**Cauliflower with Caramelized Onions and Crispy Deliciousness**

Chef Julia Nordgren, MD

This recipe highlights a way to eat a plant-forward meal, using meat as a flavorful garnish. In this dish I use crispy bacon, but you can certainly substitute a plant-based option like fried rosemary or crispy sage leaves. All are delicious!

*Serves 4-6*

1 head cauliflower

1 large yellow onion, sliced

½ pound thick cut bacon

3 tablespoons snipped chives (or chopped fresh parsley)

Cut cauliflower into florets. Blanch by submerging in a large pot of salted boiling water until cooked through, about 7 minutes. Drain well. (This can be done a day or two in advance).

In a large saute pan, cook the bacon over medium heat until crispy. Set aside to drain on a paper towel. Keep the fat in the pan, draining any excess.

Add onions to bacon fat and cook over low heat until onions are very soft and a beautiful tan color. Give it time – this should take at least 20 minutes.

Add cauliflower to the caramelized onions. Cook over medium-low heat until cauliflower is warmed through.

Chop bacon into large bits. Add to cauliflower. Mix, put into a serving bowl, and top with snipped chives.

*If a meat-free dish is desired, omit bacon. Heat 2 tablespoons of olive oil or butter to caramelize the onions. Top with chopped rosemary (you can fry it first in some avocado oil if you like!) or sage leaves that are crisped up in some hot brown butter. Make it your own!*

Enjoy!

**Arugula Salad with Balsamic Strawberries and Pecans**

By chef Julia Nordgren, MD

*Serves 4-6*

2 cups arugula

3 cups frisee

kosher salt, to taste

freshly ground pepper, to taste

½ cup pecans, roughly chopped

1 pint strawberries, sliced

2 tablespoons plus one teaspoon orange blossom white balsamic (or any white balsamic vinegar), divided

4 tablespoons blood orange olive oil (or extra-virgin olive oil)

8 ounces crumbled goat cheese (optional)

finishing salt (optional)

Wash and thoroughly dry greens.

Sprinkle the sliced strawberries with a teaspoon or so of white balsamic. Mix and set aside.

In a dry, non-stick skillet, toast the pecans until fragrant. Remove to a plate to cool.

In a small jar with a tight-fitting lid, combine olive oil, vinegar, a pinch of salt, and a couple of grinds of pepper and shake vigorously.

TASTE. Adjust as needed.

Season the greens with salt and pepper. Toss well. Add dressing and toss well. The salad is properly dressed when all the leaves are glistening but there is no dressing pooling at the bottom.

Plate salad and top with pecans, strawberries, and goat cheese if using.

Top with finishing salt as desired.

**Apple Crisp**

Chef Julia Nordgren, MD

**Serves 6 to 8**

***For the filling***

3 green apples

2 red apples (such as Fuji or Honeycrisp)

Juice of 1 lemon

1 teaspoon vanilla extract

2 tablespoons sugar

2 teaspoons cinnamon

1 teaspoon nutmeg (optional)

1 teaspoon allspice (optional)

***For the topping***

½ cup almond meal

½ cup all-purpose flour

1 cup rolled oats

6 ounces cold butter, diced, plus more for pan (can substitute vegan butter or coconut oil for a vegan version, but the taste will be different)

¼ cup brown sugar

¼ teaspoon kosher salt

¼ cup chopped pecans (optional)

Whipped cream or French vanilla ice cream, for serving

Preheat oven to 375°F. Lightly butter an 8x8-inch square baking dish or individual baking dishes.

Peel and cut apples into ¼- to ½-inch slices. Try to slice them evenly for even cooking.

Toss apples with lemon juice, vanilla, sugar, cinnamon, and nutmeg and allspice, if using. Taste and adjust seasonings. Arrange in the baking dish.

Mix almond meal, all-purpose flour, oats, butter, sugar, salt, and pecans, if using, in a bowl, using a pastry cutter or two knives to cut in the butter.

Spread the topping over the apple mixture. Bake until filling is bubbly and topping is golden brown, 40 to 50 minutes.

Serve with a dollop of vanilla whipped cream or a scoop of vanilla ice cream.

**Smoky Quinoa Snack Bowl**

**(Or breakfast, or lunch, or dinner…)**

by chef Julia Nordgren, MD

I am always working on making good grains flavorful so that I am eager to bring them to work. This is one of my favorite late-morning snacks – it keeps me even-keeled and productive until I have time to sneak in a lunch break!

*Serves 6*

1 tablespoon olive oil or avocado oil

1 small yellow onion, diced

1 cup quinoa, rinsed

2 cloves garlic, minced or smashed with salt

1 teaspoon smoked paprika

1 teaspoon chili powder

2 cups water.

1 can black beans, drained and rinsed

1 can diced tomatoes in juice

kosher salt to taste

ground black pepper to taste

1 ripe avocado

1 lime, sliced into good wedges

1 tablespoon cilantro, chopped

In a medium saucepan, heat the oil until shimmering. Add the onion and cook over medium heat, stirring frequently, until a little soft, about 2 minutes. Add the garlic and stir. Add spices and stir, allowing everything to cook a bit and release their fragrance. If the mixture seems dry, add more oil. Cook about 2 minutes.

Add the quinoa and stir until everything is well combined. Cook another two minutes. Add water and bring to a boil. Just after it boils, turn the heat to a low simmer. Allow to cook, covered and undisturbed, until quinoa is cooked through and you see these cute little curlique spirals in the quinoa.

As the quinoa is cooking, heat the beans and tomatoes together in another saucepan until warmed through. Season with salt and pepper. Taste and adjust.

Stir together quinoa and bean / tomato mixture. Divide into bowls. Top with sliced or diced avocado, a generous squeeze of lime, and a sprinkle of cilantro.

Enjoy!