUN HEALTH

Daring Adventure Cooking Jam - Week 6 Recipes

Super Salad

The goal is to get many food groups — and plant types — into one big bowl. With so many options, you can make it a unique and fun adventure every time. The starchy veggies, whole grains, and legumes ensure this meal will keep you fueled and satisfied for hours.

Prep time: 10-15 minutes - as long as the potatoes, whole grains, and legumes are already cooked

Cook time: None

Yields: A huge bowl

Ingredients:

- Greens - spinach, kale, mustard greens, arugula, or Swiss chard
- Cruciferous veggies - chopped cabbage, broccoli, and cauliflower
- Non-starchy veggies - chopped carrots, celery, tiny tomatoes, cucumber, sweet peppers, beets, jicama, and radishes
- Whole grains - brown rice, quinoa, corn, barley, kamut, wild rice, spelt, and rye
- Starchy veggies - potatoes, yams, sweet potatoes, purple potatoes, and squash
- Legumes - black beans, navy beans, chickpeas, great northern beans, red beans, black-eyed peas, pinto beans, and peas

- Fruit - grapes, oranges, pears, pomegranate, avocado, kiwi fruit, mango, pineapple, grapefruit, clementines, blueberries, strawberries, raspberries, and (pitted) cherries
- Citrus - for squeezing on top - orange, lemon, lime or grapefruit. An orange is fantastic because the fruit goes beautifully in the salad.
- Nuts - pecans, walnuts, almonds, peanuts, cashews, pine nuts, pistachios, or macadamia nuts
- Seeds - ground flax, hemp, chia, pumpkin, squash, sesame, or sunflower seeds
- Herbs - Fresh or dried mint, cilantro, basil, parsley, or dill
- Spices - Sumac, garlic powder, onion powder, chipotle powder, smoked paprika, cumin, or ginger
- Sprouts - Mung bean, broccoli, kale, fenugreek, or clover

Instructions:

1. **Start:** Put the greens in the bowl.
2. **Squeeze:** Squeeze at least half the orange, lemon, or lime juice on top of the greens. They benefit from the juice the most.
3. **Finish:** Add the remaining ingredients. Put the seeds, herbs, spices, sprouts, and remaining citrus juice on last.

Super Shake

This has more than just fruits and veggies. We include legumes, nuts, seeds, sprouts, and a super artery opener upper - beets.

Prep time: 10 minutes

Cook time: None

Yields: 2 - 3 servings

Ingredients:

- 2 - 3 cups of water
- A few handfuls of greens
- A half handful of sprouts - optional
- 1 Carrot

- 1 or 2 bananas
- 1/2 cup cooked beans - These add fiber, texture, protein, more bulk, and extra calories without changing the flavor.
- 1/2 cup cooked beets - roughly chopped
- A lot of frozen cherries, blueberries, raspberries, strawberries, blackberries, or cranberries. Don't go heavy on the cranberries since they are tart. Also, it's sometimes wise to only add about half the frozen fruit and blending before adding the rest.
- A few sprinkles of ground flax seed
- A handful of nuts
- A few dates for sweetness, if needed

Instructions:

1. **Round 1:** Add the water, greens, sprouts, bananas, cooked beans, beets, nuts, and ground flaxseed to your blender. Blend on high until smooth. Getting these chopped first ensures you won't have any leafy bits in your straw.
2. **Round 2** - Add about half of your frozen berries to the blender. Spin it up until smooth. Adding too much frozen fruit at once can jam your blender.
3. **Round 3** - Add the remaining frozen fruit and blend again until rich and creamy. Taste a spoonful. If it's too tart or strong, drop in a couple of pitted dates or another banana and blend some more.



Super Stew

Comfort food in one simple, tasty dish! A slow cooker lets the flavors marry beautifully. The mushrooms give the dish a hearty texture.

- **Prep time:** 15 minutes
- **Cook time:** 4 hours (on High)
- **Yields:** 4–6 servings

Ingredients

Base & Veggies:

- **10–12 oz mini potatoes** - about 2 cups
- **3 carrots**, chopped into bite-sized pieces
- **3 ribs of celery**, chopped
- **1 onion**, diced
- **4–5 cloves garlic**, minced
- **4 oz sliced mushrooms**
- **6 oz green beans**, trimmed and cut into 1-inch pieces
- **1.5 cups home-cooked beans**, optional

Flavor Boosters:

- **3 - 4 cups veggie broth** - no-salt-added
- **2 tbsp tomato paste**

Herbs and Spices:

- **1.5 tsp smoked paprika**
- **1 tsp dried thyme**
- **1 tsp dried rosemary**
- **2 bay leaves**
- **Fresh black pepper**
- **Pinch of red pepper flakes**, optional, for a tiny hint of warmth

Finish:

- **1/4 to 1/2 fresh lemon, juiced** (or 1 tbsp apple cider vinegar)
- *Optional:* A handful of fresh chopped parsley for serving

Instructions

1. Combine - Put the mini potatoes, carrots, celery, onion, garlic, mushrooms, and green beans in the slow cooker.

2. Season

Add the veggie broth, tomato paste, smoked paprika, thyme, rosemary, bay leaves, black pepper, and red pepper flakes. Stir well so the tomato paste and spices dissolve into the broth.

3. Cook

Cover with the lid and set your slow cooker to high for 4 hours or low for 6 - 8 hours.

4. Brighten:

Once the cooking is done, turn off the cooker. Remove and discard the bay leaves. Add the cooked beans, if desired. Stir in the fresh lemon juice - start with 1/4 of the lemon, taste, and add the rest if you want more brightness.

Ladle into bowls, top with fresh parsley, if desired, and enjoy!

Super Sprouts

Sprouts are nutritional powerhouses, packed with vitamins and antioxidants. You don't even need a garden or green thumb to grow them — just a jar and a little water.

Prep time: 1 - 2 minutes a day for 3 - 7 days

Cook time: None

Yields: A full jar

Equipment and Ingredients:

- 1 glass jar - a 1-quart wide-mouth Mason jar works great
- Strainer
- A piece of cheesecloth - or a breathable mesh screen
- Rubber band
- Seeds:
 - Organic mung beans: 1/4 cup
 - Broccoli, kale, clover, or fenugreek: 2 tablespoons
- Water for soaking and rinsing

Instructions:

1. **Soak:** Put the seeds in the jar, cover with a few inches of water, and let sit on your counter for 8 to 12 hours.
2. **Rinse, Drain, and Cover:** Cover with the strainer to hold the sprouts in while you drain the water out. Rinse by adding fresh water and draining again. Once the water is well drained, put the cheesecloth over the mouth of the jar and secure with the rubber

band. Lay the jar sideways in a dark place such as a closed pantry so air can circulate and the sprouts avoid sunlight.

3. **Rinse Twice a Day:** Every 12 hours or so, remove the cloth, add water, cover with the strainer, and drain well again. Put the cloth back on and return the jar to its side position away from sunlight.
4. **Harvest:** Rinse and drain one final time. If you want them to turn a beautiful green color, leave them on the counter in an open container for a few hours. If needed, shake them dry or use a cloth or paper towel. Keep in the refrigerator. The cold temperature will stop the growing process.

You can do it when you make it fun!