



GOLDSTER★

Week 4: Stomach

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Green Pea & Mint Sunflower Dip

4 servings

10 minutes

Ingredients

2 cups Frozen Peas (thawed)
2 Garlic (cloves, skin removed)
1/4 cup Sunflower Seeds
1/2 cup Mint Leaves
3 tbsps Extra Virgin Olive Oil
2 tbsps Lemon Juice
1/2 tsp Sea Salt

Directions

- 1 Add all ingredients to a food processor and blend for two to five minutes, or until desired consistency. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately 1/3 of a cup.

Serve it With: Raw veggies for dipping, crackers, flatbread, on sandwiches and/or wraps.

Nutrition

Amount per serving	
Calories	205
Fat	14g
Carbs	15g
Fiber	5g
Protein	6g
Calcium	36mg



Pea & Basil Buckwheat Risotto

4 servings
20 minutes

Ingredients

- 1 1/4 cups Buckwheat Groats (soaked overnight, drained & rinsed)
- 3 cups Vegetable Broth (divided)
- 2 cups Fresh Peas (or frozen, divided)
- 2 cups Basil Leaves (stems removed)
- 2 tbsps Nutritional Yeast
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	266
Fat	2g
Carbs	52g
Fiber	11g
Protein	14g
Calcium	72mg

Directions

- 1 In a pot, combine the buckwheat groats with 2/3 of the vegetable broth. Bring to a simmer and cover with a lid until soft, about 18 to 20 minutes.
- 2 Meanwhile, combine the remaining broth, half the peas, basil leaves, nutritional yeast and sea salt in a high-speed blender. Blend until smooth, scraping down the sides as needed.
- 3 When the buckwheat is cooked, stir in the remaining peas and blender mixture. Divide into bowls or containers. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately 1 3/4 cup.

More Flavor: Add a splash of apple cider vinegar and/or your desired herbs and spices.

Additional Toppings: Top with red pepper flakes and/or a dollop of yogurt.



Kefir & Cabbage Poppy Seed Slaw

4 servings
10 minutes

Ingredients

- 4 cups Green Cabbage (thinly sliced)
- 2 Carrot (peeled, shredded)
- 1/4 cup Parsley (roughly chopped)
- 3 tbsps Plain Kefir
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Poppy Seeds

Nutrition

Amount per serving	
Calories	110
Fat	8g
Carbs	10g
Fiber	4g
Protein	2g
Calcium	85mg

Directions

- 1 In a large bowl add the cabbage, carrots and parsley.
;
- 2 In a small bowl, whisk together the kefir, oil, lemon juice, salt and pepper.
;
- 3 Pour the dressing onto the cabbage slaw and mix well to combine. Add the poppy seeds and divide evenly between plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to about 1 cup of slaw.

Dairy-Free: Use a dairy-free kefir or yogurt.

More Flavor: Add some spice, such as a sliced jalapeño.



Chicken Fried Rice

3 servings

20 minutes

Ingredients

- 2/3 cup Jasmine Rice (uncooked)
- 4 Egg (whisked)
- 1/4 cup Water
- 6 Cremini Mushrooms (sliced)
- 2 cups Snap Peas (chopped)
- 227 grams Chicken Breast, Cooked (chopped)
- 1/2 tsp Sea Salt (divided)
- 1/4 cup Chives (plus more for garnish)

Nutrition

Amount per serving	
Calories	382
Fat	9g
Carbs	40g
Fiber	3g
Protein	37g
Calcium	73mg

Directions

- 1 Cook the rice according to the directions on the package.
- 2 Heat a non-stick pan over medium heat. Add the eggs to the pan and move them around with a spatula continuously until fluffy, about two minutes. Transfer to a bowl.
- 3 In the same pan, heat the water over medium to medium-high heat. Add the mushrooms, snap peas, chicken and half the salt, scraping up any bits at the bottom of the pan. Cook for about five minutes, or until the water has absorbed and the mushrooms are soft and the snap peas are tender crisp.
- 4 Stir in the scrambled eggs, cooked rice and chives, breaking up any large chunks. Season with the remaining salt to taste. Divide into bowls and garnish with additional chives (optional). Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 1 3/4 cups.

More Flavor: Add tamari or coconut aminos and adjust the salt as needed. Add grated ginger, garlic, or black pepper. Cook with your choice of oil instead of water.

Make it Vegan: Use marinated tempeh or more veggies instead of chicken. Use scrambled tofu instead of eggs, or omit the eggs completely.

Save Time: Use any leftover rice, meat, or vegetables in this recipe.



One Pot Chickpeas & Couscous with Chicken

6 servings
30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 907 grams Chicken Thighs with Skin (bone-in)
- 2 Yellow Onion (medium, diced)
- 2 Garlic (finely chopped)
- 1/4 tsp Ground Allspice
- 2 1/2 tsps Cumin
- 1 1/2 tsps Cardamom (ground)
- 1 cup Israeli Couscous (dry)
- 1 1/2 cups Chicken Broth
- 1 cup Chickpeas (drained, rinsed)
- 1/2 Lemon (juice and zest)
- 1/2 cup Parsley (finely chopped)

Nutrition

Amount per serving	
Calories	513
Fat	28g
Carbs	32g
Fiber	5g
Protein	32g
Calcium	60mg

Directions

- 1 In a large, deep skillet with a lid, heat the oil over medium-high heat. Add the chicken, skin-side down. Working in batches, if necessary, cook until the chicken is well browned on both sides, about five minutes per side. Set aside on a plate.
- 2 Reduce the heat to medium and add the onions. Cook, stirring occasionally, until soft and translucent, about four minutes. Stir in the garlic, allspice, cumin, and cardamom, and cook for one minute.
- 3 Add the couscous to the pan and stir until well coated. Add the broth and bring it to a boil. Reduce heat to low and add the chickpeas. Add the chicken back to the pan, skin-side up. Cover and simmer until the couscous is al dente and the chicken is cooked through, for about 10 to 15 minutes.
- 4 Add the lemon juice, lemon zest, and parsley on top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days or freeze for up to three months.

Serving Size: A 12-inch skillet was used to make six servings. One serving is equal to approximately one chicken thigh and 3/4 cup of couscous.

Additional Toppings: Green onions and cilantro.